

11 Surprising Habits That Can Shorten Your Life, As Innocent As They May Seem

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Most of us know that habits like smoking or not exercising can harm our health, but there are a number of everyday habits that may seem less obvious, but can have similar affects to our lifespan. These surprising habits that can shorten your life may be things you don't even think twice about, but they do play a role in our longevity. For those of us who want to live a long life, it's important we pay attention to these activities to make sure we are ensuring a healthy and long life.

"Habits are important for our longevity because habits are things we do without much or any conscious thinking," says Dr. Caroline Cederquist, founder of BistroMD, over email. "Habits actually make up a very large portion of the actions we do each day. Those actions like exercising, drinking water, flossing, going to bed at a regular time, and eating with regularity can work for our health and longevity. Or, other unhealthy habits can work against it."

If you've got goals to reach the triple digits, you might want to consider ditching some of these 11 surprising habits that can actually shorten your life, as unsuspecting as the may seem.



Drinking out of plastic water bottles increases your exposure to xenoestrogens that can lead to breast cancer, fibroids, and cysts," says Dr. Gabrielle Francis over email. The chemicals found in plastic water bottles can also lead to higher rates of other diseases such as cardiovascular disease and Type 2 diabetes, according to Livestrong. Stick to BPA-free reusable water bottles instead of using single use plastic ones.

In general, anything that seems healthy can help you live a longer life, but it's always good to make sure you are doing everything in moderation.