



Smoking Cigarettes: Remove 2 telomere blocks



Too many projects at work: Remove 2 telomere blocks



Eat too much fast food: Remove 2 telomere blocks



Being a Couch Potato: Remove 2 telomere blocks



Eat too much candy: Remove 2 telomere blocks



Too much air pollution: Remove 2 telomere blocks



Yoga to reduce stress: Add 2 telomere blocks



Eat Spinach: Add 2 telomere blocks



Go to the gym: Add 2 telomere blocks



Work in Space for 1 year: add 2 telomere blocks



Eat salmon: Add 2 telomere blocks



Go for a hike: Add 2 telomere blocks



Get a pet: No change to telomeres



Reading books: No change to telomeres



Being an Artist: No change to telomeres