



READY FOR

In 1990, there were 50 centenarians in Singapore. By 2015, that number had multiplied to 1,100 and continues to grow. As life expectancy rises, the ability to live long and well is increasingly linked to a number of lifestyle factors that include our relationships, **health and wellness**, financial habits, and opportunities and attitudes at work. With these factors in mind, The Economist Intelligence Unit surveyed 1,214 of Singapore's residents on their preparedness for longevity. **How ready are they to live to 100?**

RELATIONSHIPS

Residents are focussed on family, but less connected to other communities. Diverse relationships are key to living long and well.

HEALTH AND WELLNESS

HEALTH AND WELLNESS

Residents have the intention to adopt and maintain a healthy lifestyle but, for many, their diet and exercise habits fall short.

NANCIAL

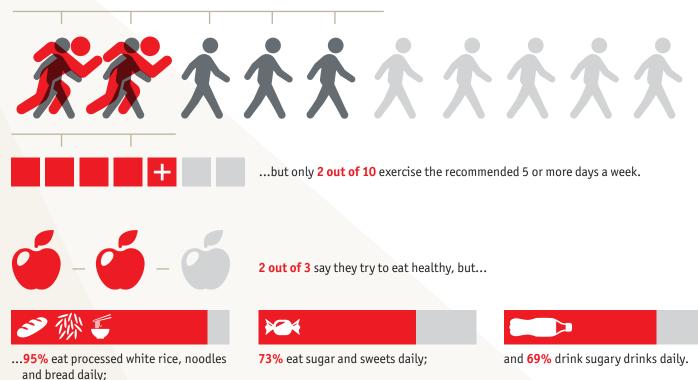
Residents have good savings habits but many will still struggle to retire at 62. Older years may need to include extended careers.

CAREER

Residents feel they are able and ready to work longer but to do so will require them to be more proactive in seeking opportunities.

Singapore's residents intend to take good care of themselves but, in reality, fall short.

5 out of 10 say they maintain healthy physical activity to avoid future disease...





To close the gap, residents need to be more proactive in caring for their health.