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.

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

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

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

LIVEWORKSHEETS