

WHILE VIEWING

A ▶ Watch the video. According to the video, which of the following is true?

- a. The world will struggle to meet the needs of an aging population.
- b. Happiness is the most important factor in determining longevity.
- c. Both medical science and lifestyle choices can help improve longevity.

B ▶ Watch the video again and answer the questions below.

1. What is one reason the world population is expected to increase in the future?

2. What is one animal that can live a very long time? How long can it live for?

3. What are two characteristics of Okinawa's centenarians that lead to good health?

4. Describe one way younger Okinawans are different from the centenarians.

They stay active, have hobbies, eat locally grown food, have access to good medical care, and keep their friends and family close.

whales, 200+ years; giant tortoises, 150+ years; elephants, up to 70 years

They eat more processed foods and may be less active.

People are living longer.