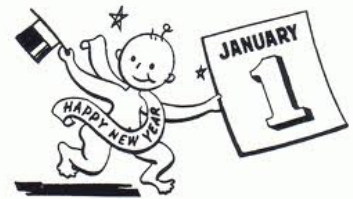


Good Bad Habits

Here's a New Year's resolution you'll love:
Hanging on to your vices



Science has unearthed an array of so-called bad habits that actually confer health benefits. Read on to learn about some guilty pleasures that let you ditch the guilt and keep the pleasure



Eating Candy – Sweet-eaters live about a year longer than those who never touch the stuff, according to a Harvard study. Researchers suspect the cause is dark chocolate, which is loaded with antioxidants. After eating just one and a half ounces of dark chocolate, people showed improved arterial blood flow and elasticity, another recent study found.

Having a drink or two – Those who drink one or two servings of alcohol per day have a 30% lower heart attack risk than nondrinkers, says Arthur Klatsky, M.D., chief of the division of cardiology at Kaiser Permanente in Oakland, AC. To keep from going overboard, order your cocktail in a tall glass. Bartenders tend to pour extra alcohol into short, squat ones, notes a Cornell University study.



Staying up late – If you head to bed within three hours of eating dinner, you're more than seven times more likely to get heartburn than people who wait four hours or more, one study found. Spend an extra hour upright to give your meal more time to digest.

Sleeping in – To stay slim, get lots of shuteye. People who sleep only six hours a night are 23% more likely to be obese than those who sleep seven to nine hours, a Columbia University study showed. Lack of sleep disrupts the balance of appetite-regulating hormones.



Being a busybody – Gossiping is good for you. According to British psychologist Robin Dunbar, Ph.D., dishing strengthens social bonds – and social connectedness is a more important predictor of longevity than blood pressure or cholesterol, a Harvard study found.

Playing video games – One hour a day of shoot-'em-up games like HalfLife and Medal of Honor can improve visual and attention skills after ten days. And physical games such as Dance Dance Revolution and EueToy:Kinetic add a cardio workout. – *Melissa Gotthardt*



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Life is a Mirror:

If you frown at it, it frowns back. If you smile at it, it returns the greeting.

From a Chinese Fortune Cookie