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MTWTF--

Counting down your deadline

Inga Gilchrist

If you think your days are numbered, you're right.

And thanks to a US longevity expert, you can find out exactly how many you've got left.

Former medical brains trust to Arnold Schwarzenegger, Dr Robert Goldman, has made an online quiz that predicts how long you'll live.

Using figures from your waist to your wage, from how many punches you've thrown to how much punch you've drunk lately, it predicted a 28-year-old female office worker who weighs 60kg would live to 145.

Goldman will tell the AustralAsian Anti-Ageing & Aesthetic Medicine Conference in Melbourne tomorrow that city workers should get government-subsidised gym memberships

to help keep them in peak shape.

Goldman, who has held world records including one for 13,500 consecutive sit-ups, said people who took good health advice were like top athletes who listened to their coach.

"Anti-ageing is all about being more mentally active and having more energy," he said.

The Spring Racing Carnival and Christmas season were not necessarily two months of health hell. Goldman said it was always possible to squeeze some fitness into your party plan.

Women hunting a Derby Day frock should hit the shops in their runners, he said.

"Do 10, 20 or 50 stores in a row and that'll be your training regimen."

Take the longevity test at www.hbhealthonline.com/longevity-test.html.