

START
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TIME

PRAY!
THE HEALTH
BENEFITS
OF FAITH

THE
ANTI-AGING
SUPPLEMENT
EXPERTS
TAKE

HOW TO **LIVE LONGER BETTER***

END
↑

THE
WORLD'S
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PLACES

*AND
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FUN



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Japan's Kaori Sakamoto competing on Feb. 12 at the 2018 Winter Olympics in PyeongChang, South Korea

Photograph by Tatyana Zenkovich—EPA-EFE/REX/Shutterstock

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The annual swim in the Vltava River in Prague on Dec. 26, 2016

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GET OUT A PENCIL

For this week's cover on how to live a longer, fuller life, we created an actual puzzle: the first interactive cover in TIME's 94-year history. By solving it, you'll discover some of the many healthy-aging secrets that are tucked inside this double issue—from the unexpected benefits of religion, to a new treatment attempting to finally address one of the most painful aspects of aging, to the best reason yet to live in a noisy, crowded city. The maze was created by Post Typography, a creative design agency in Baltimore and New York. Good luck, and enjoy the journey.

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