

involves movement. In addition to fatiguing your muscles and pumping up your heart, it's important to strain your brain by continuously learning new things, completing mentally challenging tasks (think crosswords and Sudoku puzzles), and getting out of

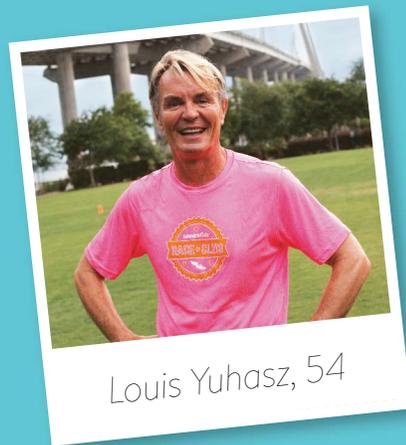
your comfort zone every so often. Although sedentary, reading books (not just short articles in newspapers and magazines) for at least three and a half hours per week can add another two-year chapter to your life, according to a recent Yale University study.



Kellye A. McKenzie

## ... AND LIFE TO YOUR YEARS

There's a distinct difference between living longer and truly being alive. The point isn't just to collect more years, but to make the most of those days. And that quality of life will also factor into longevity. Another Yale study found that people with a positive outlook on aging lived some seven years longer than those who felt ruined by declining mental and physical health. Keep reading for Dr. Scott's tips for adding vitality to your life.



Louis Yuhasz, 54

### HOW HE WORKS TO ADD YEARS TO HIS LIFE:

"I rise at 5 a.m., meditate, pray, and read; by 6:15 or 6:30 I'm in the gym," says Louis of his daily routine. He trains and competes in Spartan Races—a goal that keeps him motivated—and eats a simple, nutritious diet grounded in greens, lean proteins, and whole grains. "I can make fresh salmon, spinach, and potatoes for \$2.30 per person—what's required is planning, shopping, and cooking," he says. "You have to make time for all of these things in order to maintain a healthy lifestyle."

### ... AND LIFE TO HIS YEARS:

Louis is the founder of Louie's Kids: a Charleston-based nonprofit that leads a family-focused Race Club Program to help treat and prevent childhood obesity. "It started with camp scholarships to honor my dad's life—we sent dozens of kids to weight-loss camps," says Louis, whose father, Louie, died in 2001 due to obesity-related complications. "But unless a family buys in together, weight loss doesn't sustain itself. It wasn't until we launched the Race Club Program—which trains families *together* for races—that we found sustained success." His passion project keeps him engaged with a cause and community far bigger than himself. "We are a little engine that could and can," he says. "And we are winning—we've had some incredibly successful families in our programs."

## HEALTHY TRI-COUNTY



In January, **Healthy Tri-County**, a regional initiative powered by Trident United Way in collaboration with core partners Roper St. Francis Healthcare and MUSC Health launched with the goal of improving the health

of every resident in the Tri-County area. "Health is about so much more than health care," says TUW director of health Kellye A. McKenzie. Modeled on the state's thriving Alliance for a Healthier South Carolina, this effort has unified more than 50 nonprofits, small businesses, social service agencies, clinics, and government institutions as well as some 600 individuals, focusing on large changes within specific areas, including access to health care; behavioral health; clinical preventative services; obesity, nutrition, and physical activity; and maternal health and infant care. Priority number one: the creation of a five-year vision that provides citizens, policy makers, and organizations with clear recommendations and action sets to improve their health and that of the community. For more on how to volunteer or about the plan, expected to roll out on October 30, visit [healthytricounty.com](http://healthytricounty.com).

**Louie's Kids** participants and volunteers meet weekly for training sessions. To learn more about or get involved with the nonprofit, visit [louieskids.org](http://louieskids.org).



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