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# Library Corner: Programs, books on eating, living healthier

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Posted: Sunday, March 12, 2017 9:33 am



(L-R) Malinda Thao, Mary Ford, Jennifer McQuade and Karen Inman with the Owasso Library take a moment to smile for a picture during a busy work day. ART HADDAWAY/Owasso Reporter

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By Jennifer McQuade Owasso Library Manager | 0 comments

## Eat Better, Move More

Mondays 11 a.m.-12 p.m.

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The free “Eat Better, Move More” program meets once a week for nine weeks and is for older adults and/or their caregivers. Instructors will share ways you can improve your nutrition and find simple, fun ways to introduce movement and exercise into everyday routines. This class will also help you develop a plan that will enhance the quality of your life. Presented by the Oklahoma Healthy Aging Initiative. Registration is required. Call 918-549-7624 to register.

Check out these books on longevity and healthy aging:

*Younger Next Year: The Exercise Program*

By Chris Crowley

This exercise book takes the intimidation out of starting a workout regimen, then serves as a detailed guide for life. Based on science, the author explains how we can turn back our biological clocks by a combination of aerobics



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and strength fitness.

*Spring Chicken: Stay Young Forever (or Die Trying)*

By Bill Gifford

Gifford offers a broad examination of the subject of longevity, looking at the current scientific understanding of aging, as well as simple things people can do to promote longevity and common myths, misconceptions and scams on the subject.

*The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer*

By Elizabeth H. Blackburn

While many factors contribute to aging and illness, Nobel Prize-winning doctor Elizabeth Blackburn discovered biological markers, called telomeres, which protect our DNA. She found that the length and health of one's telomeres provides a biological basis for the long hypothesized mind-body connection. Blackburn partnered with psychologist Dr. Elissa Epel to explain what we can do to improve and lengthen our telomeres to keep us vital and disease-free.

*Keep Moving: And Other Tips and Truths About Aging*

By Dick Van Dyke

Who better to offer instruction, advice and humor than a man who's entering his ninth decade with a jaunty two-step? Dick Van Dyke's optimistic outlook is an invigorating tonic for anyone needing a reminder that life should be lived with enthusiasm despite what the calendar says.

*Live Long, Die Short: A Guide to Authentic Health and Successful Aging*

By Roger Landry

Over a decade ago, a landmark 10-year study by researchers at the MacArthur Foundation found that that 70 percent of physical aging, and about 50 percent of mental aging, is determined by lifestyle, the choices we make every day. That means if we optimize our lifestyles, we can live longer and "die shorter," or compress the decline period into the very end of a fulfilling, active old age. In *Live Long, Die Short*, Landry lays out a path for anyone, at any point in life, who wants to achieve authentic health and empower themselves to age in a better way.

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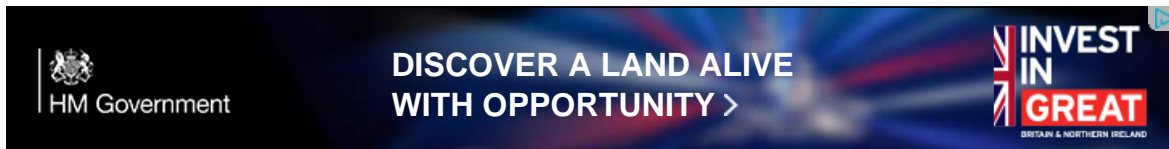
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