

Answer Key

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How to live to be 100 (20:00)

Digital Archive

Note-taking activity

1. False. 10% genes, 90% lifestyle.
2. False. We are not programmed for longevity.
3. False. There is no known treatment for slowing aging.
4. True.
5. True.
6. – low intensity daily physical activity – herding.
 - plant based diet, unleavened bread.
 - grass-fed cheeses with high Omega-3. (not the Omega-6 in corn).
 - a type of wine with 3 times the polyphenols of any other wine on earth.
 - old age is celebrated.
7. The Okinawan diet is:
 - mostly plant based.
 - vegetables with lots of colour.
 - 8 times more tofu than Americans diet.
 - the people have strategies to stop from overeating.
8. No. There is no word for retirement.
9. “Ikigai” is the notion that a person has a reason to get up in the morning.
10. They all share the same religion.
11. The four commonalities are:
 - move naturally exercise is a way of life.
 - have the right outlook on life.
 - eat wisely.
 - connect with other people.
12. Having good friends that we can share the journey with.