



Where  
in the  
World?

An old man digs  
in his yard on  
the island of  
Ikaria. Staying  
active may help  
Ikarians live  
long lives.

# WANT TO LIVE TO BE 100?

**Try moving to Ikaria, a beautiful island that is part of Greece.  
It may improve your chances! BY TOD OLSON**

**P**eople on the Greek island of Ikaria [ee-kah-REE-ah] don't wear watches. In the morning, they sleep late. During the day, they enjoy naps.

At meals, they eat vegetables—from their own gardens. When the sun is up, they work hard in the fields. Afterward, they hang out with beloved family and friends.

Ikarians, or people from Ikaria, have lived this way for centuries. And scientists say they must be doing something right. Ikarians live longer than almost any other people on Earth.

## **Around the Globe**

You might think all humans live to be about the same age. But our life span, or how long we live, can depend a lot on *where* we live.

In Africa, the average life span is about 60. In the United States, people can expect to live to 79. But many Ikarians live to be almost 90.

Experts say there are reasons for those differences. In poorer countries, many people don't have enough food or clean drinking water. Both poor nutrition and polluted drinking water can

cause dangerous diseases.

And when people in those countries get sick, good medical care can be hard to find.

## **Living Right**

So what is the Ikarians' secret to a long life? Ikaria isn't a wealthy place, and there's nothing magical in the air. Scientists say Ikarians simply have a healthy lifestyle, or way of living.

Most Ikarians eat fresh vegetables every day, and soda and junk food are hard to find on the island. Ikarians

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