

THIS IS HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That's why we pay " them ".
2. Keep only cheerful friends. The grouches will pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain be idle. "An idle mind is the devil's workshop" And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. Endure the tears that will happen, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are living.
7. Surround yourself with what and who you love, Whether it's family, pets, keepsakes, music, plants, hobbies or whatever. Your home is your refuge.
8. 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.
9. Don't take guilt trips. Take a trip to the shops, even to the next county; to a foreign country, but NOT to where the guilt is.
10. Tell the people you love, that you love them, at every opportunity.

AND ALWAYS REMEMBER:

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