

1. What is the thesis of this lecture? What is the optimal formula for longevity?
2. What countries were included in this study? Sardinia, Costa Rica, Loma Linda, Okinawa
3. What were the four commonalities the speaker found?
 - a. Move naturally
 - b. Right outlook
 - c. Eat wisely
 - d. Connect
4. What is the *approximate* capacity of the human body? 90 years
5. What is the *grandmother effect*? Grandmother?
6. Name two foods people in Sardinia eat. Foods?
7. How are the eating habits of Okinawa different from U.S. eating habits? Eating habits?
8. What do Seventh Day Adventists do every week? Every week?