Welcome to Spotlight. I’m Ann Mira. And I’m Adam Navis. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live.

Pitt Panat is a ninety - one years old. He is very active. His body and mind are still strong. He takes his dog on long walks. He cuts the grass at his house. He plants a small vegetables garden. He has even lived longer than 2 of his children. Have you ever wonder why some people live a long life and other people do not? This is the question that many people ask. Many different scientists have studied very old people from all over the world. They are looking to see if these people have anything in common. For many years, scientists have agreed on a few basic things that influence long life. However, new research is finding that there are many other major influences on long life. Today’s spotlight is on The key to a long life

Since the beginning of time people have decided to learn the mystery of long life. But in the last fifty year scientists have studied this subject even more. Scientists have completed thousands of studies and they have tested hundreds of things like diet, exercise, environment, value and more. All these scientific research have supported the idea that long life is always influenced by at least 2 major things: genetic and basic health care. It is no surprise that genetics are a major influence on how long a person live. Some people’s body simply have particular advantages that help them live longer. They have parents and grandparents who lived long life and their parents have passed these positive genes to them.

Howard Freedman is a health scientist with his research partner … he wrote a book about living a long life. He said that genetics explain about one third of why people live … old age. The other major influence on long life is basic health care, good food, clean water and medical care. All health people live longer and healthier. For example, vaccine drugs prevent many serious diseases. A person who gets vaccine will have a better chance of avoiding lot serious diseases, staying healthy and living longer. The same thing is true if a person has clean water. For years, scientists have told us that good genes and good health care are the major reason. Some people live longer than others. However, recently scientists have identified another major influence on long life: personality and character. This means that the way a person thinks about life can affect how long that person lives. Scientists talk about four main personality or character qualities: a sense of purpose, staying active, helping others and being responsible. And all 4 of these things can influence how long you live. Many studies show that having a sense of purpose or a reason for life is important for living a long time. For example, in Okinawa Japan, there is a community with many people over the age of one hundred years old. In Japan, there is an idea called: ikigai or life purpose. Having ikigai or a job to do in life is very important. Scientists believe that ikigai is one author reason Okinawa has so many people over the age of one hundred. Another example of how purpose affects long life comes from religion.

National Geographic wrote about this subject in a story called: the secret of longevity. It says that Christian who attended religious services regularly adding as much as 2 years to their life.

Staying active is the second important personality quality for long life. This is not the same as doing difficult exercise. Instead scientist … that it is most important to remain active in a natural way. Doing something that you enjoy. Many people in the studies still work to care for their own … at lunch. For example, … in the country … he is 75. Every day, he works on his farm. He even kills and prepares his family meat.

The third personality quality that influences long life is helping people. When researching the effects of love and long life, scientists expected to find that people who felt love would live longer. But this is not what they found. Feeling love cause people to feel better. But it did not affect long life. However, the act of loving and caring for other people did make people live longer. Further research had confirmed that helping people is important and it does not matter if a person is helping family, friends or other people.

The final important personality quality is conscientiousness. Conscientious people are responsible and dependable. They … they think about the details. They do the right things even when it’s hard or not very fun and they avoid taking risks. … personality qualities scientist studies, conscientiousness shoots a strongest link to living a long life.

Some people believe that being conscientious mean living a boring life, however, if opposite is true. Scientist found that the most conscientious people … have some of the most exciting and interesting life. Scientists suggest that being dependable and hardworking created many wonderful chances. They could travel