

HEALTH AND WELLNESS

# These 100-year-olds say working beyond retirement age is what keeps them going: 'I'll work for as long as I can'

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Renée Onque

@IAMRENEEONQUE

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Working for the rest of your life may sound unappealing but many 100-year-olds around the globe say doing what they love and [not retiring](#) is what keeps them feeling youthful and fulfilled.

In a popular book about longevity, "[Ikigai: The Japanese Secret to a Long and Happy Life](#)," the principle of ikigai is credited as one of keys to longevity and **well-being**. Ikigai means the happiness of always being busy.

One of [the rules of ikigai](#) is to stay active and not retire, and many centenarians, especially those living in the world's blue zones, never do.

We spoke to several centenarians over the past year and a half about what behaviors and traits they believe helped them to live a long and happy life. Here's why they say finding meaningful work and not retiring played a major role.

## Deborah Szekely, 102

Deborah Szekely, a 102-year-old, started her fitness resort and spa alongside her then-husband in 1940. More than eight decades later, Szekely still [works at her business three times a week](#).

"We have fabulous speakers every night. I meet with the presenters [every] Tuesday, so I know what my guests are talking about," she told CNBC Make It in May.

"Wednesday, I speak. And Thursday, I meet individuals who I want to know, or friends. So I work three days a week: Tuesday, Wednesday, and Thursday."

Every week that she shows up at her spa, Szekely said, "it makes a change."

"When nature says, 'You got to stop Deborah.' Deborah will stop, until then she'll keep going," she [added](#).



Deborah Szekely, 102, co-founded one of the first wellness resorts in North America in 1940. Source: Rancho La Puerta