

Listen and fill in the gaps with one word/ number.

Do you want to (1)_____ past a hundred? We're here in Sardinia, Italy, one of the five places where people live the longest in the world, to find their secrets. Here are five lessons we can learn from the people here.

First, eat (2)_____ vegetables and (3)_____ meat. In Sardinia, people eat a diet rich of whole grains, beans, and vegetables. Meat is mostly kept for Sundays and special occasions.

Second, take a walk every day. Sardinia is a mountainous island, and it's very (4)_____ to walk up and down many steps a day. The people here often walk (5)_____ to (6)_____ kilometers a day.

Third, put (7)_____ first. People in Sardinia live in large families. Old people have an (8)_____ lifestyle and are cared for by their families. Grandparents (9)_____ love and help for younger family members.

The next lesson is to have a good social life. People here have a close (10)_____ with their communities. Men often gather in the street and (11)_____ with each other. This reduces their stress and (12)_____ of heart diseases.

Lastly, keep a work-life (13)_____. It isn't uncommon for people to finish their work day and (14)_____ home for lunch a couple of days a week. A relaxed work day allows them more time to enjoy life.

By following these tips, you can give yourself the best chance of a long, (15)_____ life!