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Secrets of a Long Life

The quest for longevity, or living a long and healthy life, has fascinated humanity for centuries. Researchers and scientists have studied various factors that contribute to longevity: genetics, lifestyle choices, and environmental influences. This exploration has led to the identification of several key secrets that can help individuals increase their chances of living longer and healthier lives.

One of the most significant factors influencing longevity is genetics. Studies on centenarians – people who live to be 100 years or older – have shown that certain genetic traits can provide protective benefits against age-related diseases. For instance, individuals with a family history of longevity often possess specific genes. They help them avoid conditions like heart disease and diabetes for longer periods than the average person. Such protective genes allow these individuals to maintain better health well into their later years and live longer.

While genetics play a crucial role in longevity, lifestyle choices also significantly impact how long and how well one lives. Engaging in regular physical activity is one of the most effective ways to promote longevity. Studies indicate that even light-intensity exercise can lead to a longer and healthier life. This includes activities such as walking, gardening, or any movement that keeps the body active.

Nutrition is another component of a healthy lifestyle. A balanced diet rich in fruits, vegetables, whole grains, and proteins can help maintain

optimal health as people age. Recent research has emphasized the importance of personalised nutrition – understanding how individual bodies respond to different foods. For instance, some people may find that certain foods spike their blood sugar levels more than others.

Mental health and psychological factors also contribute significantly to longevity. Individuals with positive outlooks on life tend to live longer than those who are pessimistic or stressed. Maintaining strong social connections is equally important; having a supportive network can provide emotional stability and reduce stress.

The environment in which one lives can also affect longevity. Research shows that people living in areas with low pollution levels and access to green spaces tend to have longer lifespans. Additionally, cultural factors play a role; communities that prioritise healthy living and social interaction often see higher rates of longevity among their members.

Recent studies have identified specific biomarkers associated with exceptional longevity, such as the level of glucose. These biomarkers suggest a link between metabolic health and the likelihood of reaching 100 years old. Monitoring these indicators can provide insights into one's health status and potential longevity.

While some aspects of longevity are beyond individual control, many elements can be influenced through conscious decisions about diet, exercise, and mental health. By embracing these principles, individuals can increase their chances not only of living longer but also of enjoying

a higher quality of life. The pursuit of longevity is not just about adding years to life; it's about adding life to years.