

Smart ways to live well

NOVEMBER 2009

Prevention

Michelle Obama

Happy And Healthy At Any Age!

"Life really gets good when you're 40 or 50."

FEEL AMAZING!
75 Tricks Inside

FLAT BELLY FOODS!

- Cure Cravings
- Speed Metabolism
- Beat the Bloat

ALL-DAY Energy!

NATURE'S CURES

- ★ Lower blood pressure
- ★ Stop stress in seconds

FROM THE HEART DOC **health**

Straight from the Heart

THE EXPERT ISSUE
The cardiologist who created the South Beach Diet shares why healthy living is joyful living ■ ILLUSTRATION BY JOEL HOLLAND

I'M 62 AND, THANKFULLY, have never been hospitalized, nor can I remember calling in sick. I still work 12-hour days, walk the golf course, hit the heavy bag, and, not too long ago, even played ice hockey. Other than some minor colds, flu, and heartburn, I have been very healthy, and I take no regular medications. How I've managed this isn't a secret. My philosophy is in my books. But for this special issue of *Prevention*, I want to summarize it for you—what I eat, how I exercise and beat stress, even my own advice that I struggle with. Here's my personal Rx—feel free to make it your own:

- **Eat three squares and a snack:** I start most days with a three-egg omelet (one yolk and whites) and some

GOOD NEWS FOR YOUR HEART
Read Agoston's blog for the latest advice and ask him questions at prevention.com/dr/agoston.

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Exercise early and regularly:

On weekdays, I'm up and in my home gym by 6:15 AM. Three days a week, I use a machine called the Power Plate, which vibrates as I do various exercises. It helps warm up my old bones, while building balance and core strength. Then I'll do Pilates. This workout normally lasts an hour. The other two weekdays I'll do 20 to 30 minutes of interval training on an elliptical machine. This type of high/low intensity is great for the heart. On weekends, I golf, play tennis, or occasionally do a boxing workout.