



Why Women Live Longer Than Men

and what guys can do about it

It is well documented that women live longer than men. One of the reasons is that they are more likely to live a healthy, balanced lifestyle. They also tend to be more aware of their bodies and recognize when they are out of balance and make changes that are good for them. Here are some simple ways that men can learn from their longevity habits and experience the quality of life you deserve.

Manage Your Stress.

Both men and women have stressful lives. What you do about stress is paramount to balancing your life and keeping your mind, body and spirit healthy and functioning at your highest level. Get your body moving. Increased exercise greatly reduces the risk of death in men, according to the largest known study assessing the link between fitness and mortality. The study found that "highly fit" men had half the death risk of "low fit" men.

If you are beginning an exercise routine, and are severely out of shape, check with your cardiologist and your chiropractor. Find out if your heart is healthy and get a spinal screening and regular spinal adjustments to keep your spine functioning at peak performance levels and prevent injuries on your road to good health.

Quality of Life vs. Crisis Motivation

Men have a tendency to be crisis-motivated. "Mr. Fix-it" waits till it's broke and will tough it out until they have waited too long. How macho will you look in a hospital bed after a heart attack? Unfortunately, men ignore warning signs in their bodies and define "broke" as severe pain or serious life-threatening disease. Don't wait for a wake up call to wake you up. Make choices that are quality of life motivated, and you will enjoy a longer and stronger life.

Think Before You Eat.

Go from macho to gazpacho and begin making better meal choices.

When you cook at home, plan meals ahead of time and incorporate lean proteins and vegetables as often as possible instead of making the last minute run to the drive-through fast food restaurant.

If your schedule just doesn't permit regular, wholesome meals at home, make wise food choices on the run. Most fast food restaurants offer options suited to an active healthy lifestyle. Eat more salads. Eat more colorful fruits and vegetables that are filled with higher levels of antioxidants and B vitamins. Consider nutritional supplements. Check with your health care provider to determine what is best for you at your present or anticipated level of activity.

Appreciate Your Relationships

According to the Annual Meeting of The American Psychosomatic Society, Men who become widowed or divorced may become unhealthy if they are not careful. The stress of separation is linked to higher blood pressure and other health risks. Newly single men eat fewer vegetables, drink more alcohol and are less likely to quit smoking. This category of men takes more risks with food choices such as processed and fried foods. Have you ever left a basket of onion rings on the table for a few hours? They look soft, pale and unappetizing. Take care of yourself and eat food that looks like you want to be seen by others: hardy, colorful and attractive!

Men, it's time to catch up to the ladies when it comes to healthy habits and a healthy lifestyle. Make some of these changes and you will enjoy a sensational century.

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