

InStyle

Scarlett Johansson

On Personal Style, Body Image & Her Hot Married Life

THE PERFECT BRA

(Your Clothes Will Thank You)

ARE YOU WEARING THE RIGHT MAKEUP?

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It's Here!

150 Best Beauty Buys!

What to Wear Now!

- **PRETTY DRESSES**
- **WEEKEND CLASSICS**
- **SEXY DATE LOOKS**

10 WAYS TO LIVE LONGER —HAPPIER!

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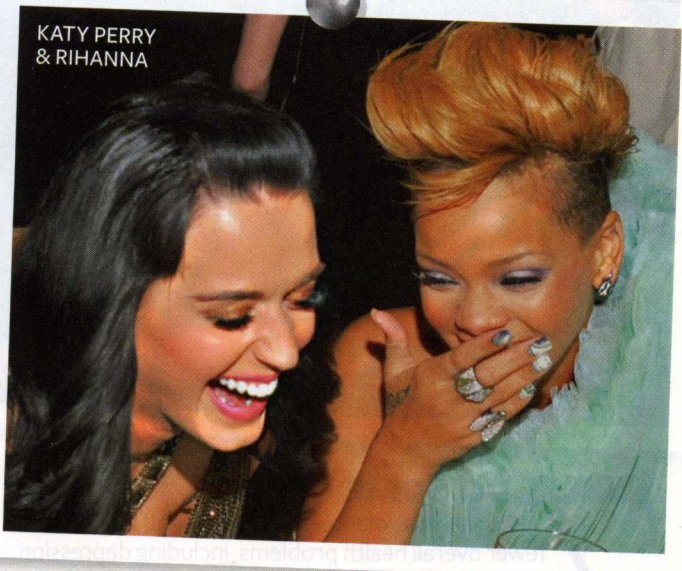
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10 Ways to Live Longer



For maximum absorption, take half a multivitamin at breakfast, half at dinner.



2 POP FIVE PILLS

The daily doses for your health and longevity: one multivitamin; 600 milligrams of DHA/omega-3 fatty acid (fish oil) for brain function; 1,000 IU vitamin D for bone and heart health; 600 milligrams of calcium for bones; and 200 milligrams of magnesium to counteract the bloat and constipation that calcium can cause, says Dr. Michael Roizen, co-author of *You: Staying Young*.

1 LOOK FOR THE LAUGH

People with a good sense of humor increased their odds of survival by 31 percent, according to a 2006 Norwegian study of critically ill patients. When something strikes you as funny, your body produces less aging stress hormones, explains Dr. Bruce Rabin, medical director of the University of Pittsburgh Medical Center's Healthy Lifestyle Program.

3

DON'T GUM UP THE WORKS

One little strand of floss can keep disease at bay.

"Flossing prevents gingivitis, which ages your arteries and immune system," Dr. Roizen says. In fact, studies show that people with gum disease have an increased risk of heart disease and a higher mortality rate.



Dentek Easy Brush Cleaners, \$3/10; at drugstores.

4

TALK AND WALK

You probably already know that walking 30 minutes a day is great for you—but bringing a friend along is even better. You not only get the antiaging benefits of physical activity but also the social contact that helps bolster immunity and reduce stress, says Dr. Roizen. People over 70 with a lot of friends live an average of 22 percent longer than those with few personal connections, a 10-year Australian study found.



TASTE THE RAINBOW

The more naturally colorful your diet, the healthier it is. Vibrantly hued fruits and veggies are loaded with antioxidants, says Dr. Mark Liponis, medical director of Canyon Ranch resorts and author of *Ultra Longevity*. Fill your grocery cart, lunch bag, and dinner plate with a ROYGBIV array of produce.

