

Life Expectancy Test

Dan Buettner, founder of BZ, partnered with U of Minnesota to identify questions that can predict your longevity.

1. Raise your hand if you sleep at least 8 hours a day, 5 days a week.
2. Raise your hand if you eat an honest 3 servings of vegetables every day.
3. Raise your hand if you honestly move 30 minutes a day. (Walking, working out, garden, biking, etc...)
4. Raise your hand if you have 3 good friends *who 1. You can count on during a bad day 2. You can have a meaningful conversation with (not sports or celebrities) 3. You actually like them. About 20% of Americans would not raise their hands to that question.*
5. Raise your hand if you belong to a faith-based community and show up at least 4 times a month.
6. Raise your hand if you've not smoked in the last 5 years.
7. Raise your hand if you believe you have the health (the physical capacity) and the desire to reach age 90.

This one actually best predicts longevity according to Paul Kostas from the Institute on Aging. You are best predictor over any doctor because you 1. *Know how you've behaved until now* 2. *Know how you feel today and* 3. *Deep down you know how you intend to act going forward.*

If you raised your hand two times or more, and you're a man, your life expectancy is 67; if you're a woman, it's 71.

If you raised your hand at least 5 times and you're a man, your life expectancy is 79; and if you're a woman it's 83.

If you raised your hand 7 times and you're a man it's 88 and a woman, it's 91.