_____ moment, there are just over sixty-three million people living in the UK. This is over twenty-one million more _____ there were a hundred years ago.

There are several reasons for this, but one important one is _____ people in the UK are living longer.

In 2012, there _____ thirteen thousand, three hundred and sixty-one people over the age of a hundred in the UK. In 1911, _____ people started counting them, _____ were only a hundred. In 2002, there were nine women for every one man over 100 years old. Now the numbers are getting closer – six women _____ every man in 2012.

So why are we living so much longer? Well, there are three main reasons. The first is that we have more food. Second, we are cleaner! And third, we have better doctors and better medicines.

However, this _____ mean we are always healthier. Only one out of three 65-year-olds is healthy. And a lot _____ us aren't happier either. With families often living so far from each _____, it is more difficult to spend time together and many old people say they are lonely

So can you expect to live to be a hundred years old? Well, there are big differences _____ areas of the UK. The healthiest place to live is East Dorset, in _____ south of England, _____ men live to nearly seventy-nine years, and women to over eighty-six years. But in Blackpool and Manchester – cities in _____ north of England – it's not such good news. _____ men in Blackpool don't live to seventy-four, and women in Manchester die seven years before women in East Dorset.

If you really want to live to a hundred, _____ best thing to do is move to Japan, _____ has the highest number of old people in _____ world.