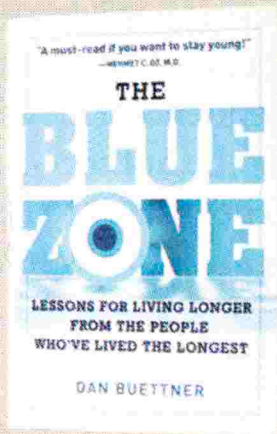


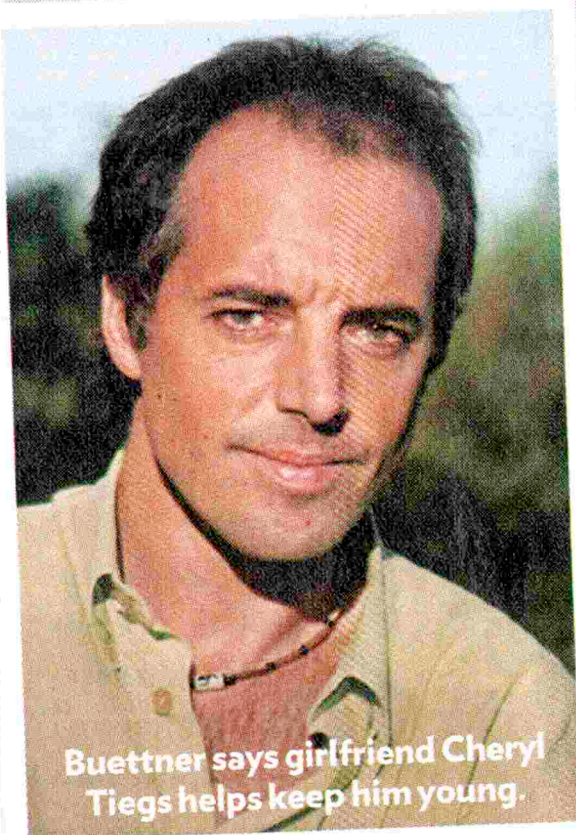
People®

MARCH 31, 2008



HOW TO LIVE LONGER

● For his book *The Blue Zone* writer Dan Buettner, 47, spent seven years researching communities that boast high percentages of centenarians. Among the common habits he says can add 10 healthy years to your life:



Buettner says girlfriend Cheryl Tiegs helps keep him young.

HAVE HAPPY HOUR A glass of wine, some nuts and a gathering of friends are good for your heart.

BE NICE There wasn't a grump in the bunch of centenarians I met. Being likeable makes people happier to provide you company and care as you age.

GET A SMALLER HOUSE Close family connections—not just emotional but physical—are key to longevity.

HARA HACHI BU Japanese for “Stop before you're stuffed.” Cutting calories by 20 percent can add six years.

PICK HEALTHY PALS Your friends' habits can be as influential as diets or exercise programs. —KAREN SCHNEIDER