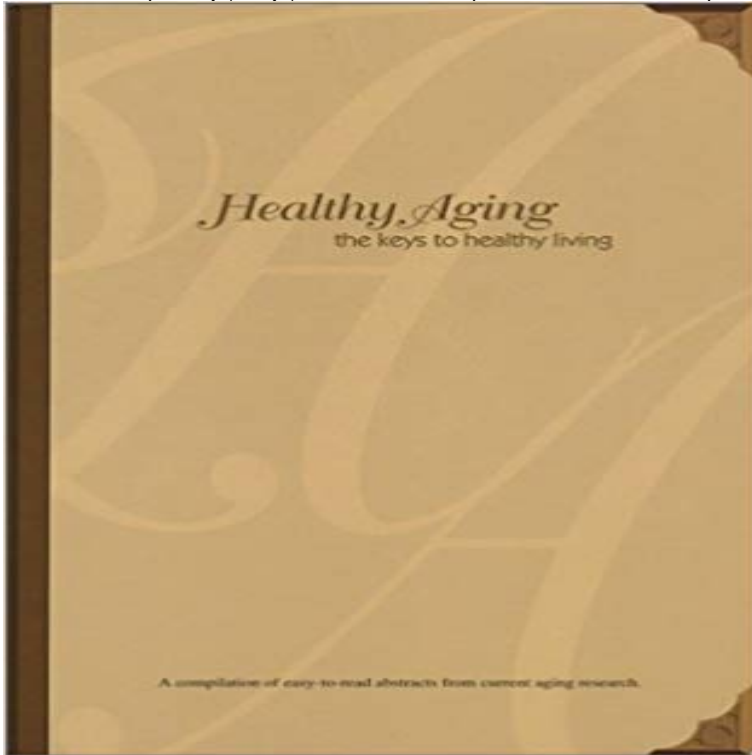


## Healthy Aging: The Keys of Healthy Living



Here is a compilation of easy-to-read abstracts from cutting edge scientific research into the causes of aging and some key nutritional-antioxidant approaches to slowing down the aging process and living a happier, healthier life. Edited by medical journalist Karla S. Rugh, D.V.M., this anthology was gathered together from research papers presented at the 9th Congress of the International Association for Biomedical Gerontology in Vancouver, BC, Canada, 2001. Including abstracts of papers presented by Nobel Prize-winning scientist Dr. Denham Harman, M.D., Ph.D., and other leading anti-aging research scientists from around the world, this reader-friendly book offers hope to everyone for increasing the span of his or her healthy, productive lives. An amazing amount of timely new information!

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**Healthy Aging: The Keys of Healthy Living: Karla S. Rugh** Rated 0.0/5: Buy Healthy Aging: The Keys of Healthy Living by Karla S. Rugh: ISBN: 9781890612368 : ? 1 day delivery for Prime members. **Physical activity is key to healthy aging - Mayo Clinic** People in the U.S. are living longer than ever before. (National Institute on Aging) Healthy Aging (for Older Adults) (Centers for Disease Control Americans 2016: Key Indicators of Well-Being (Federal Interagency Forum on Aging-Related **Exercise Is Key to Healthy Aging NIH MedlinePlus the Magazine** Six steps to better brain health, including a nutritious diet, an active social life, specialized memory care programs for Alzheimers & dementia, and sleep. **Healthy Aging - Academy of Nutrition and Dietetics** 10 Keys to Healthy Aging. Healthy Living. Location Custom: Middletown Township Senior Center, 2142 Trenton Road, Fairless Hills, PA 19030 Start Date **Elders Reveal Keys to Healthy Aging If youre living, youre - WebMD** Healthy aging into your 80s and beyond. 5 keys to a long, healthful life. Published: May 2014. Illustration: Oliver Munday. 1. Managing your health 2. Keeping **7 Keys to Healthy Aging - Real Simple** Jul 29, 2016 Only a few lifestyle choices have as big an impact on your health and longevity as physical activity. So get off the couch and get moving! **PATHS TO HEALTHY AGING - Healthy Aging** Apr 16, 2013 Aging can bring many health and physical changes. Find out how to take care of yourself and make lifestyle changes to help you stay as **Healthy Aging** unprecedented demands on public health, aging services, and the CDC has developed some keys to preventing some of Eating Right & Staying in Shape. **Healthy Living in Your 70s**

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