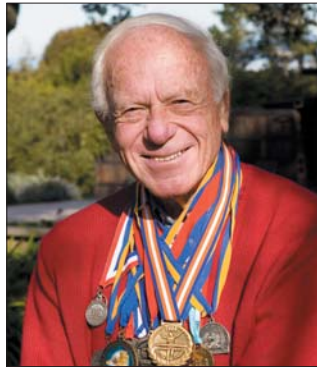


# Letters to Dr. Walter Bortz II M.D.

**Dear Dr. Bortz:**

*As you are identified as having devoted the bulk of your life to the study of the aging process, I feel you're the perfect one to whom I should direct this fundamental question: "How do I stop aging?"*  
– Lonnie Christian, San Francisco



**Dear Lonnie:**

Thank you for your submission. To respond, I can't help but remember back to what my physician father responded when challenged with the same question. Dad replied, "I'm not interested in arrested development."

This perspective is totally congenial to me. The science of aging, as we describe fully in my current book *"Roadmap to 100"* carries the mandate that aging is an expression of cosmic law to which there are no exceptions—none. Time flows only in one direction. Period.

So if aging is inevitable, our task immediately turns to shaping aging to our own devices. Which said in another way, means, "make the best of it." It means framing it in such a way that the positive growth aspects predominate.

Certainly aging has decrements but it also has growth opportunities and wisdom, most prominently.

Hence the appropriateness of my father's response: "I'm not interested in arrested development."

**Dear Dr. Bortz:**

*What is your opinion of the AARP?*

– Jim Kalabari, Dublin, CA

**Dear Jim:**

In one sense, the AARP is the most important policy group for seniors in the entire world, 35 million or so members. So its potential for good is immense.

I have worked with their various presidents and executives for 40 years. In fact, I met with their current president, Jennie Chin Hansen, recently in New York. I also chatted with their fine new executive director Barry Rand when he spoke at the Commonwealth Club a few months ago.

I'm Chairman of the Board of a wonderful group, Lifelong Fitness Alliance. It is our principal hope to get older Americans moving. The AARP is an obvious target.

I have talked directly with their leadership about this.

It is true that the AARP already has a walking program but it is underpowered and therefore, of minimal value. Our group is eager to help them up the energy level and thereby build their success.

We are trying to get them to adopt our Stepping Strong and Rx for fitness programs. I'm slated to give their membership a major talk at their annual meeting in Orlando in November.

And I plan to lobby loudly in these regards. I figure that if we could get 35 million older Americans walking, it would do immeasurably more good than all the heart surgeons and cholesterol drugs put together. And safer and cheaper, too.

Learn more information today at [www.lifelongfitnessalliance.org](http://www.lifelongfitnessalliance.org). How can you not sign-up?

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Dr. Walter Bortz's latest book, *THE ROADMAP TO 100*, shows how aging cannot be viewed as a disease that is curable by a never ending stream of medication. *THE ROADMAP TO 100* shows how physical fitness, social engagement, proper nutrition and even an active sex life can add years and immense quality to anyone's life.

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*Dr. Walter Bortz II is one of America's most distinguished scientific experts on healthy aging and longevity. He spent his entire career at Stanford University where he holds the position of Clinical Associate Professor of Medicine. An active marathoner, he has written six books and is working on his seventh: Next Medicine. Would you like to contact Dr. Bortz? Email him at [DrBortz@aol.com](mailto:DrBortz@aol.com) or visit [www.walterbortz.com](http://www.walterbortz.com).*