HEALTH & WELLNESS LIFESTYLE MANAGEMENT · GUIDE

The Longevity Lifestyle Starter Guide

A simple measure, review, adjust and re-check cycle for the everyday habits most linked with healthy aging, with a 30-day starter plan.

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Getting Started

Longevity is usually talked about as something you buy: a test, a supplement, a device. This guide takes a calmer view. The habits that public health groups most often link with healthy aging are ordinary ones: moving your body, eating mostly whole foods, sleeping enough, not using tobacco, managing stress and staying connected to other people. The hard part is not knowing what they are. It is turning them into a routine you can keep for years.

This guide gives you a simple system for doing that. You will take a quick snapshot of where you are today, choose one area to work on, follow a 30-day starter plan and then check in to see what changed. Then you repeat the cycle with the next area.

What this guide is, and is not

- It is a planning and habit tool for everyday lifestyle choices.
- It is not a medical program, a lab test or a replacement for your doctor.
- It does not promise that you will live longer. Nobody can honestly promise that. It helps you take steady, sensible steps.

> **A note on health:** This guide shares general lifestyle and wellness information for educational purposes. It is not medical advice and does not diagnose, treat or prevent any condition, and no lifestyle program can promise a longer life. Check with your doctor before starting a new exercise, nutrition or health routine, especially if you have a health condition, take medication or are pregnant. Stop any activity that causes pain, dizziness or shortness of breath, and seek care right away for any urgent symptom.

The Longevity Lifestyle Cycle

Most people try to change everything at once, lose steam in a few weeks and start over in January. The Longevity Lifestyle Cycle works the other way: small, measured steps that you review and adjust.

1. Measure

Write down a few simple facts about your current habits: how many days you move, how many hours you sleep, what a usual day of eating looks like. Use a notebook, a phone note or a wearable if you have one.

2. Review

Look at what you wrote. Which area feels weakest? Which change would make the next ones easier? Pick one area, not five.

3. Adjust

Choose one small, specific action for that area and do it for 30 days. "Walk 15 minutes after lunch on weekdays" works better than "exercise more".

4. Re-check

At the end of 30 days, measure again. Keep what worked, change what didn't, and choose your next focus. Each cycle builds on the last one.

> Tip: write the date of your next re-check in your calendar the same day you start a cycle.

Eight Everyday Areas

The American Heart Association's *Life's Essential 8* describes eight areas tied to heart and brain health as people age. They make a practical checklist for a longevity lifestyle. The first four are daily habits you control directly. The last four are numbers you track with your healthcare provider.

Area	What to look at
Eat better	Mostly vegetables, fruit, whole grains, beans, nuts, fish and lean proteins; fewer highly processed foods and sugary drinks.
Be more active	U.S. guidelines suggest at least 150 minutes a week of moderate activity for adults, plus muscle-strengthening activity on 2 or more days.
Quit tobacco	Avoid smoking, vaping and secondhand smoke. Your provider can help with quitting support.
Get healthy sleep	The CDC recommends 7 or more hours a night for most adults.
Manage weight	Talk with your provider about a healthy range for you.
Cholesterol	Know when your last test was and what your provider said about it.
Blood sugar	Ask whether and how often you should be screened.
Blood pressure	Know your most recent reading and how often to check it.

Two more that matter

Stress and recovery. Regular downtime, time outdoors and simple breathing breaks help you keep every other habit going.

Connection and purpose. Time with friends, family and community, and work or hobbies that matter to you, are part of a healthy life at every age.

Your Starting Snapshot

Fill this in today. Be honest; nobody else needs to see it. Rate each area from 1 (needs a lot of work) to 5 (going well).

Area	What it looks like today	Rating 1–5
Eating		
Activity		
Tobacco / nicotine		
Sleep		
Weight		
Stress & recovery		
Connection & purpose		
Last checkup date		

Numbers from your last checkup (if you have them)

Measure	Result	Date	What my provider said
Blood pressure			
Cholesterol			
Blood sugar / A1C			
Weight			

Pick One Focus

Look at your snapshot. Circle the area with the lowest rating, or the one that would make the others easier. Many people start with sleep or activity, because better sleep and regular movement tend to make eating well and managing stress feel easier.

My focus area for the next 30 days

Why it matters to me

My one small action

Write it as when + where + what. Example: "After dinner, I will walk around the block for 15 minutes."

What might get in the way, and my plan for it

Your 30-Day Starter Plan

Follow your one action for four weeks. Each week has a simple goal so you build gradually instead of all at once.

Week 1: Start small

Do your action on at least four days. Keep it so easy that you can't really say no. Check off each day you do it.

Week 2: Make it automatic

Tie your action to something you already do every day, like a meal, your commute or brushing your teeth. Aim for five days.

Week 3: Add a little

If the action feels easy, add a small step: five more minutes, one more vegetable, a slightly earlier bedtime. If it still feels hard, keep it the same.

Week 4: Protect the habit

Plan for busy days with a "minimum version" (for example, a 5-minute walk instead of 20). The goal is never zero.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

30-Day Check-In

At the end of your 30 days, take ten minutes to re-check.

How many days did I do my action?

What changed? (energy, sleep, mood, how clothes fit, anything else)

What made it easier? What made it harder?

Decision

☐ Keep this habit as it is

☐ Adjust it (write how):

☐ Add my next focus area:

Next Steps

Every time you finish a 30-day cycle, go back to your snapshot, re-rate each area and pick the next focus. Over a year that is up to twelve small changes, each one built on the last.

- Keep your snapshots together so you can see your progress over time.
- Bring your snapshot and questions to your next checkup and ask your provider which areas matter most for you.
- If you want more structure, the *Longevity Baseline Workbook* helps you organize your numbers and habits in one place, and the *12-Month Longevity Lifestyle Program* walks you through a full year, one quarter at a time.

Sources for the general guidance in this guide

- American Heart Association, Life's Essential 8.
- U.S. Department of Health and Human Services, Physical Activity Guidelines for Americans, 2nd edition.
- Centers for Disease Control and Prevention, sleep recommendations for adults.

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