

# Seniors Reveal: 10 Reasons Why Aging is Awesome

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 [seniorly.com/resources/articles/10-fun-facts-about-aging](https://seniorly.com/resources/articles/10-fun-facts-about-aging)

**Aging is an interesting process to say the least. Here are ten random facts about senior citizens and growing older that you may or may not already know.**

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## 10 Fun Facts About Aging

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Believe or not, there's more to life for those 65 and older other than game night and golf courses. You feel wiser. You know yourself better. And you also become apart of a powerful demographic. To celebrate this special time in your life, we've shared some interesting facts about older adults that may surprise you.

### **1. Age doesn't determine success.**

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The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65!



Photo: Business Insider

## **2. We lose a few bones along the way.**

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We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.

## **3. Seniors hold the most voting power.**

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When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.

## **4. Creativity doesn't diminish with age.**

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Laura Ingalls Wilder didn't publish *Little House in the Big Woods* until 65. Millard Kaufman didn't publish his first novel until 90!



Photo: [Vulture](#)

## **5. Seniors are living longer.**

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Due to advancements in health care and technology, people are living longer. By the year 2040 the population of seniors over 85 is expected to triple from 5.7 million to 14.1 million.

## **6. ...and growing faster.**

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According to the US Census Bureau, older adults make up the fastest growing age group within the United States.

## **7. You (mostly) have control over aging.**

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Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.



Photo: [AARP](#)

## **8. There's less stress after 65.**

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Despite citing other health and money concerns, those 65 and older experience less stress.

## **9. Learning can save your brain.**

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In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.

## **10. Sleeping habits alter over time.**

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Our sleeping patterns change as we age: we get tired earlier and wake up earlier.



Photo: Seniors at Home

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