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Making just a few changes in your lifestyle can help you live longer. A recent study found that four bad behaviorsâ€”smoking, drinking too much alcohol, not exercising, and not eating enough ...

Habits to help you live longer - Health

10 Myths About How To Live Longer 4Myth 2: Cheerful People Live Longer2 4Myth 3: ... Hard Work and Stress Will Kill You In fact, workaholics may live longer. In the study, some of the people who worked the hardest and the longest hours â€” and had jobs they were

Vol. 3, Issue 6 / June 2011 10 Myths About How To Live Longer

The good news is that lifestyle choices also play an essential role for men that wish to live a longer life. Below you will find the top eight ways men can boost their life expectancy. 1. Sexual Intercourse: For men, this is one of the lifestyle choices they were probably hoping would end up on this list.

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