

## How can I stay young when the birthdays keep coming so fast?

Did you know that by the year 2050 it is estimated that over 800,000 people will be over the age of 100? **And many of them living to 150 years old!**

If you are going to live that long, consider whether what your life may be like then. Will you be alive, although barely, or will you be living the kind of life you've always dreamed WELL PAST your 100<sup>th</sup> birthday!? MOST of that can be predicted by the life you live right now!

The biggest problem being seen with increase lifespan is an increase in musculoskeletal problems. People notice they don't have the same ability to move around like they used to. Think about it this way, if we lose our mobility at age 65 and live to 105, that's 40 years of immobility and pain. How old are you right now? Now imagine 40 (less if you're younger) years of your body limiting you from doing whatever you want to do each day...

The problem is that everyone thinks it won't happen to them, until it does!

**Check out these stats** – 88% of people over the age of 50 will have low back pain and 1 in 3 will have neck pain. I wouldn't want to bet against those odds. The good news is you can prevent musculoskeletal problems through preventative healthcare care, chiropractic being one of the main ones.

For more information, come to our ***"How to Stay Young the First 100 Years"*** workshop put on every Monday at 5:30 pm. RSVP by calling our office at 278-YOST (9678).

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