

Review of: "How to enjoy your healthy life after 70—suggestions from the science of longevity"

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Potential competing interests: No potential competing interests to declare.

- I feel that this article provides valuable insights into promoting a fulfilling and healthy life during the later stages of one's life.
- The subject matter is both relevant and timely, considering the increasing aging population and the growing interest in enhancing longevity.
- The suggestions presented in the article are supported by scientific research and offer practical guidance for individuals seeking to maintain their well-being well into their senior years.
- One aspect that could be further explored is the integration of emerging technologies and innovations that support healthy aging.
- The article does touch on the importance of staying mentally active and engaged, it could delve deeper into the role of digital tools, cognitive training apps, and telehealth services in enhancing the lives of older adults.