

How To Stay Young

He Yan - January 2010

Do you realize that the only time in our lives when we like to get old is when we're kids?

If you're less than 10 years old, you're so excited about aging you think in fractions.

“How old are you?”

“I'm four and a half.”

You're four and a half, going on five! That's the key.



You get into your teens, now they can't hold you back. You jump to the next number, or earn a few ahead.

“How old are you?”

“I'm gonna be 16!”



You could be 13, but hey, you're gonna be 16!

And the greatest day of your life . . . You become 21! Even the words sound like a ceremony. You became 21 . . . Yesssss!!!!

**But then you turn 30.
Oooohh, what happened there?
Makes you sound like bad milk!**



**He TURNED; we had to throw him out.
There's no fun now, you're just a sour
dumpling. What's wrong? What's
changed?**

**You BECOME 21, you TURN 30, then you're
PUSHING 40 . . . Whoa! It's all slipping away.**

**Before you know it, you REACH 50 and your
dreams are gone.**

**But wait! You MAKE it to 60.
You didn't think you would!**



**So you BECOME 21, TURN 30, PUSH 40,
REACH 50, and MAKE it to 60.**

You get into your 80's and every day is a complete cycle; you HIT lunch, you TURN 4:30; you REACH bedtime.

And it doesn't end there. Into the 90s you start going backwards.

“I was JUST 92.”



Then a strange thing happens. If you make it over 100 years, you become a little kid again.

“How old are you?”

“I’m 100 and a half!”



May you ALL make it to a healthy 100 and a half—at least!

1. Throw out nonessential numbers

**These include age, weight, and height.
Let the doctors worry about them.
That’s the reason you pay ‘them’ . . .**

2. *Keep ONLY cheerful friends*

The grouches pull you down.



3. *Keep learning*

Learn more about the computer, crafts, gardening, whatever . . . Never let the brain idle. 'An idle mind is the devil's workshop' and the devil's name is Alzheimer's.

4. *Enjoy the simple things*

There's a never-ending supply.



5. *Laugh often, loud and long.*

Laugh until you gasp for breath.

6. *Let tears happen*

Endure, grieve, and move on. The ONLY person who is with you your entire life, is you. Be alive while you are alive.

7. Surround yourself with what you love

Whether it's family, pets, keepsakes, music, plants, hobbies, whatever—your home is your refuge. Live amidst what you love.



8. Cherish your health

If it's good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help. Do it.

9. *Never take guilt trips*

Take a trip to the mall, even to the next county; to a foreign country—but NOT to where guilt is. Never.



10. *Tell people that you love them at every opportunity*

Because life is not measured by the number of breaths you take but by the moments that take your breath away . . .