

TIPS on playing the long game

AGING from E17

Gina Williams, owner of Mobility Health Physical Therapy in Manhattan.

"Mobility is one of the most powerful predictors of longevity and quality of life for individuals in their 80s and beyond," she said.

Experts also emphasize what to avoid. Chronic stress, isolation and neglecting physical and mental health can accelerate decline.

"Loneliness is fatal," said Patricia Greenberg, of Long Beach, author of "It's OK to Be Old: Thoughtful Acceptance of Your Age" (The Fitness Gourmet 2024). "When people are in committed relationships — spouse, lovers, friends and community — they live longer and vibrantly."

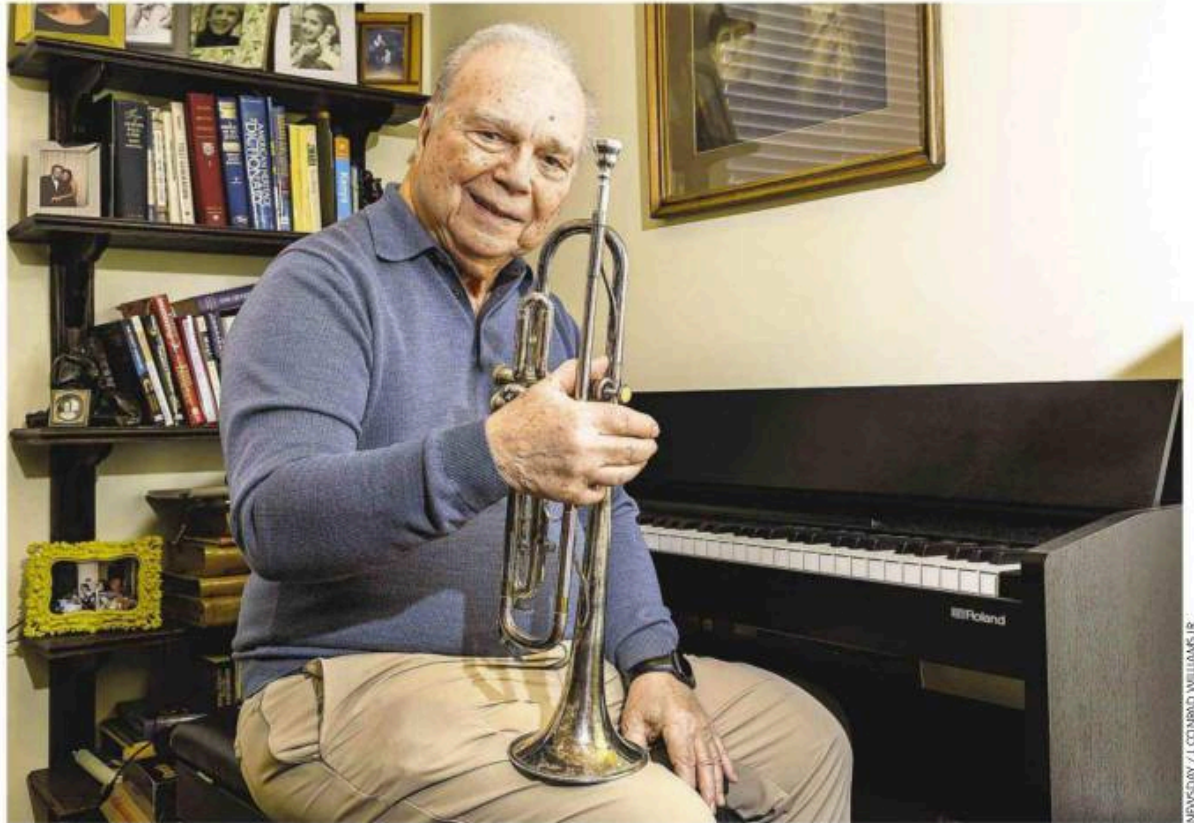
Expert advice is one thing, but nothing illuminates how to age well like lived experience.

Several Long Islanders shared their strategies for living a full and engaged life at 80 and beyond.

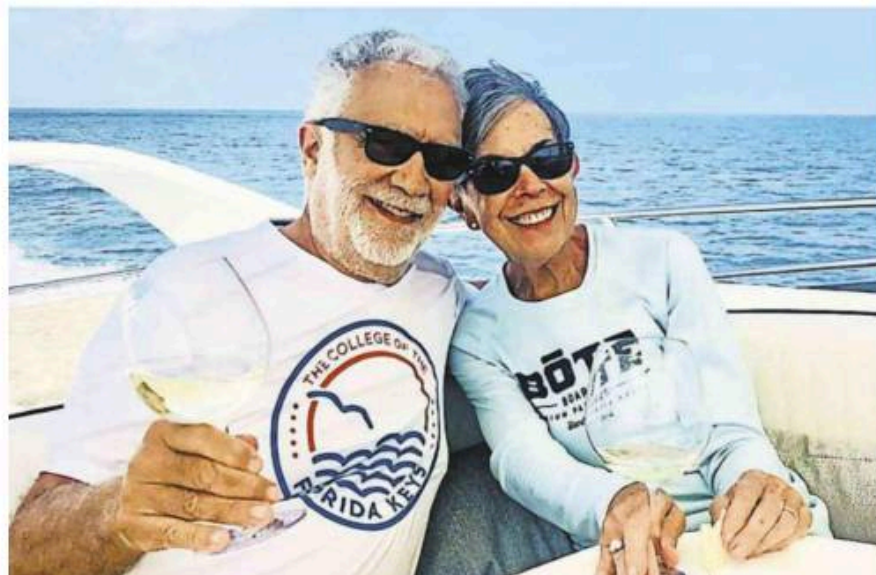
RUTH GOLDSTEIN, 101

Despite being a widow, losing her daughter and surviving cancer, Goldstein remains independent. She lives alone, cooks for herself and stays connected with family.

"I have an amazing son and



Norman Spiz plays trumpet and piano, golfs and enjoys cards with friends. He said attitude counts: "You have to keep smiling."



Fred Klein starts each day with exercise. Joanne Klein said art and gardening keep her motivated.

son-in-law, two granddaughters who treat me like gold and five great-grandchildren that make the sun come up in the morning," she said.

Her day follows a rhythm of coffee, breakfast, light cleaning, walks, television and phone conversations. She said she used to read and do The New York Times crossword puzzle every day, but that she doesn't see well anymore.

Her outlook is rooted in gratitude and enjoying the little things in life.

"Don't worry until there is something to worry about," she advised. "Appreciate what you have, and eat ice cream."

Her proudest accomplishments include beating back cancer and watching generations of her family grow

59 years, enjoy the snowbird life, spending December through April in Key West. They attribute their longevity to good genes and good habits.

Fred, an attorney, said he begins each morning with calisthenics, including 40 pushups and 60 crunches, and he swims regularly. He rarely eats red meat.

Joanne walks their dog, Charcoal, for an hour every day, sees a trainer once a week, does Pilates weekly and goes up and down the stairs in their home about 20 times a day. When in Key West the two, who have two sons and four grandchildren, get around on bicycles.

Joanne said she is motivated by her art and gardening. Fred said he likes to post on social media, write in his diary and read the paper.

"I'm looking forward to great-grandchildren and living to 100," he said.

FRED, 83, AND JOANNE KLEIN, 81

Fred and Joanne Klein, high school sweethearts married for