

Daily Longevity Habits

Evidence-based practices associated with extended healthspan

MOVEMENT

- ☐ Morning walk 15-30 min (morning light + BDNF release)
- ☐ Resistance training 2-4x per week (muscle = longevity organ)
- ☐ Zone 2 cardio 150-180 min per week (mitochondrial biogenesis)
- ☐ Break sitting every 45 min with 2-5 min movement

NUTRITION

- ☐ Protein: 1.6-2.2 g per kg bodyweight (muscle protein synthesis)
- ☐ Ultra-processed food under 10% of daily intake by calories
- ☐ Eating window 8-12 hours (circadian alignment)
- ☐ 30+ different plant foods per week (microbiome diversity)
- ☐ Omega-3: fatty fish 2x weekly or 1-2g EPA+DHA supplement

SLEEP

- ☐ Target 7-9 hours with consistent wake time, 7 days a week
- ☐ No bright artificial light after 9 PM (melatonin protection)
- ☐ Bedroom 18-19 C / 65-67 F (core body temperature must drop)
- ☐ No alcohol within 3 hours of sleep (destroys REM architecture)

STRESS & COGNITIVE RESERVE

- ☐ Check HRV or resting HR daily (objective recovery signal)
- ☐ Meditation or breathwork 10 min (vagal tone, cortisol reset)
- ☐ Meaningful social contact at least once per day
- ☐ Novel learning or skill practice weekly (cognitive reserve, BDNF)

ANNUAL BIOMARKERS TO TRACK

- ☐ HbA1c + fasting glucose + fasting insulin (metabolic health)
- ☐ hs-CRP (chronic low-grade inflammation)
- ☐ Vitamin D 25(OH)D, target 40-60 ng/mL
- ☐ ApoB (superior CVD risk marker vs. standard LDL)
- ☐ VO2 max estimate (strongest all-cause mortality predictor)