

HEALTHY AGING®

Staying in Shape for Life

By Dr. Bill Dorfman | November 2018



After dedicating 55 years of my life to exercising regularly and eating properly, most people say I look 20 years younger than my actual age. I turned 60 this past September and am in better shape now than I was when I was in my 20s!

It's no secret that the current craze is fitness. Everyone wants to be fit with solid abs and biceps. This is easier at 20 and 30. But it becomes more of a rarity at 40 and even more so at 50. At 60, it's almost unheard of!

Even though I was always active in sports as a kid, I decided to work out more regularly while in dental school. This may seem ironic since the most common excuse for not exercising is "I don't have the time." But dentistry is psychically demanding. So, unless I exercised daily, my back, neck, and shoulders were constantly in pain. The more I worked out, the better I felt. So, I just kept it up for the better part of the last five decades.



As I got older and my schedule grew more and more hectic, it became increasingly difficult to find time to exercise. Here's a snapshot of my life:

- I got married and had three kids.
 - I was working 60-hour weeks and transforming the smiles of many of Hollywood's brightest stars.
 - I wrote what would become a New York Times best-seller, titled *Billion Dollar Smile: A Complete Guide to Your Extreme Smile Makeover*.
 - I founded Discus Dental, the makers of the world's leading tooth-whitening products NiteWhite, BriteSmile, and Zoom.
 - I founded my nonprofit LEAP Foundation to help high school and college students succeed in life.
- I appeared on ABC's *Extreme Makeover* and CBS' *The Doctors*, the latter of which I still appear on today.
 - I helped raise \$42 million for children's charities.
 - I earned 18 lifetime achievement awards.

Instead of making excuses, I make going to the gym a daily priority—whether I'm traveling or not. For the past 40 years, I've averaged a 60- to 70-hour work week, as many Americans do, and still made time to exercise daily.

When my kids were growing up, I got up at 5:30 a.m. and exercised before work so I could be home with them every night. Now that they're older, it's a bit easier to make time. So, I often go after work. No matter where I am or what I'm doing, my gym time is one thing that never gets bumped from my schedule.

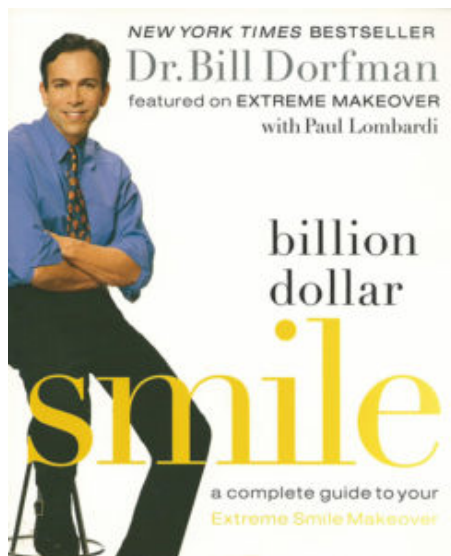
I usually alternate my workouts between lifting weights one day and cardio and abs the next day. Even though a lot of people have a rest day, I tend to work out every day for at least an hour because it helps me feel more alert and productive at work. In addition to feeling physically fit, I also lead a physically "pain-free" life.

Choosing a lifetime of fitness has prolonged my career and has enabled me to live adventurously. I swim, run, hike, scuba dive with sharks, and water and snow ski on a regular basis. I don't need a personal trainer every day. But every four to six months, I use one to mix up my routine so I don't get bored.

When beginning a fitness journey, there are three key things to consider:

- 1. Diet.**
- 2. Exercise.**
- 3. Genetics.**

We control two of these three components. But you should hold yourself accountable and take responsibility for all three of these factors. For diet and exercise, it may be obvious what you should do. And for genetics, there are a plethora of tests that can help you in overcoming obstacles. Master these three key things and you'll be well on your way to a successful, and fit, lifestyle.



I consider myself fortunate to have everything that I have. But I also acknowledge that none of it would have come without the diligence and dedication that I've exercised over the last 55 years.

To my peers who are looking to maintain a healthy lifestyle while aging, I say make diet and exercise a priority, eat well, and do something active daily. Get annual checkups from your doctor and, when it makes sense, do genetic testing to prepare yourself for a long and healthy life!

It's not just about getting fit. It's also about staying fit. It's not easy, but it is necessary. And it does pay off!

Dr. Bill is a celebrity dentist from the ABC hit show Extreme Makeover and the CBS Emmy-winning daytime talk show The Doctors. He's been featured nationally

and internationally on numerous talk shows and national magazines. See more on his [Instagram page](#).

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