

Prior to birth

- 1. Choose long-lived parents**
- 2. Have your mother get regular check-ups during pregnancy**
- 3. Have your mother not smoke or drink alcohol**
- 4. Have your mother take pre-natal vitamins including folate.**

0-20 years

- 1. Exercise regularly**
- 2. Avoid obesity**
- 3. Ingest adequate calcium**
- 4. Eat nutritious foods**
- 5. Wear your seatbelt**
- 6. Do not smoke or drink**
- 7. Get your vaccinations**
- 8. Avoid violence and illicit drugs**

20-40 years

- 1. Exercise regularly**
- 2. Avoid obesity**
- 3. Ingest adequate calcium**
- 4. Eat fish**
- 5. Wear your seatbelt**
- 6. Drink in moderation and do not smoke**
- 7. Drive at a safe speed**
- 8. Avoid violence and illicit drugs**
- 9. Monthly breast self-exams (females)**

40-60 years

- 1. Exercise**