



**F** Find out how likely you are to live to be 100. Check (✓) Yes or No for each question. Then work with a partner and take turns asking and answering the questions. Explain your answers. Then look at the information at the bottom of the page.

PERS

### QUESTIONNAIRE: HOW LIKELY ARE YOU TO LIVE TO BE 100?

	Yes	No
1. Do you have only a little stress in your life?	<input type="checkbox"/>	<input type="checkbox"/>
2. Does your diet include a lot of fruits and vegetables?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you exercise for 30 minutes a day or more?	<input type="checkbox"/>	<input type="checkbox"/>
4. Has anyone in your family lived to be 90 or older?	<input type="checkbox"/>	<input type="checkbox"/>
5. In general, do you have a positive attitude toward life?	<input type="checkbox"/>	<input type="checkbox"/>

**Answer:** The more questions you answered with "yes," the more likely you are to live to be 100!