Article summary
Kay Jones

Assignment

Author Note

**Article summary**

 **References**

Reimers, C. D., Knapp, G., & Reimers, A. K. (2012). *Does Physical Activity Increase Life Expectancy? A Review of the Literature* [Review Article]. Journal of Aging Research. https://doi.org/10.1155/2012/243958

**Hypothesis**

The author Jones along with his fellow researchers hypothesized that lifestyle factors including smoking, obesity, and physical work interfere with exceptional length of life.

**Description of study**

 To test the hypothesis mentioned above, the author collected the information of 477 Ashkenazi Jewish participants with life length of 95 years and older. Birth certificates were used as verification of the participant’s age. This study included 74.6% of women. The population was well-educated for the relevant time period with almost 755 of them had completed high-school. The participants were asked about their lifestyle factors. Furthermore, 293 participants answered an open-ended question “In your opinion, what do you think contributed to your life?” In comparison group of white people, the participants were chosen between the age group of 65 to 74 as their age also resembles the same cohort group with exceptional longevity.

**Results**

The author found that people with more life expectancy were not healthier in their early lives in terms of BMI, smoking, physical activity or diet than the general population of the US. The study suggests that people with longer lives interact with their environment and adopt different other lifestyles. Moreover, the researcher has found out that genetic factor also plays a vital role in longevity regardless of the poor lifestyle choices. In addition to this, in the future, further research can be carried out based on the findings of the present study and can find out the specific gene interaction with environment in relation to age-related diseases and longevity.

**Significance**

In the United States of America, people with unhealthy life choices are expected to have shorter life expectancy and can experience disability sooner than those who have a healthy lifestyle. People need to refrain from alcohol consumption and smoking in order to maintain a healthy lifestyle. Consumption of drugs can largely affect health and can increase the aging process. People who are physically active are expected to have a higher life expectancy (Reimers et al., 2012).