



Secrets for living healthier longer

Longevity is a hot topic these days. Living better and longer is the goal. However, physical ailments, especially chronic conditions, often catch up with many people in their elder years.



10,000
people turn 65
every day in the U.S.¹



By **2040**
the senior citizen
population will increase
by about 20.5 million.²

With more Americans becoming senior citizens than ever before, the data is growing on what habits could keep you in better shape longer. Much of the focus is on how to extend your health span, not just your lifespan, to promote more healthy years of life.



Studying those who are living longer, more active lives has uncovered five factors for a longer health span. They include:³

Healthy eating

Follow meal plans that can lower the risk of hypertension, memory loss and other chronic conditions. The Mediterranean, DASH and MIND diets include whole grains, fruits, vegetables, lean proteins and healthier fats from nuts, olive oil and fish.⁴

Regular exercise

Increased activity benefits your whole body and mind.

Limiting alcohol

People who drink moderately can have a lower risk of early death from cardiovascular disease.³

Maintaining healthy weight

Speak with your doctor to understand what a healthy weight is for you considering health conditions, body type and family history.

Not smoking

Smoking harms nearly every organ in your body.



“SuperAgers” are people 80 or older who have the cognitive function of people half their age. While these people could be naturally long-living, they follow the habits mentioned, plus:⁵

Challenging themselves mentally

Exercising your mind is just as important. Read, take classes or learn a new game to stimulate your brain.

Being social

Social relationships help keep your brain active. Creating new memories can improve cognitive function. Social interaction requires a heightened level of attention. Social connections also help prevent loneliness and isolation, which can lead to physical and mental decline.



Choosing to live a healthy lifestyle at any age can impact your health span. However, earlier is always better. In a multiyear Harvard study, women at 50 who practiced four or five of these healthy habits lived about **10 more years free of diabetes, cardiovascular diseases and cancer** than women who did not.³ For men, it offered another **seven years free of chronic disease**.

**Let's start tonight with a heart-healthy recipe for dinner (see next page).
Its Mediterranean-inspired flavors fit any healthy diet.**



Greek-style chicken with lemon-pistachio rice

This dish has an intoxicating savory lemon aroma. Mediterranean-inspired flavors and ingredients taste like health in every bite.⁶

Makes 4 servings

Prep: 10 min

Cook: 1 hour



Ingredients

- 1½ cups fat-free, low-sodium chicken broth
- 1 cup uncooked, instant brown rice
- 10 oz frozen, chopped spinach (thawed, squeezed dry)
- 2 large tomatoes (chopped)
- 2 tsp lemon zest
- 2 Tbsp + 2 tsp fresh lemon juice, divided
- 4 Tbsp chopped, roasted (shelled) pistachio nuts, divided
- ¼ tsp pepper
- ½ tsp ground cinnamon
- 1 Tbsp finely chopped, fresh oregano or 1 tsp dried oregano (crumbled)
- 1 Tbsp snipped, fresh dill weed or 1 tsp dried dill weed (crumbled)
- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded
- 8 oz fat-free or low-fat, plain yogurt
- Fresh oregano, dill weed and lemon zest for garnish, optional

Preparation

Preheat the oven to 375° F. In an 8-inch glass or metal baking dish, stir together broth, rice, spinach, tomatoes, lemon zest, 2 Tbsp lemon juice, 2 Tbsp pistachios, oregano, dill weed, cinnamon and pepper. Add the chicken breasts. Spoon a small amount of the rice mixture over them. Cover with aluminum foil. Bake for 50 to 60 minutes or until the chicken is no longer pink in the center and the rice is tender. Meanwhile, stir together the yogurt and 2 tsp lemon juice. To serve, spoon the yogurt mixture over the chicken, rice and vegetables. Sprinkle with the remaining pistachios. Garnish with oregano, dill weed and lemon zest.

Nutrition

Serving size: approx. 3 oz chicken and 1 cup rice and vegetables.



Calories: 308 | total fat: 7 g | saturated fat: 2 g | sodium: 475 mg | cholesterol: 78 mg
total carbs: 29 g | fiber: 6 g | sugars: 5 g | protein: 35 g | potassium: 1043 mg

Learn how Livongo can help support you on your wellness journey. To sign up or learn more, go to Go.Livongo.com/STATEOFIOWA/New.

¹<https://www.hhs.gov/aging/index.html>

²<https://www.ncoa.org/article/get-the-facts-on-older-americans/>

³<https://nutritionsource.hsph.harvard.edu/healthy-longevity/>

⁴<https://nutritionsource.hsph.harvard.edu/healthy-weight/diet-reviews/mediterranean-diet/>

⁵<https://www.nm.org/healthbeat/healthy-tips/4-habits-super-agers>

⁶<https://recipes.heart.org/en/recipes/greek-style-chicken-with-lemon-pistachio-rice---delicious-decisions>

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