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Forever Young: 3 Life Secrets from SuperAgers How to Become a Superager - Comments on an Article in the New York Times Becoming a SuperAger with Elise Collins ~~How To Be A Superager~~

Increase your exercise capacity. How much of your VO2 max you preserve depends on three factors — the intensity, duration, and frequency of your workouts. Exercise intensity increases as you come closer to achieving your maximum heart rate, which you can calculate by subtracting your age from 220.

~~What does it take to be a super-ager? - Harvard Health~~
Instead you need to stimulate your brain by trying things like: taking foreign language classes. learning to

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play a musical instrument. going on a long-distance bike trip or a major hike. taking up a new sport. volunteering with a political campaign or local community action group.

~~How To Be A 'Superager' - Women's Health Network~~

Common Habits of SuperAgers 1. SuperAgers live an active lifestyle. Staying active is one of the best things you can do as you age. Physical... 2. SuperAgers continue to challenge themselves. Mental activity can be just as important as physical activity. If Sudoku... 3. SuperAgers are social ...

~~4 Habits of "SuperAgers" | Northwestern Medicine~~

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Here are a few tips for increasing your chances of becoming a superager: -- Stay physically active. Exercise improves cardiovascular health and stimulates the brain-derived neurotrophic factor that plays a role in helping the brain create valuable new neural connections.

~~Positive Aging: How to Be a Superager | Positive Aging ...~~

How To Be a “ Superager, ” And Maintain the Brain of a 25 Year Old Superager Tip 1. Lisa Feldman Barrett, Professor of Psychology at Northeastern University in Boston, reports that... Superager Tip 2. Recently there was a research study which reported that the better

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How to Become a SuperAger? Eat Right and Stay Active. Studies show that people who were on a Mediterranean diet had slower aging effects in their... Exercise Your Brain. Using your brain is just as important as staying physically active. Particularly after retirement,... Social Butterflies. As we ...

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~~How to Be a Superager, by Marilyn Murray Willison ...~~
How to Become a ' Superager '. Credit... Think about the people in your life who are 65 or older. Some of them are experiencing the usual mental difficulties of old age, like forgetfulness or a ...

~~Opinion | How to Become a ' Superager ' — The New York Times~~

Practice Brain Exercises. Exercises for your brain, such as learning a musical instrument, a language or even a new sport can move you along the path to becoming a super ager. You can also try other conventional brain exercises. if you like words, try

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~~Are You Becoming a Super-Ager? - Prime Women Media~~

To be considered for the SuperAgers study, you must be over age 80 and have memory performance at least as good or better than individuals in their 50s and 60s. Emily Rogalski, PhD: "We ask them to take some paper and pencil tests to assess other aspects of cognition besides memory.

~~What Makes Someone a SuperAger?: Research: Feinberg School ...~~

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~~Beyond~~ your 50s, 60s and beyond by Lucas, Angela S. (ISBN: 9781784521363) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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SuperAger World is a unique life, health, and longevity optimising platform – and your key to unlocking a healthier, happier, and longer life. A World First We ' re the world ' s first global platform integrating on-line & real-life resources, all dedicated to empowering & inspiring healthy, happy and pro-active longevity and life.

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~~SuperAger World | Full Value Life: Longer, Younger ...~~

Here are some things—mental and physical—that are within your power to do, every day, to up your odds of aging in a super way: Have a positive attitude. A good attitude can get you far. Not only can it help you to put—and keep—things in perspective, it can help you recover from illness.

~~How to Be a SuperAger—Healthy Women~~

To be defined as a SuperAger, the participants needed to score at or above the norm of the 50 to 65 year olds on memory screenings. “ These are a special group of people, ” Rogalski said. They aren ’ t growing on trees. ”

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~~Secrets of Superager Brains – Northwestern Now~~

On her 82nd birthday, a grandmother was challenged to hike 100 kilometres (62 miles) in Spain's Galician mountains. Walking the ancient Camino de Santiago route with a heavy backpack, she faced adventures with other pilgrims, sticky mud, steep climbs and blistering midday heat. This was...

~~How to be a SuperAger: Living Life to the Max in your 50s ...~~

Eating Right as a SuperAger. A SuperAger gravitates towards the MIND diet, which is a mostly plant-based combination of the Mediterranean and low-sodium DASH diets. This results in meals of unprocessed fish,

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legumes, berries, leafy greens, whole grains, lots of olive oil and a glass of wine.

~~How To Become a SuperAger in Retirement | Home Trends Magazine~~

The road to Superaging is difficult, though, because these brain regions have another intriguing property: When they increase in activity, you tend to feel pretty bad — tired, stymied, frustrated. Think about the last time you grappled with a math problem or pushed yourself to your physical limits. Hard work makes you feel bad in the moment.

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