



Longevity and Healthy Aging Symposium 2023

Exercise & Longevity

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Please stand (& walk in place) if you are able



(Pixabay)

Why Exercise?



REVERSE PHYSICAL DECLINE



REVERSE COGNITIVE DECLINE

“If you adopt only one new set of habits...
it ***must*** be in the realm of exercise.”

-Dr. Peter Attia, *Outlive*

VO2 Max



= use of oxygen during exercise



Measure By: treadmill test, wearables, online calculators



Improve By: training at or near your VO2 max



Good news

ANY improvement = ↑ longevity

No upper limit of benefit

Can ALWAYS be improved by training

Step Counts



Measure By: wearables



Improve By: walking every day



Data:

4,000 steps/day to ↓ all cause mortality

2,300 steps/day to ↓ cardiovascular mortality

Beyond = more the better



Good news

You're doing this right now!

500 steps = 7% ↓ risk of cardiovascular death

1,000 steps = 15% ↓ all cause mortality

Muscle Strength



Measure By: grip strength (hand dynamometer)



Improve By: focus on all movements of a lifting exercise, hanging, farmer carry, hand exercisers



Good News: grip strength can be a better predictor of early death than blood pressure

“Sitting-Rising” Test



Measure By: “Without worrying about the speed of movement, try to sit and then rise from the floor, using the minimum support that you believe is needed.”

Score: 0-10 (5 for sit, 5 for rise)

-1 point for each support used (hand/knee)



Improve By: focusing on mobility, balance & strength, i.e. squats, lunges



Good news

Each additional point = 21% ↓ mortality risk

Can work on this at home, starting with a chair

Summary

VO2 Max

Step Counts

Grip Strength

Sitting-Rising Test

The background features a series of concentric, semi-transparent circles that create a tunnel-like effect. The color gradient transitions from a light blue on the left to a light green on the right. The text is centered within this circular pattern.

Every Little Bit
Counts!

