

High Expectations For A Long Life

60% of Gen Xers would sign a contract guaranteeing they live to see their 100th birthday.



31% If guaranteed good mental health

10% If guaranteed to be in good physical shape

8% If their significant other could sign it with them

11% Regardless of their physical or mental condition

Preserving Their Physical Youth

Gen Xers are willing to take other measures to stay young.

50% Genetic testing

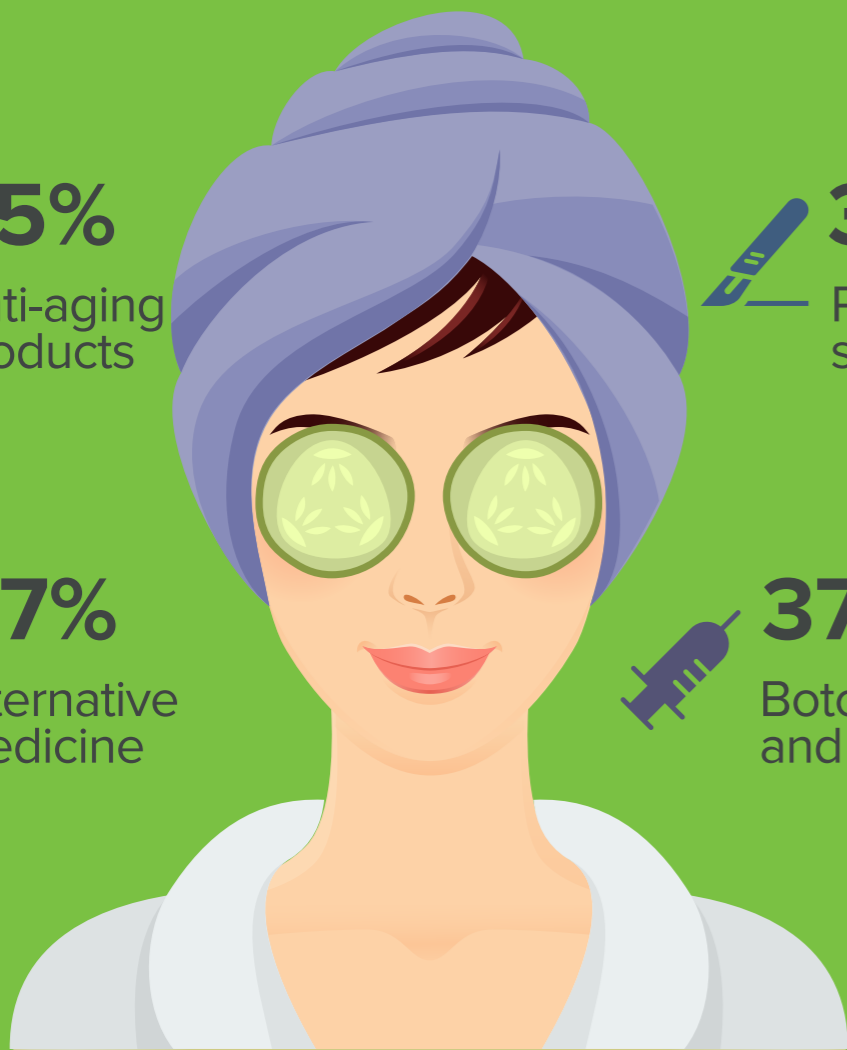
49% Hormone replacement

65% Anti-aging products

38% Plastic surgery

67% Alternative medicine

37% Botox, fillers and laser



GENERATION X REALITY CHECK

Generation X (born 1965 to 1980) is often described as the "sandwich generation." Many are juggling careers while caring for children as well as aging parents. This leaves little time for Gen Xers to prioritize their own health. The **MDVIP Health and Longevity Survey** reveals a gap between Gen Xers' current health habits and their future expectations of aging.



Nurture Over Nature

86% of Gen Xers believe lifestyle choices play an equal or greater role than genetics in their health and longevity.



Low Investment In Their Health

One in three (32%) Gen Xers avoid going to the doctor out of fear of finding something wrong.



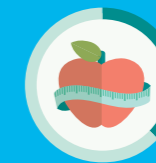
And less than half of Gen Xers say they're doing a good job of:



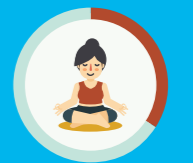
28% exercising regularly



29% eating a healthy diet



32% maintaining a healthy weight



28% managing stress



40% getting enough sleep

Club Sandwich Dilemma

In 20 years, Gen Xers will feel the squeeze between caring for parents, adult children and grandchildren.

22% expect to be caring for their parents

14% expect to be supporting adult children

35% expect to be caring for grandchildren



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