

Drinking alcohol key to living past 90, study says

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Cheers to life—seriously.

When it comes to making it into your 90s, booze actually beats exercise,

according to a long-term study.

The research, led by University of California neurologist Claudia Kawas, tracked 1,700 nonagenarians enrolled in the 90+ Study that began in 2003 to explore impacts of daily habits on [longevity](#).

Researchers discovered that subjects who drank about two glasses of beer or wine a day were 18 percent less likely to experience a [premature death](#), the Independent reports.

Meanwhile, [participants](#) who exercised 15 to 45 minutes a day, cut the same risk by 11 percent.

"I have no explanation for it, but I do firmly believe that modest drinking improves longevity," [Kawas stated](#) over the weekend at the American Association for the Advancement of Science annual conference in Austin, Texas.

Other factors were found to boost longevity, including weight. Participants who were slightly overweight—but not obese—cut their odds of an [early death](#) by 3 percent.

"It's not bad to be skinny when you're young but it's very bad to be skinny when you're old," Kawas noted in her address.

Subjects who kept busy with a daily hobby two hours a day were 21 percent less likely to die early, while those who drank two cups of coffee a day cut that risk by 10 percent.

Further study is needed to determine how habits impact longevity beyond people's genetic makeups.

More information: What Do Biomarkers Tell Us about Optimal

Cognitive Function in Very Old Adults? AAAS meeting,
[aaas.confex.com/aaas/2018/meet ... gapp.cgi/Paper/20849](http://aaas.confex.com/aaas/2018/meet...gapp.cgi/Paper/20849)

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