

LIVE LONGER FEEL YOUNGER

Erik Perkin

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Study: Those who feel three or more years younger than they are had Study Finds Those Who Feel Younger Might Actually Live Longer.

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Can fasting make you feel younger and live longer?

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People Who Feel Younger Live Longer, Study Says | Time

Intermittent fasting has been the subject of intense research over the past few years, with researchers finding that it does everything from help.

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I find your article very well written and informative. You'll Live Longer. One way to get around this is to go on watching TV, but do so standing up perhaps doing the ironing, which burns about 80 calories an hour or while on an exercise bike. Thebookwillmakeyoucheerful, andecstasywillaccompanyyou, evenatyourv
Hi there Ms. However, people who felt younger were only slightly less likely to die from cancer than those who felt their age or older.

Readmore: .Nearly70percentreportedfeelingthreeormoreyearsyoungert
this study, scientists from Abertay University in Scotland put a group of unfit volunteers aged 61 to 74 through an exercise regime where they were expected to do two minutes of HIIT a week.