

# Active lifestyle, positive thinking keeps you feeling young

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## *Pittsburgh Tribune-Review:*

Dennis Czarnowski plays softball nearly every day, works full time — and even closes down the bars regularly, playing billiards and other games while drinking soda with friends.

People might be surprised to know that Czarnowski turns 60 on Oct. 9 — the day before he'll attend a Helmet concert, and participate in the mosh pit. He has a grandchild and a great-grandchild. But who says he's too old for these activities?

"I feel like I'm a 27-year-old," says the Tarentum resident, who owns Del's Custard in Natrona Heights.

Is 60 really the new 40, as people say? Or 80 the new 60? Yes, if someone practices youthful and positive thinking, along with an active lifestyle, according to a recent study. Researchers at Harvard University and Massachusetts Institute of Technology have found there may be truth to the saying "You're as young as you feel." The researchers examined scientific literature and past studies about the topic, and published their results in the journal *Perspectives on Psychological Science*.

Read the whole story: [Pittsburgh Tribune-Review](#)