

BOOST YOUR LONGEVITY

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How to Add Healthy & Happy Years to Your Life



W E L L N E S S S E R I E S

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Introduction: Why Life Expectancy Could Be Going Down

The average life expectancy around the world has more than doubled since 1900. We know a lot more than we did back then about how the human body works, and how it's affected by the environment, diet, our activity level and mental stress. This means that human longevity, a measure of the amount of time a human will live, is greater than it ever has been before.

There are some concerning statistics that show we are headed in the other direction, however.

- For instance, it's believed that children born in the last 20 years will be the first generation of humans to have shorter lifespans than their parents.
- 2 out of 3 people are either overweight or obese, and health experts say this problem is getting worse, not better.
- Heart disease, obesity, diabetes, high blood pressure and many other crippling health problems were not near as prevalent just 40 or 50 years ago as they are now.
- We are more sedentary and less active than at any time in human history. Humans spend too much time staring at smart phone displays and computer monitors, and not enough time being active.
- Ever since the sugar industry got us to believe the lie that fat makes you fat and unhealthy, the prevalence of refined sugar in food has helped cause obesity, diabetes, neurological disorders and a multitude of health problems on a scale like humanity has never seen.

Now for the good news... barring rare genealogical traits and freak accidents, you can pretty much live as long as you like.

Humans live longer on average year after year and decade after decade because we are very curious. We like to know exactly how our bodies and minds work. Information is now readily available to anyone with an Internet connection for a very low monthly fee, and if you are near an open Wi-Fi hotspot, it costs you absolutely nothing to access the Internet.

If you own a smart phone, you can go online in an instant, and find ways to help you live a longer, happier and healthier life. Coupled with a growing knowledge of what makes us sick and keeps us healthy, the fact that you can get your hands on any relevant information means you can increase your life expectancy if you want to.

**That is exactly what this e-book is going to help you do...
...add healthy years to your life.**

We will get started first by looking at what doctors, nutritionists and health coaches are calling "the new smoking". This means we will take a look at the negative effects of living a sedentary lifestyle, and how sitting too long can take years off of your life and increase your odds of dying by any cause. You will discover the specific health problems, diseases and illnesses that not only improve with exercise, but can actually be prevented by consistent physical activity.



You'll learn how to eat your way healthy, exactly how much exercise you need to live a longer life, and which exercise formats give you the best chance of extending your lifeline. If you're overweight or obese, shedding the pounds can lead to massive health benefits. However, you should probably be targeting a specific waist measurement number rather than a weight number. Accordingly, you will learn the importance of waist measurement, as well as lifestyle changes that can lead to better mental and physical health, and a longer life.

Let's get started by taking a look at the negative impact sitting and being sedentary has on the human body.

The Negative Effects of a Sedentary Lifestyle & Sitting Too Much

The opposite of life is death. So it makes sense that if you want to increase your longevity, how many days you will be spending on planet Earth, your real goal should be to keep from dying. This sounds simplistic, and you may believe that no sane person would knowingly do things that would steal years off of the back end of his or her life.

Even so, you probably do things every day that have been proven to shorten your lifespan.

One of those things is sitting. Don't worry, everyone sits down each and every day, and when practiced in moderation, science and statistics tell us that occasional sitting for short periods of time does not have any negative health effects. On the other hand, extended sitting is now known to be downright deadly. It has been called "the new smoking" by health experts, life coaches, personal trainers and longevity statisticians.



Consider this...

- Those that sit for more than 4 hours a day in front of a television or monitor are 50% more likely to die from any cause. They more than double the risk of developing a cardiovascular disease, such as a heart attack, stroke or angina. This is in comparison to those that spend less than 2 hours a day doing the same things.
- The Mayo Clinic tells us the risk of heart attack for people who sit most of the day is the same as for those that smoke.
- Dr. Genevieve Healy is one of many health professionals that tells us working out and exercising regularly "... may not counteract the detrimental effects of 8, and 9 or 10 hours of sitting."
- Scientists have coined a new term, "sitting disease". They say sitting disease breaks down the human body and leads to high blood pressure, diabetes, cancer, depression, obesity and other health problems.
- A 2008 Vanderbilt study of more than 6,000 people estimates that the average American spends 7.7 hours per day sitting at work, at home and commuting to and from work.
- A 2010 British Journal of Sports Medicine article suggests that sitting for long periods of time increases the risk of disease.
- The University of Queensland in Australia has reported that, "even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health."
- The American Cancer Society published the results of a study on the effects of sitting and being sedentary. It says women are a full 94% more likely to die than those who are physically active and sit for less than 3 hours per day.
- That American Cancer Society study agrees with Dr. Healy's warning, preaching that the negative effects of sitting for too long were just as strong in people who exercise regularly, as it was in inactive individuals.

Honestly, if that seems like a lot of information on the subject, check online for yourself. There's no end to the articles, studies, research and data that says in no uncertain terms, if you sit too long, you are killing yourself.

Start by Tackling Your Sedentary Lifestyle

Simply standing a little more each day, and each hour, improves muscle tone and posture. It increases your blood flow and speeds up the circulation of healthy oxygen through your body. Oxygen is needed to fuel proper cellular growth, muscle development, mobility, balance, mental activity and any movement you make.

Research shows that just standing instead of sitting burns more calories and keeps you more mentally aware. However, if you stand in one position for an extended period of time, this is only marginally better than sitting. The key is to keep moving. This doesn't mean you need to do jumping jacks and run in place every minute of the day. It just means that you should limit the amount of time you sit or are otherwise inactive in one session to 60 minutes or less.

After 45 to 60 minutes of sitting, get up and get moving. While you're sitting, you can do leg exercises and keep as active as possible. Look for little ways to keep moving rather than sitting. Walk a message to a coworker rather than using email. Stand and do squats or deep knee bends while you are talking on the telephone, rather than staying seated. Take the stairs instead of the elevator, park as far away as possible from the front door of your workplace, and add a 10 or 15-minute walk or jog to your lunch break.

Walk short distances or cycle, rather than driving. Join a walking or hiking club, or start one if there isn't one in your area. If you work from home, take multiple 10 and 15 minute breaks throughout the day, performing exercise, walking, jogging or cycling. Purchase a standing desk, and if you work at a location away from your home, give your boss or human resources representative the facts and figures about extended sitting mentioned earlier.



Living longer is all about mindset, about finding a lot of small ways to be healthier. If you want to enjoy the proven benefits of more exercise and physical activity, you can. You just have to tell yourself this is something you really want. When you start sitting less and moving more, you reduce the risk of developing the following diseases and health conditions linked to a sedentary lifestyle.

- Overweight and obesity
- Diabetes
- Heart disease, such as heart attack and stroke
- Stress, anxiety and depression
- Breast and colon cancer, and other cancers
- Bone health problems like osteoporosis
- High blood pressure
- High cholesterol
- Neurological problems

It is important to note that sedentary jobs have increased nearly 90% since 1950. Physically active jobs only make up about 20% of the workforce in America, and other modern nations. In the United States and other westernized countries, people are working 47 hours a week on average, a full 4 work weeks per year more than just 20 years ago.

This means your job is probably promoting sitting, so you need to diligently look for ways to stand and move more than you sit, so inactivity and being sedentary don't cause any of the serious health problems just covered.

14 Diseases and Health Conditions That Can Be Prevented with Healthy Exercise & Diet Habits

If the last section of this e-book was not enough to get you motivated to stay active, you may be dead already. Some health experts believe that we are just beginning to understand how deadly physical inactivity can be, and there are those that preach a sedentary lifestyle causes far more than the few serious diseases and ailments just covered.

When you opt for fresh, wholesome, organic fruits and vegetables over processed food, fast food, restaurant food and food you do not make yourself, and you add regular physical activity, you can actually prevent the following health calamities:

- High blood pressure
- High cholesterol
- Type 2 diabetes
- Depression
- Anxiety
- A number of heart diseases
- Arthritis
- Osteoporosis
- Fibromyalgia
- Colds and flus
- Multiple cancers
- Overweight and obesity
- Mental fog, confusion, neurological disorders
- Skin conditions



The importance of a combination of physical activity and eating right cannot be overstated. Look at that list of health problems that plague you if you don't keep moving and you don't treat your body to the nutrient-rich foods it is craving. It may be hard to believe that exercising and eating right can keep so many diverse health problems from occurring. However, studies for literally hundreds of years have proven that is the case (as we'll see throughout this book).

The Importance of Exercise

If you want to live a longer life, and have those extra years and decades being happy and healthy, you probably know by this point that physical activity is essential. You need to be up and moving, exercising and working out, dancing and jogging, going for hikes, doing anything at all to keep moving.

When you exercise, you keep your heart strong. You promote oxygenated blood flowing at a healthy rate throughout your body. Oxygen is required by every part of your body, so every time you are moderately or intensely physically active, you are treating your skin, your bones, your organs, your brain and literally every part of your body in a healthy manner.

How Much Exercise Do You Need?

As you probably know, sometimes too much of a good thing can be a bad thing. This is the case with exercise. Taken to an extreme, the stress exercise puts on your body can actually take years off of your life rather than add them to it. For instance, there are some studies which were revealed in the early part of the 21st century that show running for 5 to 7 hours a week or more is bad for your health. Professional bodybuilders do not usually live as long as the average person. So extremes need to be avoided.

That begs the question, how much exercise is the Goldilocks approved "just right" amount for improved longevity?

To answer this question, let's turn to some globally respected health authorities, as well as important research on the subject.

- A team of Australian researchers poured through data from more than 200,000 Australian adults. They wanted to know if vigorous exercise, such as running, playing intense, competitive sports, etc., was better than moderate exercise like walking. They studied exercise habits, death rates and health conditions, and found that a few hours of moderate exercise each week is all you need to do to live a longer, healthier life.

- If you can spend more than 30% of your weekly exercise time in vigorous, strenuous, intense activities, you increase your chance at living a longer than normal life even more. This means that if you walk or perform some other moderate physical activity for 4 hours each week, and add 2 hours of strenuous, vigorous exercise, you stand the best chance of adding years to your life.
- Harvard University, the National Cancer Institute and other health institutions did some deep digging. They researched physical activity information and health statistics from a staggering 661,000 adults. Then they looked at 14 years worth of death records for the same group of people. The "sweet spot" for long life was 450 minutes of moderate physical activity each week, meaning 7.5 hours of walking or some other moderately intense activity. This reduced the odds of dying prematurely by 39%. Engaging in more or less physical activity than that led to an earlier mortality.
- The Mayo Clinic suggests aiming for at least 30 minutes of physical activity every day. This doesn't mean the normal walking and moving you do when you are shopping for groceries, doing the laundry or otherwise moving through your normal routine. It means targeting specific physical activities and exercise platforms for 150 minutes each week. They pointed out that if you extend this moderately intense exercise to 300 minutes a week, your health benefits improved even further still.
- Psychological studies show that adding 20 to 30 minutes of regular physical activity of any kind just 5 days each week can treat and even prevent anxiety.



- The American Heart Association (AHA) agrees with the 30 minutes per day physical activity recommendation given by the Mayo Clinic. To lower blood pressure and cholesterol, AHA recommends "40 minutes of aerobic exercise of moderate to vigorous intensity 3 to 4 times a week to lower the risk for heart attack and stroke."
- The Centers for Disease Control (CDC) in the United States has research that shows 150 weekly minutes of moderate exercise, or 75 minutes of more vigorous physical activity, both offer the same health rewards.
- Multiple health authorities, both individuals and organizations, recommend totaling 10,000 steps per day (roughly 5 miles walked) as offering multiple health benefits. Purchase a pedometer or download one of the many free applications to your smart phone, and let it run all day long. You may be surprised at just how far you are walking now, and once you measure something, it improves. You will find yourself checking your daily total several times throughout the day, looking for small ways to hit your 10,000 steps mark.

Now that you know how long you should be exercising, what types of physical activities are best for improving your life expectancy?

Best Types of Exercise for Living Longer

Do you swim? Do you ride a bicycle regularly, perform aerobic exercises or play racquet sports? If you perform one or more of those 4 physical activities regularly, a new study of 80,000 adults shows you significantly lower your risk of dying from anything, compared to those people that don't perform those activities. That is according to information released in 2016 in the British Journal of Sports Medicine.

The study tracked adults in Scotland and England for an average of 9 years. It pointed out that, while any physical activity as opposed to a sedentary lifestyle can improve your longevity, racquet sports, swimming and aerobics "significantly reduced risk of death from all causes, and particularly from cardiovascular disease, compared to survey respondents who said they had not done any of those sports." Cycling also reduces the risk of dying from any cause, but interestingly, did not significantly reduce the possibility of dying from cardiovascular disease.

Age, gender, long periods of illness, alcohol consumption, smoking status, body mass index and physical activity volume were just a few of the metrics used in the study. In some cases, study participants were physically active, sometimes to a very high degree. However, if they did not participate in at least 1 of the 4 activities just mentioned, the longevity benefits were not as great.



- Playing racquet sports led to a 47% lower death rate from any cause, and these people were 56% less likely to die from cardiovascular disease.
- Regular swimming led to a 41% lower cardiovascular disease death rate, and swimmers were 28% less likely to die for any reason.
- Those who participated in aerobics regularly enjoyed a 27% lower than normal any-cause death rate, and were 36% less likely to die from cardiovascular disease than people who did not participate in that exercise.
- Cycling led to a 15% lower death rate from any cause.

There's a lot of research that points to the fact that you should be enjoying both aerobic type exercises, and strength training, for the most health benefits. Enjoying 20 to 30 minute sessions of aerobic, heart pumping activities 5 times a week can offer significant cardiovascular and heart health. When you add 3 or 4 sessions of strength training exercises such as body weight training or weightlifting, you improve your muscle mass.

Both of those activities remove unhealthy toxins from your body through sweat. The more muscle you build, the more effective you are at burning fat and calories. This keeps overweight and obesity at bay, two conditions linked to a long list of very serious health problems.

HIIT (high-intensity interval training) has in recent years been shown to possibly be the best exercise for the most health benefits offered in the shortest amount of time.

With HIIT, you go all out for an extremely short period of time, such as 20 seconds, at or near your highest level of physical intensity. Then you rest for 20 to 30 seconds, maybe longer, and keep alternating this pattern. In just a 15 or 20 minute session, high-intensity interval training, whether it is aerobics-based or strength training, has been linked to impressive mental and physical health results.

Anti-Aging Diet

We used to believe that certain conditions were naturally linked to the aging process, and were inevitable. We now know that you can pretty much create the best possible health you can experience at any age. You simply need to do certain things. When you get out of your chair and start moving, you go a long way towards adding healthy years to your life.

When you eat certain foods and avoid others, you do the same thing. Some foods promote inflammation, a condition that leads to many chronic diseases. Other foods actually slow down the aging process, and minimize the impact that merely existing has on the human body. Eat more of the following 5 types of foods that help you slow down your biological clock, and you improve your chances of living longer.

- **Foods that contain nicotinamide mono nucleotide (NMN)** – Broccoli, edamame, cucumbers, avocados and cabbage contain this natural chemical which has a positive, anti-aging effect on the human body.
- **Foods with B vitamins** – Peanuts, fresh green tea, mushrooms, wild-caught salmon, lamb, mackerel, sardines, grass-fed beef and beef liver, shellfish, bananas and leafy green vegetables such as spinach are excellent sources of multiple B vitamins.
- **Orange and yellow fruits and vegetables** – Carrots, orange bell peppers, oranges and squash can help slow down the aging process, as well as create healthy, vibrant, glowing skin.
- **Foods with omega-3 essential fatty acids** – Wild-caught fatty fish like salmon, olive oil, almonds and seeds deliver biological clock-stopping essential fatty acids that fight inflammation and slow down the aging process.
- **Foods in the Mediterranean diet** – The Mediterranean Diet includes olive oil and olives, lots of fruits and vegetables, nuts and beans, and moderate amounts of wine.

You can see from the 5 food groups just listed that ***processed food is not recommended anywhere.*** These are all fresh, natural foods, and when you consume them in as close to their natural state as possible, you get the most health benefits.

You will also see that ***the majority of foods just mentioned are plant foods.*** This is one of the reasons plant-based diets have increased in popularity the last 20 years. When most of your food comes out of the ground instead of off the hoof, studies show you live longer. You also suffer fewer health problems during your life. When you eat plant-based foods raw or minimally cooked, you derive the most nutrients from those foods.

You also want to limit your intake of processed, packaged and fast foods, gluten, dairy and sugar, as these types of food products promote inflammation and negative health conditions.

How Much & When to Eat

One way to keep any sedentary lifestyle-related diseases at bay is to eat more frequently.

You put an incredible strain on your digestive system when you eat a large meal. Those in modern, first-world nations often eat just 1 or 2 large meals each day. Aside from making you feel drowsy and causing overwork on your digestive tract, your gut and the other processes which help you break down food, this doesn't get your metabolism moving as much as it can be. Every time you eat, the metabolic process in your body that turns food into healthy minerals, nutrients and vitamins gets working.



This means that if you eat 5 or 6 times a day, your metabolism is working 5 or 6 times. If you eat 2 or 3 times a day, the metabolic process that burns fat and calories and carbohydrates is not working nearly as much as it could be.

Also, eating large portions of food, eating too quickly and eating a few larger meals decreases the efficiency with which your digestive process removes all of the healthy nutrients in the food you eat. There are a lot of good reasons for eating 5 or 6 times a day, and spreading out your daily caloric requirement over those meals.

Avoiding Processed Food

You need to eat the right things, and avoid the wrong things. You have been hearing for years, possibly decades, that processed food is not nearly as good for you as food that is as close to its natural state as possible. This means fresh produce, fruits and vegetables, nuts and berries, whole grains and healthy fats will always make you healthier, and give you a chance to live longer, than food from your favorite fast food restaurant.

Restaurants are not the only places where the term "processed food" applies. If you get your food in a can, box, wrapper or bag, it has most probably been processed to a great degree. Additives, steroids, man-made chemicals, artificial flavorings and food ingredients you can't even pronounce or understand have been added. The reason is that this makes food more addictive, and it makes it last longer.

This is also a less expensive way to manufacture, process and deliver food than when food is made cleaner and healthier. So manufacturers save money, they get you addicted to their sugar-filled, MSG-laden, trans fat-heavy, chemical, "food-like" products, your health plummets and so does your energy, and you don't feel like exercising or being physically active.

Your Weight Matters, But Not in the Way You Think

Weight loss seems to be on everyone's mind, probably because as many as 2 out of 3 people on the planet is overweight or obese. If you want to get to a specific target weight, maybe you should stop focusing on what your scale is telling you, and start listening to what your waistline is saying.

If you can get your waistline to roughly half of your height, your health inside and out, and from head to toe, will improve dramatically.

If you are 6 feet tall (72 inches), you are aiming for a 36-inch waist. A 5-foot-tall person (60 inches) should have 30 inches as a target.

The reason why your weight may be keeping you fat is because body fat isn't very dense. It weighs a lot less than muscle and bone. So as you begin to eat healthy and exercise, longevity-producing activities, you are building muscle and burning fat. Since muscle weighs more than fat, the numbers on your scale might not be changing much, even though you are doing great things for your health.

Start measuring your waist, exercising regularly, and eating right. You may find that measuring this health metric, as opposed to a vague and fluctuating number on a scale, will create the health and longevity you are looking for. This works because your waist size is very indicative of the amount of belly fat you have, and how fit you are, whereas a scale does not measure weight displacement or fitness.



Everyday Longevity-Boosting Lifestyle Choices

The World Health Organization (WHO) credits approximately 2 million deaths every year to a lack of physical activity. This places a sedentary lifestyle among the 10 leading causes of death and disability across the globe. If you smoke, eat a lot of processed foods and are also inactive, you are practically begging to lose 10, 20 or 30 good years of health in exchange for those lifestyle activities.

WHO also points out that you double your risk of diabetes, obesity and cardiovascular diseases, while increasing the chance that you will die from anything, by leading a sedentary lifestyle. Lipid disorders, anxiety, depression, high blood pressure, colon cancer and osteoporosis all occur in higher rates in people who are not very physically active. This is a problem, because 60% to 85% of everyone in the world leads a sedentary lifestyle, according to WHO. Unfortunately, that includes roughly 65% of all children, showing that this serious health problem is not just an adult issue.

You can reach your long-term life expectancy goals by making small lifestyle choices every day.

Take care of your gut. Eat fermented foods from time to time, because food like sauerkraut promotes healthy gut bacteria. Eat foods that have lots of nutrients and fewer calories and carbohydrates, mostly plant-based foods. Cruciferous vegetables like broccoli and Brussels sprouts fall into this category, and they promote a healthy gut, and healthy digestion.



Improve your mind every day. The most fit body in the world is useless without the brain. You should challenge yourself on a regular basis, learning new things, enjoying new experiences and expanding your mental barriers. Your bones are likewise important if you want to live a long, healthy life. Strength training keeps your bones strong, burns fat and calories while building healthy muscle, and aerobic exercises keep your heart strong and happy. Exercise daily.

Brush your teeth 2 or 3 times a day. Get a massage. Get out in nature. Make sure you are walking more than sitting, and active more than sedentary on a daily basis. Stop smoking and limit your alcoholic intake. Start finding ways to incorporate physical movement in the workplace. Keep a set of dumbbells at work, another one at home, and use them frequently. Start spending time with your friends that enjoy healthy activities as opposed to unhealthy ones. Call at least one person you enjoy talking to every day. Meditate daily.

These are simple lifestyle choices that may not appear to amount to much, as far as a singular action is concerned. Stringed together every day, every week and every year, they increase the likelihood that you slow down the aging process, and add years or even decades of healthy living to your experience of the human condition.

Everyday Health Issues to Take Care of If You Want to Live a Longer, Happier Life

Finally, it's important to talk about common health issues that are likely to affect us as we age. The good news is that nothing is inevitable, and we do have a degree of control over the way aging affects our bodies.

1) Bones

Unfortunately, most of us reach peak bone density at a young age, and bone loss is a normal part of aging. But stick to a healthy diet and exercise plan and you can do a lot to keep your bones healthy and prevent unnecessary breaks.

2) Teeth

You might not realise, but poor dental health can have a knock-on effect in many other areas of your life. Make sure you get regular checkups at your dentist and take care of any problems quickly.

3) Heart

Heart disease is one of the biggest killers, but the good news is that conditions such as high blood pressure and high cholesterol can be prevented to a degree with a healthy diet, regular exercise and by making healthy lifestyle choices.

4) Mind

Your mind is just as important as your body if you want to live a long, healthy and happy life! Conditions such as anxiety and depression can make it hard to motivate yourself to make healthy lifestyle choices, so make sure to speak to a doctor if you feel you are suffering. Conditions such as dementia are also a common fear, and again diet, exercise and healthy lifestyle all play a key role in helping to prevent this.

5) General Minor Health Complaints

Finally, remember that it's not worth putting off general "minor" health complaints for fear of bothering your doctor. If you notice something unusual, get it checked out. This includes unusual pains, aches, skin changes, lumps and anything else that isn't usual for *you*. If it turns out to be nothing then that's great! But if it is something, you'll be in a much better position to get it sorted out quickly.