Annual survey finds more than half of 100-year-olds exercise nearly every day

nation's centenarians are just nearly every day. as active - physically and every day.

other percent ride a bike regularly; portant to healthy aging." 5 percent jog; and 2 percent

2050.

If they hope to follow in the footsteps of the surveyed rank physical health above access have also used the Inlecting the next president. centenarians and make it to mental health (40 percent vs. the century mark, boomers 32 percent of centenarians, should remember to main- and 50 percent vs. 24 per- search for information (44 economy (85 percent of tain their social circles and cent of boomers) and emo-percent), and they are almost boomers, 76 percent of censense of humor. Centenaritional health (10 percent of as likely as boomers to have tenarians), protecting the ans are just as likely as centenarians, 9 percent of used an online dating service safety and security of the boomers to talk with a friend boomers) as the most impor- (6 percent of boomers vs. 4 country by using the military or family member almost tant to maintain as they age. percent of centenarians). (80 percent of boomers, 77 every day (89 percent each), and they are nearly as likely ties they do to keep their ans (9 percent) has watched strong moral character (73 to attend a social event (26 minds healthy, centenarians a video on YouTube. Even percent for both groups), and percent of boomers vs. 24 and boomers appear to be on more have listened to music improving health care and percent of centenarians) and the same page. These activion an iPod or similar device education (72 percent of find something amusing ties include communicating or watched a TV program on boomers, 70 percent of cenenough to laugh or giggle regularly with friends, fam- a digital video recorder (12 tenarians).

- A new survey finds the 80 percent of centenarians) (88 percent of boomers, 82

socially – as boomers half perception that the oldest boomers, 66 percent of cen-book (58 percent), but only their age. More than half of members of our society sit tenarians), and exercising or 11 percent have used Twitthe 100 centenarians polled alone in a nursing home all staying physically active (74 ter. Centenarians' social lives in UnitedHealthcare's sev- day, but this year's United- percent of boomers, 65 per- are lived mostly offline: only enth annual 100@100 sur- Healthcare 100@100 survey say they exercise almost vey findings suggest that getting older doesn't neces-Nearly 45 percent cite sarily mean becoming less lifestyle choices have a has used Twitter. walking as their favorite socially active," said Dr. physical activity, yet nearly Rhonda Randall, chief medas many centenarians (40 ical officer of UnitedHealthpercent) do exercises to care Medicare & Retirement. strengthen their muscles. The "While genetics and mainsurvey finds that 100-year-taining a healthy body are heredity; boomers: 60 percent Betty White (65 percent), fololds also get creative with important factors in living lifestyle/28 percent heredity). lowed by a tie between their workouts: 11 percent well into the 100s, this practice yoga, Tai Chi or an- year's survey participants ans with Internet access has dent Barack Obama (56 perof have shown that staying somind/body/spirit activity; 8 cially engaged is just as im-

So what can boomers look engage in sports like base- forward to as they progress they're adopting it in greater percent), Tom Hanks (75 perball, basketball, soccer or toward their 100th birthday? numbers does not mean they cent) and Paul McCartney (70 A healthier diet and more believe it will be around for-percent). This year's survey polled rest - 100-year-olds are ever. Sixty-two percent of baby boomers in their early outperforming boomers on centenarians and 80 percent lowed by a movie, half of cen-50s in addition to centenari- consistently eating nutrians to forecast the future of tiously balanced meals (81 America's rapidly expanding percent vs. 68 percent) and 25 years, replaced by a new senior population and to degetting eight hours or more and better system. About termine how today's oldest of sleep per night (71 percent one-third of each group gives is a movie that is only seven can guide vs. 38 percent). Both centeboomers' strategies for suc- narians and boomers say it is cessful aging. The U.S. Cen- more important to maintain sus bureau projects the physical health than mental centenarian population will and emotional health as they centenarians (56 percent) said they are heading to the swell more than eight-fold to age, yet both groups agree it say they have used the Interpolls in November. Both more than 600,000 by is also the most difficult to maintain.

MINNETONKA, Minn. (87 percent of boomers vs. ily and community members percent each). percent of centenarians), media, a majority of "Some people have the reading (87 percent of boomers have used Facecent of centenarians).

greater impact on longevity

nearly doubled since last cent of boomers think the Internet will be obsolete in less than the Internet a 10-year lifespan (33 percent of boomers,

31 percent of centenarians).

When it comes to social 3 percent have used Face-The survey also found that book, and only one of the both groups believe that 100 centenarians surveyed

Given the opportunity to than heredity, but the gap is invite a list of 14 famous much narrower among cente-people to a family dinner, cennarians (centenarians: 43 pertenarians' most popular pick cent lifestyle/36 percent for the third year in a row was The number of centenari- George W. Bush and Presieach). Politicians, year's survey: up to 25 per- however, did not crack the top cent from 13 percent in three invitees for boomers, 2011. But just because who chose Betty White (78

If dinner were to be foltenarians would pick "Gone with the Wind," calling it the greatest movie from the past 100 years. Boomers' top pick years newer: "It's a Wonderful Life" (33 percent).

Almost three-quarters of A majority of connected the 100 centenarians polled net to view or share photos centenarians and boomers with family and friends, are fairly well aligned re-Centenarians and boomers Centenarians with Internet garding their priorities for seternet to send and receive Deemed most important are email (48 percent) and to good guardianship of the When asked about activi- Nearly one in 10 centenari- percent of centenarians),

Bike

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harder and harder to find . ways to get exercise outket out there."

on its website and in its cable. printed material until she ternet without the key- Webster said. word, Tricycle.

said there was a negative wheels. One handle conconnotation to the word," trols a variable-speed she said. "It sounds juve- transmission enclosed in

a supersized version of a back and provides back toddler's trike, Webster support. said. "We specifically wanted to avoid this ap- there are some tweaks he pearance because many of has to make to the design. our focus group partici- The current American pants didn't want to be seen Eagle lacks a parking brake on this style," Webster said for instance.

Instead, the 65-pound doors," Webster said. American Eagle is semi-re-"When you think about the cumbent. That is, not like a large retirement communi- regular bike but not as lowties in Florida and the slung as a fully recumbent West. There is a huge mar-bicycle. It's on an aluminum chassis and steers But baby boomers can with two handles that be touchy, marketing di- swing out of the way so the rector Lisa Lococo said. At rider can sit down. The first, American Eagle handles are linked to the avoided the term "tricycle" front wheel with aircraft

The seat is 16 inches off learned that the company the ground, about the same was hard to find on the In-height as a desk chair,

Both handles have brake "But our focus groups controls for the back the chassis. The fiberglass American Eagle isn't just seat has a storage bin in the

Webster said he knows



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