

# Scorecard

## The Longevity Game

You can't look into a crystal ball to find out how long you will live. But you can get a rough idea of the number of years you're likely to survive based largely on your lifestyle today as well as certain givens, such as your family history. To do so, play the Longevity Game.

Start at the top line—age 77, the average life expectancy for adults in the United States today. For each of the 11 lifestyle areas, add or subtract years as instructed. If an area doesn't apply to you, go on to the next one. If you are not sure of the exact number to add or subtract, make a guess. Don't take the score too seriously, but do pay attention to those areas where you lose years; they could point to habits you might want to change.

START WITH	77
1. Exercise	_____
2. Relaxation	_____
3. Driving	_____
4. Blood pressure	_____
5. 65 and working	_____
6. Family history	_____
7. Smoking	_____
8. Drinking	_____
9. Gender	_____
10. Weight	_____
11. Age	_____
YOUR FINAL SCORE:	_____

1. Exercise. If your job requires regular, vigorous activity, or if you work out each day, add 3 years. If you don't get much exercise at home, on the job, or at play, subtract 3 years.
2. Relaxation. If you have a laid-back approach to life (you roll with the punches), add 3 years. If you're aggressive, hard-driving, or anxious (suffer from sleepless nights, bite your nails, etc.), subtract 3 years. If you consider yourself unhappy, subtract another year.

3. Driving. Drivers under age 30 who have received traffic tickets in the past year or who have been involved in an accident should subtract 4 years. For other violations, subtract one. If you always wear seatbelts, add a year.
4. Blood pressure. Although high blood pressure is a major contributor to common killers (heart attacks and strokes) it can be lowered effectively through drugs and changes in lifestyle. The problem is that rises in blood pressure can't be felt, so many victims don't know they have it and therefore never receive lifesaving treatment. If you *know* your blood pressure, add 1 year.
5. 65 and working. If you are at the traditional retirement age or older and still working, add 3.
6. Family history. If any grandparent has reached age 85, add 2; if all grandparents have reached age 80, add 6. If a parent died of a stroke or heart attack before age 50, minus 4. If a parent or brother or sister has (or had) diabetes since childhood, minus 3.
7. Smoking. Cigarette smokers who finish more than two packs a day, minus 8; one or two packs a day, minus 6; one-half to one pack, minus 3.
8. Drinking. If you drink two cocktails (or beers or glasses of wine) a day, subtract 1 year. For each additional daily libation, subtract 2.
9. Gender. Women live longer than men. Females add 3 years; males subtract 3 years.
10. Weight. If you avoid eating fatty foods and don't add salt to your meals, your heart will probably remain healthy longer, entitling you to add 2 years.

Now, weigh in: overweight by 50 pounds or more, minus 8; 30 to 40 pounds, minus 4; 10 to 29 pounds, minus 2.

11. Age. How long you have already lived can help predict how much longer you'll survive. If you're under 30, the jury is still out. But if your age is 30 to 39, plus 2; 40 to 49, plus 3; 50 to 69, plus 4; 70 or over, plus 5.