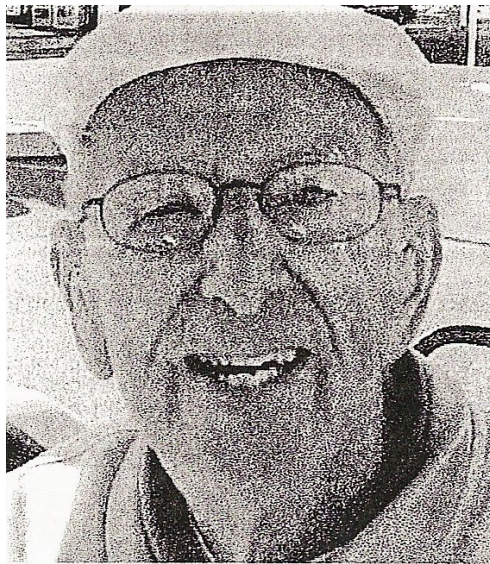


Health Minute™

Super Seniors!

Richard Brown knows what it takes to be a super senior. At 92 years of age he gets up at 6am every Tuesday and Thursday to drive the courtesy shuttle at Peace River Regional Medical Center. Born in Brooklyn, NY, Richard served our country in the Navy and Marines from World War II through the Korean War. In 1994 he moved to Punta Gorda with his late wife Josephine. He has three sons, five grandchildren, and four great-grandchildren. His family, friends, and volunteer spirit are all things that keep him young at heart.



Who are you calling old? Richard Brown a loyal friend and volunteer at age 92

How to live a long life	How to live a long life
<ul style="list-style-type: none">Eat healthy for life – indulge only when necessary and have a well balanced dietEat less processed foodIntroduce regular exercise into your lifeDevelop a sleep schedule – get the same amount of sleep at the same time day in and day outEat lots of coldwater fish and take fish oil supplements such as Arctic Fresh	<ul style="list-style-type: none">Have close relationshipsQuit smokingReduce causes of stress and depression in your lifeKeep working – stay active in your job or find volunteer workDrink lots of tea and plenty of waterEat dark chocolateDrink a glass of red wine each dayHave yearly health check-ups