

# The Impact of Lifestyle

## Part 1B: Video Review & Discussion: The Last 10 Years

### What will your last 10 years of life look like?

- Will you be quick enough to play a game of tag with your grandchild?
- Will you be strong enough to embrace every moment?
- Will you grow old with vitality? or, get old with disease?

**It is time to decide.** Most Americans will spend their final decade with sickness and disability. But you can change your future by changing your lifestyle and making your health last.

### What was the impact of the man's unhealthy choices?

**Q1:** What chronic, lifestyle-related disease was the frail old man probably suffering from?

- Heart Disease
- Lung Cancer / Emphysema
- Type 2 Diabetes
- Osteoporosis

**Q2:** What unhealthy behavior most likely contributed to his chronic disease?

- A diet high in saturated fat
- A diet high in refined carbohydrates
- Smoking
- Not enough exercise

**Q3:** Who was impacted (hurt) by his unhealthy choices?

- Only himself
- Himself and his wife
- Himself and his wife and children
- Himself and his wife, children, and grandchildren

**Q4:** On a scale of 1-5, how severely did his daily lifestyle choices impact the quality of his last 10 years?

- 1 – Not at All
- 2 – A Little Bit
- 3 – A Fair Amount
- 4 – Quite a Bit
- 5 – A Devastating Amount!

**Q5:** If the frail old man knew how much he would suffer/lose, do you believe he would have changed his lifestyle?

- Yes – No one would choose to suffer so much.
- Yes – If he also got the help he needed.
- No – He probably knew, but just didn't try hard enough.
- No – He knew and had help available, but refused anyways.

### Bonus Questions:

What was "modern medicine" able to do for the pre-maturely frail old man? \_\_\_\_\_

How much money was his healthcare costing him? \_\_\_\_\_

How much money was his healthcare costing society? \_\_\_\_\_

What was the impact (benefit) of the **healthy** man's lifestyle choices? \_\_\_\_\_

Which future life do you want for your future self? \_\_\_\_\_