

How Long Could You Live?

The average male age 60 will live until age 82. You may live longer or shorter depending on:

- Family History
- Life Style Choices
- Fate



Life Style

**Please enter your height
and weight:**

Height: ' "

Weight: lbs



Life Style

Do you live alone?

- Yes
- No



Life Style



Do you engage in mind stimulation and exercise such as puzzles, games, or learning?

Yes

No

Life Style



Do you engage in a form of aerobic exercise at least every other day?

- Yes
- No

Life Style

Do you eat a balanced diet of fruit, vegetables and whole grains?

- Yes
- No



Life Style



Do you smoke?

- Pack or more each day
- Up to half a pack
- Do not smoke

Life Style



**Do you live with
or work with
someone that
smokes?**

- Yes
- No

Life Style

How many alcoholic drinks (beer or wine) do you consume per day on average?

- 2 or more or 1 hard liquor**
- 1**
- None**



Life Style



Do you drink more than 16oz of non-decaf coffee a day?

- Yes
- No

Life Style



**Do you drink herbal
or green tea?**

- Yes
- No

Life Style

In the past year have you received a moving traffic violation?



Life Style

Do you always wear your seatbelt?



Life Style

Do you manage stress effectively?



(Meditation, bubble bath, exercise, hobbies, quiet time, etc.)

- Yes**
- No**

Life Style



How is your blood pressure?

- Normal and checked regularly
- High but under control
- High but not under control
- Don't know

Life Style



How is your cholesterol?

- Normal and checked regularly
- High but under control
- Don't know

Life Style

Do you go to a tanning salon or frequently expose large areas of your skin to the sun?



- Yes
- No

Life Style

Do you get 6 to 9 hours of restful sleep every night?

- Yes
- No



Heredity

Do you have any parent or grandparent who lived to be age 85 or older?



Mother

Father

Maternal Grandmother

Paternal Grandmother

Maternal Grandfather

Paternal Grandfather

Heredity



Do you have a family history of cardiovascular or cancer diagnosed prior to the age of 60?

Mother

Father

Maternal Grandmother

Maternal Grandfather

Paternal Grandmother

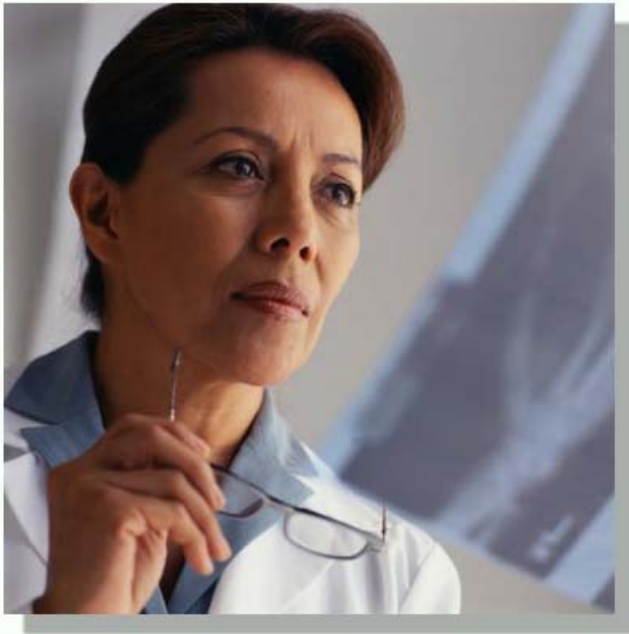
Paternal Grandfather

Aunt

Uncle

Heredity

Do you have a family history of diabetes, or chronic depression?



Mother

Father

Maternal Grandmother

Maternal Grandfather

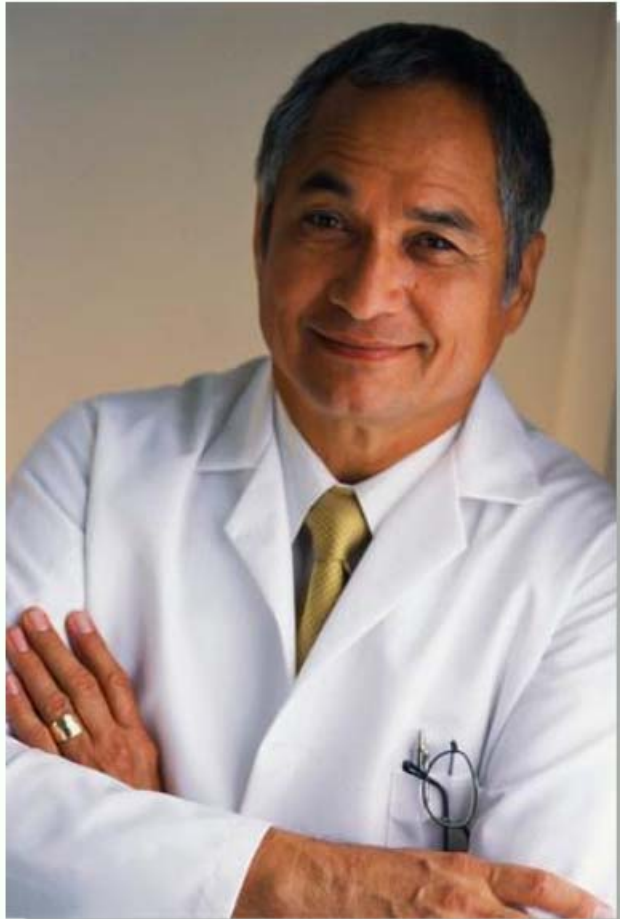
Paternal Grandmother

Paternal Grandfather

Aunt

Uncle

Heredity



**Have you ever
suffered a
stroke,
had cancer,
diabetes,
or a heart
attack?**

- Yes
- No



Plan so that your retirement assets will last, at a minimum, until age 82.

(No prediction of your future longevity is implied by this questionnaire, but is for illustrative purposes only.)