

You're Built for Good Health

You're built for purpose

Want to live to a hundred? Start with finding your purpose. Having purpose in life is one factor that many centenarians share.

Think about what motivates, inspires and fulfills you. Then, set a plan for accomplishing your goals. Finding purpose in life gives it meaning and added richness to keep you going for the long haul. Research also suggests that having a sense of purpose in life may also help:

- Improve your life expectancy, including those with life-threatening illnesses, such as cancer
- Improve heart health
- Improve brain health and decrease your risk for Alzheimer's disease
- Give added protection from the effects of stress
- Help you manage pain and chronic illness better

