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Keep Moving: And Other Tips and Truths About Living Well Longer

Dick Van Dyke

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Show-business legend Dick Van Dyke is living proof that life does get better the longer you live it. Who better to offer instruction, advice, and humor than someone who's entering his ninth decade with a jaunty two-step? Van Dyke isn't just a born song-and-dance man; his irrepressible belief in embracing the moment and unleashing his inner child has proved to be the ultimate elixir of youth. When he was injured during the filming of *Chitty Chitty Bang Bang*, his doctor warned him he'd be using a walker within seven years, but Dick performed a soft shoe right there and never looked back.

In *Keep Moving*, Dick Van Dyke offers his own playful anecdotes and advice, as well as insights from his brother, actor Jerry Van Dyke; his friend and creator of *The Dick Van Dyke Show*, Carl Reiner; and other spirited friends and family. Whether he's describing the pleasure he takes in his habitual visits to the grocery store; how he met his late-in-life-love Arlene; or how he sprung back, livelier than ever, from a near-death experience, Dick's optimistic outlook is an invigorating tonic for anyone who needs a reminder that life should be lived with enthusiasm despite what the calendar says.

“You don't have to act your age. You don't even have to feel it. And if it does attempt to elbow its way into your life, you do not have to pay attention. If I am out shopping and hear music playing in a store, I start to dance. If I want to sing, I sing. I read books and get excited about new ideas. I enjoy myself. I don't think about the way I am supposed to act at my age – or at any age. As far as I know, there is no manual for old age. There is no test you have to pass. There is no way you have to behave. There is no such thing as ‘age appropriate.'
When people ask my secret to staying youthful at an age when getting up and down from your chair on your own is considered an accomplishment, you know what I tell them?
‘Keep moving.'”

– Dick Van Dyke

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