

eat one-fourth as much sugar as Americans.

Ikarians also stay active. Many older people still work hard in their gardens and walk everywhere they go.

Often, they walk to visit friends and family. Very few Ikarians grow old alone—and doctors say friendship helps keep aging people healthy.

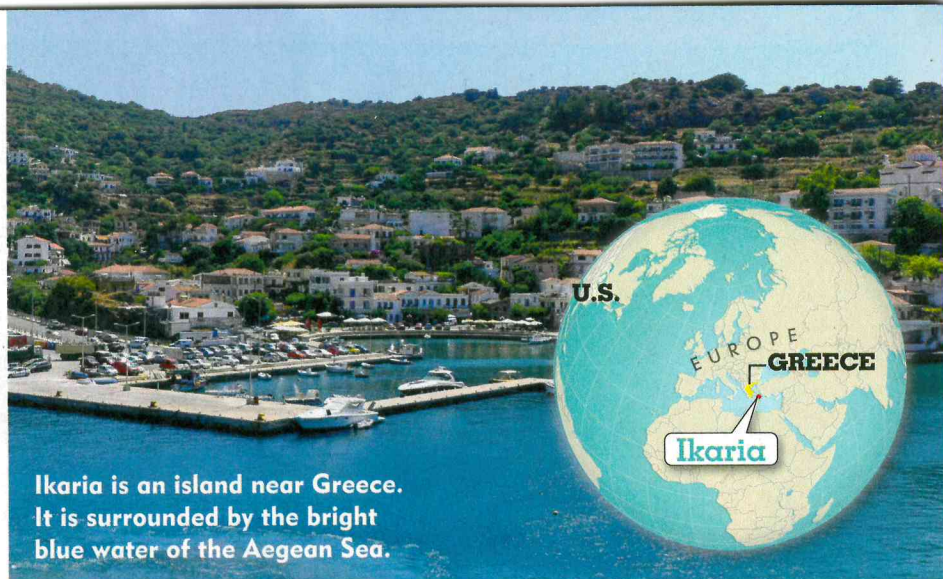
Slowing Down

It may sound like Ikarians are always busy. But in the middle of the day, businesses close and people come in from

the fields. Most Ikarians lean back and take a nap.

Scientists say that nap may help. Getting enough sleep can keep your heart healthy.

Good food, good friends, and a daily nap. It may be time to visit Ikaria. Who knows? You might just decide to stay for 90 years or so. •



Ikaria is an island near Greece. It is surrounded by the bright blue water of the Aegean Sea.

Action Activity

Why do people in Ikaria live a long life?

Write a paragraph to answer this question. Get started by using facts from the article to finish the sentences below.

Remember to indent the first sentence!

Topic Sentence

On the Greek island of Ikaria, many people live to be

The main idea of your paragraph: How long do many people in Ikaria live?

Detail 1

One reason the Ikarians live so long is

What do people in Ikaria eat?

Detail 2

Another reason is that they get enough sleep, which

Based on the article, what does sleep do to keep them healthy?

Detail 3

People in Ikaria also stay active by

How do people in Ikaria stay active?

Conclusion

If you follow the Ikarians' lifestyle, you

How might living as Ikarians do be good for you?

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