How To Live To 100!

 |

**<https://tinyurl.com/y8hrkw9a>**

Want to love to 100? This episode of the infographics show will explain some of the things you can do to help yourself achieve that goal!

|  |
| --- |
| 1. In 1981 what was the life expectancy for a British Woman? |
| A) 81.9 | B) 82.5 | C) 84.6 | D) 89.1 |
| 2. What does the narrator mention as something that claims to extend life? |
| A) Vitamin Water | B) Marathons | C) New Medicine | D) Mind Therapy |
| 3. What are ‘feel-good’ chemicals? |
| A) Sugar | B) Caffeine | C) Dopamine | D) Salt |
| 4. How many years did Alexander Imich live for? |
| A) 109 | B) 110 | C) 111 | D) 112 |
| 5. What is a good way to avoid stress?  |
| A) Find a Hobby | B) Find a Partner | C) Get a Pet | D) Be Rich |
| 6. How much does social isolation increase risk of death? |
| A) 25% | B) 30% | C) 50% | D) 60% |
| 7.What did Emma Marano eat every day until she was 117? |
| A) Raw Meat | B) Raw Fish | C) Raw Vegetables  | D) Raw Eggs |
| 8. Of 855 Swedish men, how many lived to be 100? |
| A 10 | B) 20 | C) 30 | D) 40 |
| 9. What health problems can a lack of sleep cause? |
| A) Flu | B) Diabetes | C) Headaches | D) Dizziness |
| 10.What did Agnes Fenton drink everyday? |
| A) Six Coffees | B) Three Beers | C) Two Teas | D) Four Wines |

**Follow Up Questions: Use the Transcript to Help Find the Answers**

What exercises should you do?

How can you fight stress?

Why is loneliness bad for you?

In Sweden, what do they think are the secrets to a long life?

How much sleep is too much?

How much alcohol, should you drink alcohol if you want to live a long life?

**Would you like to live to 100?**

**What do you do when you feel stressed?**

**What are the best and worst things about being old****er?**

**What do you think is the best advice in the video?**

**Do you get enough sleep?**

**What food do you want to eat everyday?**