

How to Stay Young

Society, in general, has an obsession with youth. Advertising reflects it, and personal practice proclaims it. There are all sorts of diets, products and procedures – cosmetic, flab elimination and so forth – designed to keep us looking youthful. Here are some practical suggestions on how to stay young:

- Throw out non-essential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him or her.
- Keep only cheerful friends. The grouches pull you down.
- Keep learning. Learn more about the computer, crafts, gardening, or whatever. Never let the brain idle.
- Enjoy the simple things – a beautiful sunrise or sunset, the fragrance of a flower, the grandeur of the mountains, a gentle rain.
- Laugh often, long and loud.
- Let tears happen. Endure, grieve and move on. The only person who is with us our entire lives is ourselves. Be alive while you are alive.
- Surround yourself with what you love, whether it is family, pets, keepsakes, music, plants, hobbies or you name it. Your home is your refuge.
- Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- Don't take guilt trips. Instead, take a trip to the shopping mall, to the next county, to a foreign country, but not to where the guilt is.
- Tell the people you love that you love them. At every opportunity.

And remember: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

--Beecher Hunter