

"Am I Still Necessary?"

By Larry Hayes

Recently I had the honor of interviewing Dr. Walter M. Bortz for a video segment on "how to live a long and healthy life."

Dr. Bortz is one of America's leading experts on longevity and wellness. He has written eight books on healthcare including his best seller: "Dare To Be 100" which is still one of the best books ever written on longevity.

At age 86, he's just as passionate and upbeat about life today as ever before, although the passing of his wife, Ruth Anne, last year was a tremendous jolt after 62 years of marriage.

He's received another jolt this year having undergone ablation surgery but is once again healthy and active.

"I ask myself at 86: am I still necessary?"—Dr. Walter Bortz

If the answer is yes, then life goes on. Beside teaching at Santa Barbara City College and writing for the Huffington Post and

The most effective way to improve the quality and duration of life is exercise.

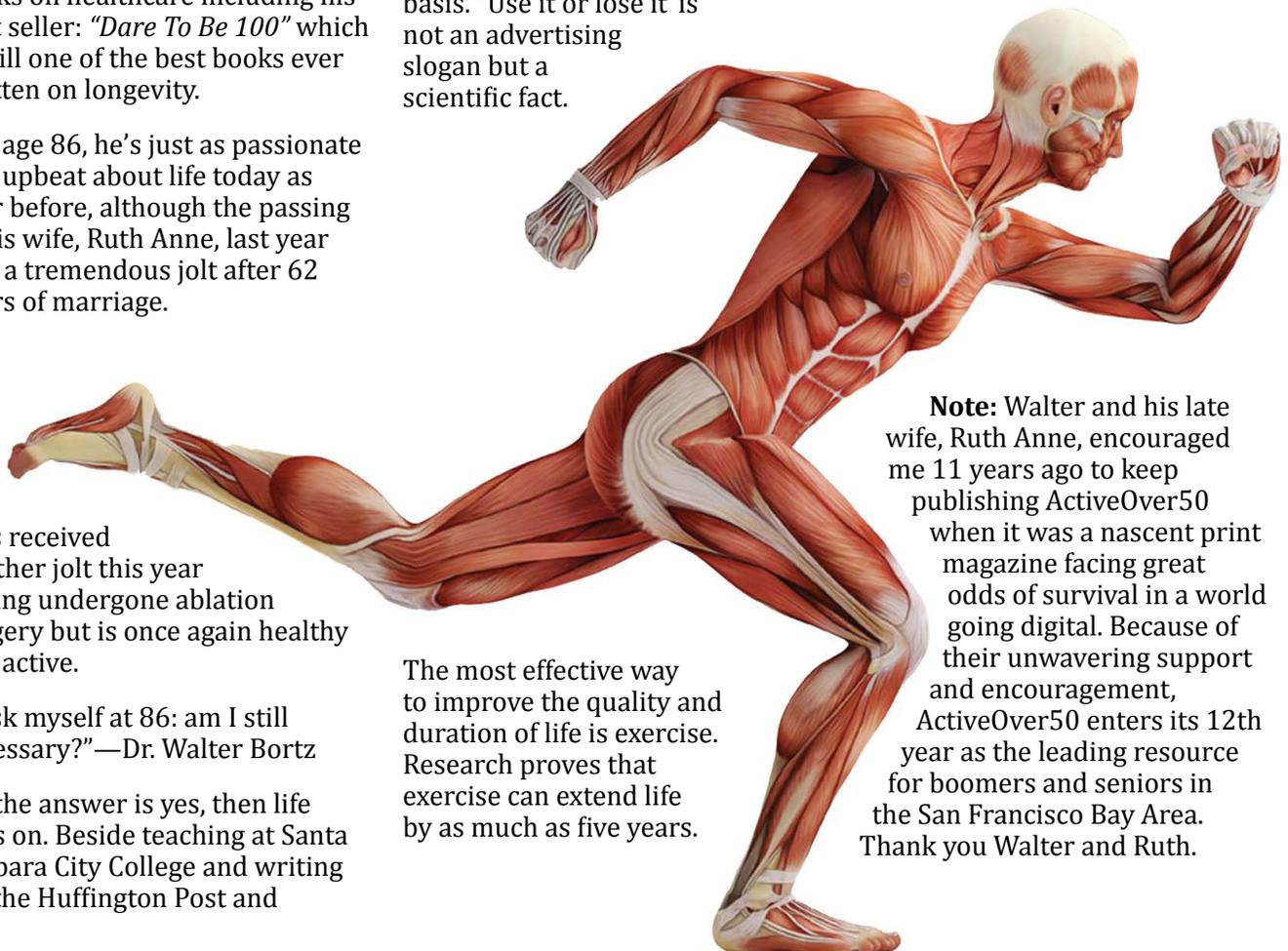
ActiveOver50, Walter is working on his 9th book: "Aging Is Negotiable."

He strongly believes that "exercise" is the miracle drug we should all take on a daily basis. "Use it or lose it" is not an advertising slogan but a scientific fact.

In my interview with Dr. Bortz, he states that "100 good years is our natural birthright. Immortalists claiming that you can live forever are charlatans selling "snake oil."

To learn how to enjoy a long, healthy life, see my entire interview with Dr. Walter Bortz at activeover50.com.

And ask yourself:
"Am I Still Necessary?"



Note: Walter and his late wife, Ruth Anne, encouraged me 11 years ago to keep publishing ActiveOver50 when it was a nascent print magazine facing great odds of survival in a world going digital. Because of their unwavering support and encouragement, ActiveOver50 enters its 12th year as the leading resource for boomers and seniors in the San Francisco Bay Area. Thank you Walter and Ruth.

The most effective way to improve the quality and duration of life is exercise. Research proves that exercise can extend life by as much as five years.