



# Your Town

[Weather](#) | [traffic](#) | [transit](#)

search  [GO](#)

NEEDHAM

Text size [-](#) [+](#)

## Freyda's 18 tips for living a long life well

Posted August 20, 2009 09:30 AM

[Email](#) | [Link](#) | [Comments \(9\)](#)

Freyda Siegel of Needham recently celebrated her 100th birthday, but she doesn't look, feel or act her age. The retired school counselor said she's exercised and eaten healthy foods throughout her life, but the true key to longevity "is, above all else, one's mental attitude."

So, in that spirit and at the request of a niece who would often seek her advice, Siegel wrote down her 18 tips for living a long life well:

- Live in the present, not the past
- Enjoy personal relationships
- Respect every individual regardless of age, status, education, ability, or political affiliation
- Stimulate your mind (reading, games, politics, sports)
- Help other people
- Eat well
- Splurge once in a while
- Exercise and get fresh air
- Avoid perfectionism
- Find the positive in situations
- Don't waste energy on things you can't change
- Avoid bearing grudges
- Kvetch not
- Be a good listener
- Beware of giving unsolicited advice
- Think creatively
- Remain curious
- Have fun!

[Comment](#) | [Permalink](#) | [Email](#)

[◀ Previous Entry](#) | [Next Entry ▶](#)

### 9 COMMENTS SO FAR...

1. Happy 100th Birthday, Freyda. You've offered some great tips. I hope many people will be inspired by your longevity and advice. Also hope you enjoy many more birthdays in good health. Godspeed.  
Posted by Americana August 20, 09 04:23 PM
2. Sound advice. Thank you for sharing!  
Posted by Terminator5 August 20, 09 10:12 PM
3. Good advice does not get any better than this.  
Posted by Habeascorpus August 20, 09 10:21 PM
4. Sorry Freyda...you got lucky and have great genes. Happy Birthday. Enjoy.  
Posted by Dean Romano August 20, 09 10:55 PM

### THINGS TO DO IN NEEDHAM »

#### UPCOMING EVENTS

#### BROWSE

- [Arts & Crafts](#)
- [Community](#)
- [Food & Dining](#)
- [Performing Arts](#)
- [Shopping](#)
- [Sports & Outdoors](#)

ADVERTISEMENT

### BOSTON.COM TWITTER ACCOUNTS



Waiting for twitter.com to feed in the latest...

[Follow other Boston.com Tweets](#) | [What is Twitter?](#)

5. She forgot
1. Drink coffee
  2. Take Omega 3

Congrats on the 100!

Posted by JM August 21, 09 12:31 PM

6. Mazal Tov! May you live another 100 years in health and happiness!! Who needs Prozac and shrinks - we've got FREYDA'S sage advice !! Thanks for brightening MY day!!! I think we all need an attitude readjustment now and then. Dean, you are such a spoil sport!!! You need to BELIEVE!!!

Posted by Jedada August 21, 09 03:29 PM

7. Freyda, Thank you for sharing. You have wisdom beyond your years!!

Posted by Bob Kelleher August 22, 09 09:31 AM

8. Freyda, I loved your list. I am printing it out and putting it on my fridge. A great reminder everyday! God bless you and may you continue to share your wisdom for years to come.

Posted by Nancy August 22, 09 01:35 PM

9. Happy 100th Birthday, Freyda ! May we all have such a positive attitude so that we can enjoy our lives as much as you have.

Posted by Charlene August 22, 09 10:45 PM

## ADD YOUR COMMENT

YOUR E-MAIL ADDRESS \* (WILL NOT BE PUBLISHED)

YOUR NAME \*

ENTER YOUR COMMENTS HERE:

Type your comment here...

This blogger might want to review your comment before posting it.

Preview

Submit



Fields marked with an \* are required.

**DO NOT HIT THE SUBMIT BUTTON MORE THAN ONCE!**

What do we do with this information? [Read our Privacy Policy here.](#)