

## Health

**How Long Will You Live?**

one can answer the "How long will you live?" question for sure. But you can add to or shorten the probable length of your life by a good number of years, depending on what choices you make. Your chances of dying younger or older are affected by how you live.



**The Longevity Game illustrates this principle. To play the game, read the following ten questions. For each question, determine the number of years to add or subtract and write you answer in the space provided. If a question doesn't apply, go on to the next one. If you are unsure of an answer, make a guess.**

- \_\_\_\_\_ 1. **Physical Activity.** If your routine activities require regular, vigorous activity or you work out each day, add three years. If you do not get much exercise at home, work, school, or play, subtract three years.
- \_\_\_\_\_ 2. **Relaxation.** If you have a relaxed approach to life (you roll with the punches), add three years. If you are aggressive, ambitious, or nervous (you have sleepless nights, bite your nails), subtract three years. If you consider yourself unhappy, subtract another year.
- \_\_\_\_\_ 3. **Driving.** Drivers under 30 who have had one or more traffic tickets in the last year or who have been involved in an accident, subtract four years. Other violations, minus one. If you always wear a seatbelt add one.
- \_\_\_\_\_ 4. **Blood Pressure.** High blood pressure is a major cause of the most common killers -heart attacks and strokes. However, most victims don't know they have it. If you know your blood pressure, add one year.
- \_\_\_\_\_ 5. **Family History.** If any grandparent has reached age 85, add 2; if all grandparents have reached age 80, add six. If a parent has died of a stroke or heart attack before 50, minus four. If a parent, brother or sister has (or had) diabetes subtract three.
- \_\_\_\_\_ 6. **Smoking.** Smoking seriously damages health. Cigarette smokers who finish more than two packs a day, minus eight; between one and two packs a day, minus 6; and one-half to one pack, minus three.
- \_\_\_\_\_ 7. **Drinking.** The best plan is to abstain from drinking alcohol. Adults who drink two drinks a day on average, subtract one year.

8. **Eating.** If you avoid eating fatty foods and don't add salt to your meals, your heart will be healthier. You're entitled to add two years.

9. **Weight.** Now, weigh in. If your doctor says you are overweight by 50 pounds or more, minus eight; thirty to forty pounds, minus 4; or 10 to 29 pounds, minus two.

### Scoring

Transfer the numbers from the blanks above to the scoring box below. Add up the column of numbers to obtain the total number of years you can expect to live. Do not take the score too seriously. However, do pay attention to those areas where you lose years. They could point to choices you might want to change.

**Place the appropriate number of years in each parenthesis. Add or subtract from the previous number of years.**

**Start With: 74 years if you are male and 81 years if you are female.**

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|--------------------------|---|-------------|
| 1. Physical Activity ( ) | = | _____ years |
| 2. Relaxation ( )        | = | _____ years |
| 3. Driving ( )           | = | _____ years |
| 4. Blood Pressure ( )    | = | _____ years |
| 5. Family History ( )    | = | _____ years |
| 6. Smoking ( )           | = | _____ years |
| 7. Drinking ( )          | = | _____ years |
| 8. Eating ( )            | = | _____ years |
| 9. Weight ( )            | = | _____ years |

**Your probable length of life is \_\_\_\_\_ years**

**List the categories you need to work on?**

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