LIFE EXPECTANCY QUIZ

How long will you live? No one can answer this question but you can increase or decrease your probable life expectancy by the choices you make. The number 75.8 represents the average life expectancy of America adults today.

Start with 75.8:

If you're male, subtract 2
If you're female, add 4

If you live in an urban area with a population over 2 million, subtract 2
If you live in a rural area with a population under 10,000, add 2

If any grandparent lived to be 85, add 2
If all four grandparents lived to be 80, add 6
If either parent died of a stroke or heart attack before age 50, subtract 4

If any immediate relative (parent, brother, sister) has or had cancer or heart condition or has had diabetes since childhood, subtract 3

If you earn over $50,000 a year, subtract 2
If you finished college, add 1
If you have a graduate or professional degree, add 2

If you live a spouse or friend, add 5
If not, subtract 1 for every 10 years alone since age 25

If you work behind a desk, subtract 3
If your work is physically demanding, add 3
If you exercise 3 to 4 times a week for at least 30 minutes, add 4
If you exercise twice a week, add 2

If you sleep more than 10 hours per night, subtract 4
If you are aggressive, tense or easily angered, subtract 3
If you are generally relaxed and easygoing, add 3
If you are generally happy most of the time, add 1
If you are generally unhappy most of the time, subtract 2

If you smoke a pack of cigarettes a day, subtract 7
If you smoke 2 packs or more per day, subtract 8
If you smoke half-a-pack a day, subtract 3

If you drink more than 1 1/2 ounces of liquor per day, subtract 1
If you are overweight by 10 to 30 pounds, subtract 2
If you are overweight by 30 to 50 pounds, subtract 4
If overweight by 50 pounds or more, subtract 8