

“Younger Next Year”

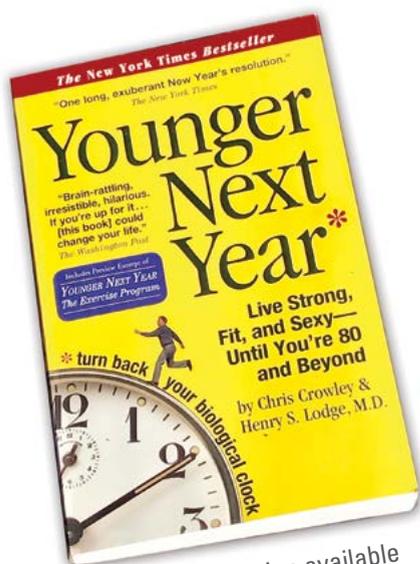
By Chris Crowley & Henry S. Lodge, MD

Live Strong, Fit and Sexy Until You're 80 and Beyond

Recently, I watched a talk show host interview Bill Gates, co-founder of Microsoft. Now 61, Gates raved about a “health and longevity” book that helped changed his life: “Younger Next Year.”

Although the title is misleading and pure hyperbole-- meant to grab your attention-- I was so intrigued that I read the entire 334-page book in one day. It was that interesting to me and reinforces my own belief that there are things you can do to live a longer and healthier life.

Of course, you can't stop aging (no one can) but you can “slow it down.” This book tells you how to slow down the aging process in an entertaining way.



Paperback version available from Amazon.com

Thousands of books and articles have been written on “wellness and longevity” but authors Chris Crowley (lawyer) and Henry S. Lodge (physician)— write about the topic in unique writing styles —Crowley in his folksy, “street talk” style and Lodge in a more scientific, medical prose. The contrast of the two styles is what makes this book so interesting and a fun read for boomers and seniors.

According to Crowley & Lodge, the keys to a long and healthy life include:

- Exercise six days a week
- Don't eat crap
- Connect and commit to others

Exercise?

“It's the only language your body understands. Do it because it's the only thing that works. After the age of 50, exercise is no longer optional. You have to exercise or get old.”— Crowley.

Although a big fan of exercise, I—and many fitness experts—don't believe you need to exercise six days a week for the rest of your life as the authors attest. On the contrary, two to three days a week is enough for most people including myself.

The authors explain “how to turn back our biological clock”—how to put off 70% of the normal problems of aging (weakness, sore joints, bad balance) and eliminate 50% of serious illness and injury. True? Who knows but it sounds good.

“Exercise is the only way to engage your body and your physical brain. If you do it, you will get ‘younger.’ Not completely but to an astonishing degree.”

Overall, I give this wellness book a “10,” even though it is self-serving which is not a reason to not buy it. Buy it. Or borrow a copy from your local library. Good reading.

Editor's note:

Although “Younger Next Year” is not new—first published in 2007—the message remains relevant today. Easy to read and another reminder to “get off the couch and get moving.” Crowley, 83, is still going strong as an author and public speaker. Dr. Lodge died this year at age 58 of prostate cancer. To learn more, go to youngernextyear.com.