

Health Minute™

Super Seniors!

A long and healthy life is something we all aspire to achieve. William and Gertrude Toop are two more super seniors who have done just that. They celebrated their sixty-fifth wedding anniversary on January 6, 2009 and are looking forward to many more. William shares his secret for healthy aging with us below. He should know – he will turn 91 on April 20 of this year. Happy Birthday William!



William J. Toop
91 years young on April 20



William and Gertrude Toop
65 years of happiness together

William's secrets to a long life

- Never smoked or used liquor
- Healthy diet
- Takes four Arctic Fresh fish oil capsules daily
- Walks 1½ miles every day
- Does outside chores
- Has a dedicated wife

Tips for healthy aging

- Have close relationships
- Quit smoking
- Reduce causes of stress and depression in your life
- Keep working – stay active in your job or find volunteer work
- Have yearly health check-ups