

MIND & BODY

He lives a healthy, long life

By SARA CAGLE >>> Henry Tseng was doing yoga headstands when he was in his 80s and 6:30 a.m. dance aerobics in his 90s. At 111 years old, he's still breaking a sweat on a recumbent bike for 30 minutes every day at the Collins & Katz Family YMCA in Los Angeles' Sawtelle neighborhood. What's his secret? He gets that question a lot too. His tips for longevity are no big surprise. Most of them are common sense. But he shares them freely, and he thinks you can use them too.

He's always moving

Tseng, a YMCA member since 1978, is somewhat of a local celebrity. Every day at 3 p.m., he climbs out of his wheelchair on his own to sit on his favorite exercise bike, which he pedals for half an hour.

"The older you are, the more you need exercise," Tseng said, adding that he doesn't feel old, and he doesn't count his years.

A retired entrepreneur, Tseng has been active for his entire life, said his daughter, Linda Hsia, 71. She helps care for him and says she is often asked to prove his age. Her father, who was born in Japan, does not have a birth certificate, but has a California ID listing his birth year as 1907, and a U.S. passport.

When he was younger, he enjoyed swimming and outdoor sports. As he got older, he adapted to his abilities by choosing different activities at the YMCA.

"He was the motivation for getting up, even for me to get in there and teach the class," said Michelle Dodson, the assistant director of healthy lifestyles at the YMCA. She teaches a 6:30 a.m. adult fitness class three times a week, and she said Tseng never missed it before he turned 100.

"He was the core of the class. You couldn't say in that class, 'Well, I'm getting old.' That would go out the window."

When Tseng isn't working out, he's still moving, doing simple yoga poses in his chair and squeezing stress balls to strengthen his grip.

Eats as he likes, but ...

He keeps junk to a minimum, and he lives by the old adage, "breakfast like a king, lunch like a prince, dinner like a pauper."

Tseng's breakfast is certainly king size. He eats half a grapefruit, half a banana, bread with butter and jam, two soft-boiled eggs, half a bowl of cereal or oatmeal, a cup of coffee and a glass of orange juice. He takes his meal at a leisurely pace, reading the newspaper and watching television.

"Can you believe that?" said one of his caretakers, Carol Puial, who cooks his meals and drives him to his workouts.

Puial changes things up each day for lunch, which she said is easy because Tseng isn't picky. Sometimes it's Italian, Chinese or Mexican. He loves spaghetti and burgers, which Puial usually makes from scratch. If they do go out, McDonald's is his first choice.

His dinners are simple and easy to swallow: soup, omelets, ground beef, pulled pork or baked chicken. And Hsia said her father makes a point of only eating until he's "70% full."

Tseng takes a basic multivita-



MARIA ALEJANDRA CARDONA Los Angeles Times

HENRY TSENG works out daily at the Collins and Katz Family YMCA in Sawtelle. He rides an elliptical bike for half an hour.



FRANCINE ORR Los Angeles Times

BIRTHDAY BOY Tseng blows out the 1-1-1 candles on his cake in July as his daughter Linda Hsia, right, and other family and friends look on.

min, and he doesn't cut any foods out of his diet.

Anything off limits? Alcohol and cigarettes.

Hangs out in sunshine

Weather permitting, Tseng and his caretakers go to Holmby Park in Westwood, where Tseng enjoys the sunshine for an hour or two after his workout.

"I like fresh air," Tseng said. "More trees, more open sky and not too many people."

It's a quiet ritual, except for when bus tour guides, who drive past the park and recognize Tseng, point him out to their tour groups. "Look, there's the guy who's III!"

After that, they head straight to Starbucks for Tseng's daily treat: a mocha.

Keeps his chin up

"I'm very positive. Every day. Rain or shine," Tseng said.

Most people in Tseng's life — from his relatives to his fellow YMCA members — are struck by his upbeat attitude.

"He loves people. He loves life," said Ann Samson, executive director at the YMCA. "The fact that his mind is so alert I think

has a lot to do with him being active, being around people and engaging in conversation."

Tseng tells people that one of his secrets to longevity is to smile every day and to never worry.

"I have lots of small troubles like everybody, but I just say, 'forget about it,'" Tseng said. "Nothing is impossible."

Helps others

Tseng has supported multiple fundraisers at the YMCA, such as the Kids-to-Camp Campaign and the Community Support Campaign. He was the president of the Hong Kong Rotary Club before moving to Los Angeles in 1975, and he's been involved in the Westwood Rotary Club for 40 years.

"I like to help people," Tseng said. "This is my job: to exist only useful."

In 1996, he helped found the YMCA's P.L.U.S.S. Program, a support group and exercise plan for people with Parkinson's disease.

"Do everything you can, and never refuse," Tseng said. "Anybody asks you to do something, try hard to do it."

health@latimes.com

'I have lots of small troubles like everybody, but I just say, "forget about it." Nothing is impossible.'

— HENRY TSENG

6 tips for losing weight but eating carbs

By MELINDA FULMER >>> If you've hit a wall with restrictive diets such as paleo, Whole30 and keto, it may be time for something different. Dietitian Tanya Zuckerbrot tells her 66K fans on Instagram (and her many L.A. clients) that you *can* eat grains, beans and dairy and still lose weight. Zuckerbrot, author of the popular "F-Factor Diet" book, says fiber is the ultimate weight-loss tool. It has no calories, helps boost metabolism as the body works to digest it, and sends a satiety hormone to the brain to tell you that you're full. Yet many of us take in just half of the minimum recommended daily allowance for fiber of 25 grams for women and 38 for men. Besides, do you really want to live without bread? Here are her top tips for losing weight without feeling deprived.

1 Combine fiber and protein at every meal The combination of protein and fiber is more filling than protein alone, she says, and it encourages your body to hold onto more muscle mass while losing weight. Try adding nut butter to your apple for a snack, add beans or roasted vegetables to your lunchtime chicken salad, and make sandwiches with high-fiber whole-grain bread.

2 Eat breakfast... Eat breakfast within an hour of rising, Zuckerbrot says, to keep your metabolism revving. Aim to meet up to half your fiber needs before noon. Combine overnight oats or fiber-rich cereals (such as an All-Bran or Fiber One) with lean proteins such as egg whites, Greek yogurt or low-fat cheese to fill you up and keep blood sugar stable.

3 ...And a midafternoon snack A 200-300 calorie snack of protein and fiber helps stave off the hunger that will make you overconsume at dinner, when your metabolism is likely to be the most sluggish. She recommends eating a high-fiber cracker — she likes GG Scandinavian Bran Crispbread, with 8 grams of fiber per serving — with turkey and

mustard or having a cheese stick and an apple, or high-fiber cereal with berries and ricotta cheese.

4 Watch your portions, and your protein As dining out has surged, so have portions, even at home. Limit the amount of lean meat you eat at dinner to three or four ounces for women, six to eight ounces for men, Zuckerbrot says, and fill up the rest of your plate with roasted veggies, such as artichokes, asparagus, broccoli, cauliflower and Brussels sprouts. Or make some turkey chili with beans and have it with a salad.

5 Opt for an app when dining out Broth-based soup or a green salad is a great way to fill up and help meet your fiber requirement so you're able to summon the discipline to take the other half of your entree home.

6 Make your last meal your smallest Don't save the biggest meal of the day for last. "People save all of their calories for the end of the day when their metabolism is at its slowest," Zuckerbrot says. Try to eat more substantial breakfasts and lunches, and get your snack in well before 5 p.m. so you can make an "empowered" choice at dinner.



BARRY WONG KRT

FIBER AND PROTEIN — respectively found in foods such as roasted vegetables and yogurt — are part of Zuckerbrot's plan.



BRIAN MARCUS

TANYA ZUCKERBROT is a dietitian and author of "The F-Factor Diet."



Getty Images/iStockphoto

FOR THE RECORD

Chicken Chips: An Aug. 25 Your Plate item about Wilde's Chicken Chips listed the price as \$3.99 per bag. The manufacturer's suggested retail price is \$4.99 per bag.