Guide to Longevity.

1. Park your vehicle so you can easily drive away without reversing, so back in.
2. Insurance Institute for Highway Safety A good place to choose the safest vehicle to drive.
3. Run away from any physical altercation when ever possible
4. Do not smoke anything
5. Wear a seatbelt when driving
6. Dont drink and drive
7. Live near good free health care
8. Live within a half hour drive of a good hospital
9. always have a health identity card

Air Travel Survival

1. Sit at the back of a plane, ever see a crash where the plane backs into a mountain?
2. Keep your shoes on for takeoffs and landings. Most air incidents happen on take off or landing.
3. Always keep your belt fastened for the entire length of flight

General Safety

1. When taking a taxi or uber take a picture of the license plate and send to a friend.