

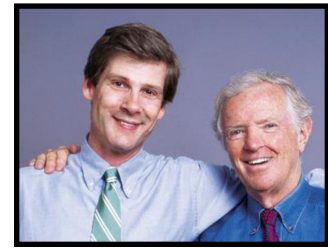


## Chapter 4: Social Wellness

### Author's Note

The information on this website, including all texts, graphics, images is provided to describe my pursuit of an expanded healthspan. My journey may not be appropriate for your individual circumstances. While I encourage all to have a strategy to expand their healthspan please develop your path in concert with your physician.

“Our advice is simple. Forget retiring to an easy chair, with the remote. That’s crazy. Work hard at the rest of your life, but do it your own way. Get into good shape. Then go out and take some chances. Get to know new people. Work hard at relationships, and get involved in your community or some projects. You will take wrong turns and hit some potholes. But you will also have great adventures.”



Henry S. Lodge, MD  
Chris Crowley  
“Younger Next Year”

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How important are personal connections to us? Is our happiness and those around us important to extending our healthspan and possibly our lifespan?

A guy named Aristotle thought so. About 2,500 years ago he wrote, “Happiness is the best, noblest, and most pleasant thing in the world. Happiness is made up of activities in which we use the best human capacities, ones that contribute to our flourishing as members of a community.”

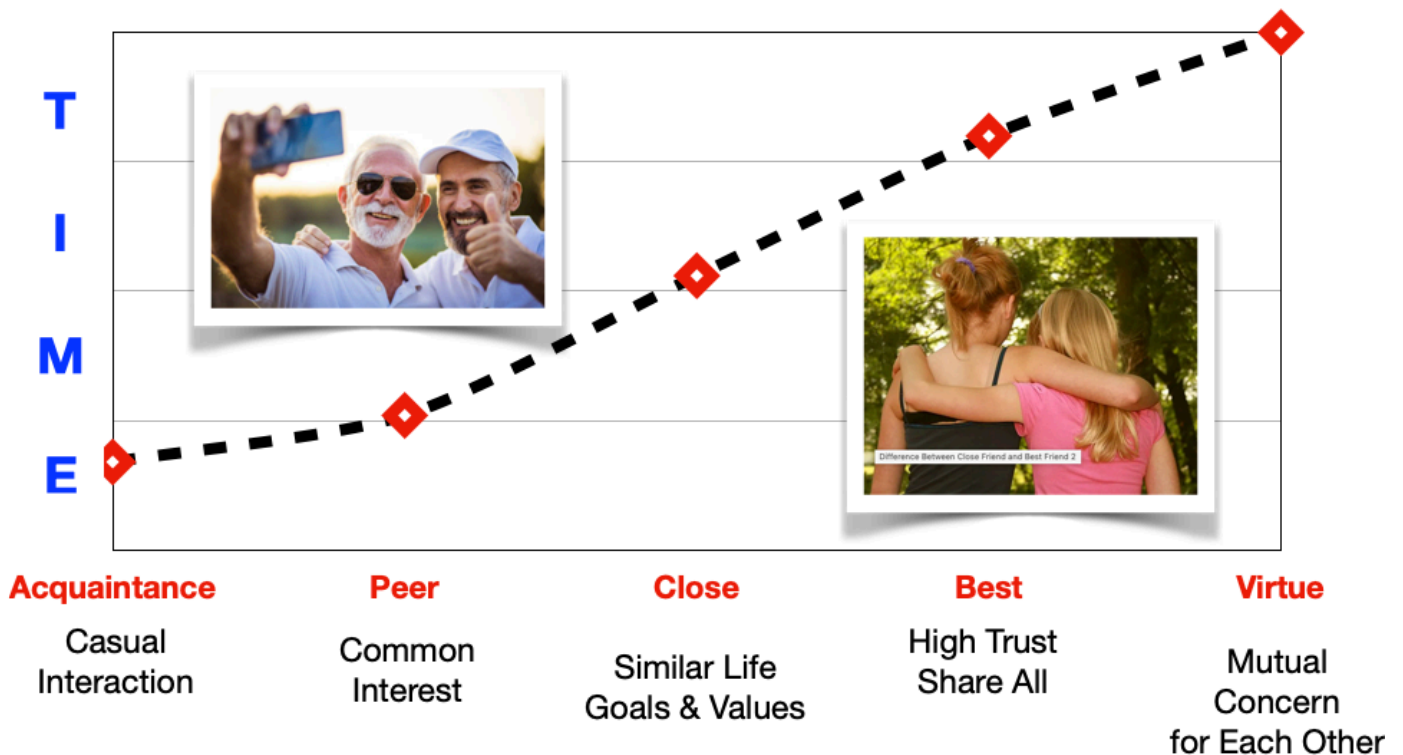
Since 1938 (and counting) Harvard Study of Adult Development tracked an original group of 724 men and and more than 1,300 of descendants over three generations, asking thousands of questions and taking hundreds of measurements to find out what really keeps people healthy and happy. Fascinating to read!

Through all the years of studying these lives, one crucial factor stands out for the consistency and power of its ties to physical health, mental health and longevity.

**“Personal Connections”** are the most important factor in long-term health and happiness.



# Stages of Friendship



# The US Government has initiated programs to assist all Americans in expanding their healthspan.

The US Government Department of Health has a national initiative to improve health and well-being for older adults. By 2060, almost a quarter of the U.S. population will be age 65 or older. The good news is that by developing and maintaining healthy aging practices throughout our lifespan, we can do a lot to minimize our vulnerabilities. “Healthy People 2030” focuses on reducing health problems and improving quality of life for older adults. Science supports several ways to meet the challenge, including staying physically and mentally active, focusing on proper diet and nutrition, increasing our personal health literacy, and maintaining support networks with friends and family. In other words, a commitment to healthy living at any point in one’s life is the first step toward healthy aging in later life—a process by which an individual may achieve their own optimal state of physical, mental, and social well-being.

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