



THE TIME MACHINE

GET AHEAD OF THE FUTURE
AND GAIN YEARS OF LIFE

TIPS FOR LIVING LONGER, BETTER AND MORE HAPPILY

Did you know that you can potentially live as much as **14.1 years longer** with a healthy lifestyle?¹



FOOD² - Live up to 4.2 years longer.

- Your diet should be rich in fruits and vegetables. Eat at least **5 servings** of these a day.
- **Avoid sugary drinks and processed foods.**
- Opt for the **Mediterranean diet.**

Did you know that if you are obese and lose weight you can live up to 4.2 years longer?¹



PHYSICAL ACTIVITY³ - Live up to 7.2 years longer

- Being **physically active** prolongs life and improves its quality.
- It is advisable to do **150 minutes a week of moderate physical activity**, which can be achieved by adding time slots of at least 10 minutes.
- **Any activity counts:** climbing the stairs, walking...
- **Do activities to strengthen muscles**, improve bone mass and improve flexibility at least 2 days a week.
- **Avoid sitting for long periods of time.** Move around every 2 hours.

Did you know that if you do moderate physical activity (brisk walking, for example) for 2.5 hours a week, you can live up to 3.4 years longer, and up to 7.2 years longer if you maintain a healthy weight?¹



DON'T SMOKE - Live up to 10 years longer.

- **Quit smoking.** Tobacco use is the most common cause of disease and death in Spain.
- **Avoid spaces contaminated by tobacco smoke.** Passive smoking also causes disease.
- **No drugs are healthy.**

Did you know that if you quit smoking you can add up to 10 years to your life? The sooner you quit, the more years of life you could gain!¹



AVOID ALCOHOL - Live up to 5 years longer.

- The less you drink, the better. It is not beneficial even in small doses.
- In pregnant women and children, when breastfeeding, caring for people, precision work, driving and with some medications and diseases, your consumption should be zero.

Did you know that if you pretty much avoid drinking alcohol you can gain up to 5 years of life?¹



EMOTIONAL WELL-BEING - Live up to 2.8 years longer.

- Have a positive attitude towards life: be calm about things, avoid stress, find something that makes you look forward to getting up every day.
- Get involved in your community: connect openly with everyone and develop positive self-esteem, cultivate social relationships and laugh, laughter has healing power.
- Find time to enjoy the outdoors and nature, and discover the benefits this has on your physical and mental health.

Did you know that if you are under a lot of stress but you reduce this stress with good stress management, you can live up to 2.8 years longer?¹



SLEEP - live up to 4.7 years longer

- Get enough rest. Try to sleep between 7 and 9 hours a day and keep a regular sleep schedule.
- Exercise, but not close to bedtime, and avoid heavy meals, alcohol, tobacco and caffeine
- Don't use electronic devices, like cell phones or computers, before going to sleep.

Did you know that if you get enough good quality sleep, you can live up to 4.7 years longer?¹



OTHER

- Make rational use of medications; always take them under the supervision of a qualified healthcare professional. If you take medication for an illness, combine it with a healthy lifestyle.
- Take care of your sexual health. Ask your doctor and get tested if you have engaged in any risky behavior.
- Do not overdo your time in the sun. Half an hour a day is enough to cover our physiological needs. Use sun protection; solar radiation accumulates over your lifetime.
- Drive responsibly. No alcohol behind the wheel. Use seat belts and child seats, and wear helmets on motorcycles and bicycles. No cell phones while driving.

¹maquinadeltiempo.fundacionmapfre.org

²Eat well, live healthy

<https://estilosdevidasaludable.sanidad.gob.es/alimentacionSaludable/docs/AlimentacionSaludable.pdf>

³Take a first step for your health

<https://estilosdevidasaludable.sanidad.gob.es/actividadFisica/docs/ActividadFisica.pdf>