

# The 10 PILLARS of LONGEVITY & HEALTHSPAN

LIVE LONGER, STAY STRONGER, ENJOY LIFE EVERY DAY ❤️

## 1 CARDIORESPIRATORY FITNESS

A strong heart & lungs power your body & brain.



- Improves endurance
- Reduces disease risk
- Boosts energy & mood
- Increases lifespan

### HOW?

150-300 min/week moderate cardio  
or 75-150 min vigorous + 2x HIIT sessions



## 2 STRENGTH TRAINING (FOR FUNCTIONAL STRENGTH)

Build & maintain muscle to perform daily tasks with ease.



- Preserves muscle mass
- Supports bones & joints
- Improves metabolism
- Prevents frailty

### HOW?

2-3x per week  
8-12 exercises  
8-12 reps, good form  
Focus on all major muscle groups

## 3 POWER TRAINING

Move fast, stay powerful.

Power = Strength × Speed



- Improves balance & reaction time
- Reduces fall risk
- Maintains independence
- Enhances athleticism

### HOW?

1-2x per week  
Explosive/fast movements (e.g., jumps, throws, fast lifts, medicine ball, sprints)

## 4 WEIGHT LOSS & DIET

Achieve & maintain a healthy body composition.



- Reduces disease risk
- Improves mobility
- Boosts energy
- Supports longevity



### HOW?

Calorie deficit (if needed)  
Focus on whole foods  
Limit processed foods, sugar & excess alcohol

## 5 NUTRITION

Fuel your body. Nourish every cell.



- Protein for muscle (1.2-1.6g/kg/day)
- Plenty of fruits & vegetables
- Healthy fats (olive oil, nuts, fish)
- Whole grains & fiber
- Hydration: drink water daily
- Micronutrients: don't skimp!

**REMEMBER:** You can't out-train a poor diet.

## 6 BALANCE

Good balance keeps you upright & independent.



- Prevents falls
- Improves stability
- Builds confidence
- Essential as you age

### HOW?

2-3x per week  
Single-leg stands, heel-to-toe walks, tai chi, balance drills

## 7 FLEXIBILITY & MOBILITY

Move well, move often.



- Improves range of motion
- Reduces stiffness
- Prevents injury
- Enhances performance

### HOW?

Daily stretching & mobility  
Focus on hips, back, shoulders, hamstrings, calves

## 8 GOOD HABIT FORMING (BAD HABIT BREAKING)

Small daily habits = Big lifetime results.



**HOW?** Start small. Stack habits.  
Track progress. Stay accountable.

## 9 BASELINING & MEASUREMENT

What gets measured, gets managed.



- Track key metrics
- Monitor progress
- Adjust & improve
- Stay motivated

### WHAT TO TRACK?

Body weight, body fat %, waist  
Strength, endurance, mobility, balance  
Resting HR, blood pressure, sleep, steps

## 10 BRAIN HEALTH & MENTAL WELLBEING

Protect your mind. Stay curious. Stay connected.



- Supports memory & focus
- Reduces loneliness & isolation
- Promotes emotional resilience
- Encourages lifelong learning
- May delay cognitive decline
- Enhances overall Quality of Life

### THE 7 COMPONENTS



Connect. Learn. Think. Purpose. Protect.

### BENEFITS OF THE 10 PILLARS

- ✓ More energy & vitality
- ✓ Lower risk of chronic disease
- ✓ Stronger body & mind
- ✓ Better sleep & mood
- ✓ Greater independence
- ✓ Longer, healthier life

### THE HEALTHSPAN CYCLE



### QUICK REMINDERS

- ★ Progress, not perfection
- ★ Consistency beats intensity
- ★ Sleep 7-9 hours nightly
- ★ Manage stress daily
- ★ Surround yourself with positive people

### DAILY CHECKLIST

- Move my body
- Eat real food
- Drink water
- Get quality sleep
- Manage stress
- Connect with others

YOUR FUTURE SELF IS WATCHING YOU TODAY.  
**MAKE IT PROUD!** ❤️



INVEST IN YOUR HEALTH TODAY FOR A BETTER TOMORROW.

You don't just add years to your life, add life to your years.

