



WOMEN'S HEALTH

# 9 amazing 100-year-olds share their top longevity tips: Love, papaya, no regrets

Some centenarians are still living on their own, working, driving and falling in love. Here are their longevity secrets.

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By A. Pawlowski

Turning 100 is a big deal. The U.S. is home to 101,000 centenarians, or just 0.03% of the population — a number that's projected to quadruple in the next three decades, according to the Pew Research Center.

TODAY.com met several extraordinary centenarians in 2024. Some are still living on their own, working, driving and falling in love.

Many listed home-cooking as both a factor in their longevity and something they love doing.

Here are some of their top tips for a long healthy life:

## Don't waste time on regrets

At 102, Deborah Szekely is a member of the “never retire” club.

She works three days a week at Rancho La Puerta, the resort she started with her late husband in 1940 in Tecate, Baja California, Mexico.



Deborah Szekely works three days a week.  
Courtesy Rancho La Puerta

“When nature says, ‘You got to stop, Deborah,’ Deborah will stop. Until then, she’ll keep going,” Szekely told CNBC Make It.

Her health routine includes walking every

day and staying positive.

She also believes in a philosophy of no regrets.

“Don’t waste time looking back. That’s a total waste of time. You can’t do anything about it, it’s done. Look forward, and look forward to things that you want,” she said.