

MAY



Exercise for Longevity



Understand that we all fall into three primary body types,

GET TO KNOW YOUR BODY TYPE

The first step in achieving your ideal weight is to understand that we all fall into three primary body types: vata, pitta, and kapha.

Each of these body types has a unique ideal weight, constitution, eating style, and lifestyle needs.

If you don't know your body type yet, you can find that out by doing our Health dynamic test.

Each one of these body types will have a different ideal weight

VATA BODY TYPE

Weight is often not a problem for Vata body types; they tend to be naturally thin and wiry. However, this doesn't mean that weight won't be an issue, because it's not uncommon for skinny mini Vatas to suddenly put on weight due to a change in metabolism.

The biggest issue for vatas is a tendency towards mental stress, when you are under stress this can lead to carrying extra weight (particularly around the abdomen).

When under stress you probably forget to eat, which impacts digestion and increases toxins (ama) in the body by clogging up the channels. These clogged channels can lead to weight gain.



To maintain a healthy weight, vata body types need to keep their mental stress under control; a good way of doing that is through regular yoga and meditation practice. Yoga is beneficial to all body types and there are even special yoga poses more suited to each constitution,

You also need to nourish your body with light and easily digestible foods—stewed apples, whole grains, and fresh vegetables will keep you feeling light and full of energy.

Stay away from heavy foods like aged cheeses, meats, and rich desserts; dry foods like crackers, cold cereals, and packaged snacks don't suit your constitution.

For vatas, it's also important to maintain a good routine—that means going to bed early (before 10 p.m.) and eating three warm, cooked meals a day (you may need small snacks in between as you can only eat small amounts at a time). When possible, try eating your meals at the same time each day, as your digestion tends to be irregular.

Remember, you'll do well by slowing down—it's not healthy to be rushing around all the time. Vatas put on weight if stressed, so nourishing your body will help you feel grounded, balanced, and at your ideal weight.



To maintain a healthy weight vata body types need to keep their mental stress under control

PITTA BODY TYPE

Pittas tend to not gain nor lose weight easily as you have a strong digestion and, with all your fire, have little problem burning up carbs and sugars. Your digestive fire is actually so strong it can overeat and cause problems – if you start skipping meals stomach acid will burn the food and damage your stomach.

Pitta body types do well eating three meals a day. It's important to set regular meal times to keep toxins from forming in your digestive system. Once toxins block your internal digestive channels your strong metabolism might slow down.

To prevent this from happening, start the day with something that will cool and soothe the digestive fire, rather than overload it (this might be cooked pears, cooked porridge or Aloe vera juice). You'll also feel great and full of energy on a diet of dhal, cooked vegetables and whole grains. Just make sure to avoid chillies, fermented, fried, oily and overly hot foods as they will increase internal acidity.

More than the other body types, it's important for pittas to go to sleep before the pitta time of the night (10 pm-2 am) as this is when your body will be expelling toxins and clearing the liver. Even if you feel you have energy then or develop a desire for late-night snacks, it's important you don't get into the routine of staying up late, and eating late, as this will make it difficult to keep weight on track

The other thing that happens with pittas is that suddenly, you might find you have put on weight—this might be due to a change in life, for example, menopause or another transitional time, or being under too much pressure and with heavy deadlines.

In this case, you may be putting on inflammatory weight, which is the hardness of tissue. The best thing to do if this is happening to you is detox. This will flush out the organs and get your digestion going again. It will also cool that hot head down—the one that yells or is frustrated, and you don't know why.





KAPHA BODY TYPE

It's not uncommon for kaphas to not be hungry until noon, so don't feel you need to eat breakfast when you first wake up. There's nothing wrong with some stewed apple or pear to hold you off until lunch.

This body type also needs to really work on the diet and lifestyle that causes imbalances. This body type can struggle with metabolic issues like blood pressure, cholesterol, or diabetes. You can get this under control by working on digestion and the integrity of your system, combined with diet and lifestyle changes.

Each body type has its own personal pathway to good health. If you're finding it difficult to shift weight, make sure to read up more on the specific foods and exercises especially suited to your constitution.

Sturdy kaphas, with bigger bones and gentle personalities, seem to put on weight easily; you're never going to be the skinny minnies; it's not in your constitution.

You'll also tend to put on weight all over the body, and it often takes a long time to lose these extra kilos.

This is because, with elements of earth and water, you have the slowest metabolism of the three body types. Just stay patient, it will come off – it just takes longer for you than other body types.

In terms of diet, you'll do well eating plenty of vegetables and dhal soups with spices (turmeric especially activates the liver), green leafy vegetables, quinoa and warm, light, cooked foods. Raw veggies are difficult to digest. You'll also want to avoid ice cream, cheesecake and other heavy, cold desserts as these only slow your metabolism down.

Kapha dosha body types do well eating their main meal in the middle of the day when the sun is high, and digestion is strong. This will help reduce the build-up of toxins, which can slow your metabolism right down.

Regular exercise is important, make sure you push yourself a little. If you're finding it hard to stay motivated, try mixing up your exercise routine.



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Walking



Dancing



Meditation

EXERCISES FOR VATA

To maintain a healthy weight vata body types need to keep their mental stress under control, a good way of doing that is through regular yoga and meditation practice.

Vatas, you need to slow down. Sloooooooooooooow doooooooooowwwwn. Okay, even slower. Because Vata is so wiggly, windy, scattered, and variable, they need to stay steady, grounded, and intentional.

I always like to think that if Vata has both feet on the ground, that's a pretty good exercise for Vata (unless balancing in tree pose or warrior).

Seriously, the more Vata can stay still and move with intention, the better.

Vatas need a nice balance of strength and flexibility. Weights/strength training, yoga, pilates, ballet-inspired and bar classes (not the kind with martinis!) would be great. Anything too cardio-intensive will increase the already swift motion in their mind and will stiffen muscles and joints. The key for vatas is to sloooooow doooowwwwnn.

EXERCISES FOR PITTA

Pittas, you need to cool down and destress. The thing about pittas is that they are naturally muscular and pretty good athletes so they actually seek out physical activity.

They really like the physicality of exercise so a pitta doesn't need a whole lot of motivation to get moving. However, they need to stay cool and stay away from anything too competitive, stressful, or too hot.

{Speaking of stress, stress can take away from pittas motivation to exercise. If a pitta person is stressed at work, they will put exercise lowest on their priority list because they have to achieve, achieve, achieve at their jobs first. This is not balance.}

Pittas will do best with a combination of cardio (they love to sweat), like cycling or swimming, and a consistent yoga practice, which is very helpful for destressing. Cool air and cool water will make Pittas feel like they've had an awesome workout but will not overheat them. Pittas should NOT exercise in the sun or do Bikram yoga!

The best exercise for a Pitta to do is water exercise so they don't overheat from exercise in the early morning. Not in the middle of the day.



Hiking



Swimming



Cycling

EXERCISES FOR KAPHA

Kaphas, you need to move and sweat. Kaphas are the most sluggish of the three doshas and getting a move on will help them feel SO alive and energised! Kaphas tend to be lazy, so they can easily get into a rut...and stay there. It's not easy to get a kapha to move, but by putting on some good music and grabbing a good buddy, the Kapha will feel happy and full of gusto!

You've probably guessed, but cardio is best for kapha. Cardio can range from run-walking, power walking, elliptical trainer, or anything aerobic. They need to move because they tend to be heavy in both body and mind. Moving the physical body will help lighten both of these.

Kaphas should not lift heavy weights (they are already very strong and don't need denser muscle tissue, nor will they stick to a regimen if it makes them too sore/uncomfortable) and even some yoga is too slow for them. The hardest part for Kapha is to stick with it, but this is exactly what they need. Kaphas, even if you do 20 minutes a day of power walking in your neighbourhood, that is awesome!! Just do that. You will feel fantastic in no time!! But please, get moving!



Weightlifting



Running



Aerobics

WELCOME TO THE LONGEVITY CHALLENGE!

In the words of Dr. Peter Attia, renowned physician and longevity expert,



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"Nothing comes close to having a greater impact on the length and quality of your life than your training. And unfortunately, we can't put it in a pill. You've got to be able to do it.
There's no biohack for it."

With these powerful words in mind, we embark on a journey to unlock the secrets of longevity, vitality, and well-being. In a world filled with promises of quick fixes and magic pills, we recognise that true longevity is earned through dedication, discipline, and a commitment to living a healthy lifestyle.

Throughout this challenge, we'll explore the science-backed strategies, habits, and practices that have been shown to promote longevity and enhance the quality of life. From nutrition and exercise to stress management and mindfulness, we'll delve into the key pillars of longevity and provide practical tools and resources to help you thrive.

Join us as we embrace the challenge of living our longest, healthiest lives and discover the true potential that lies within each of us.

Are you ready to embark on this journey?

Let's begin.

UNDERSTANDING THE IMPORTANCE OF METABOLIC HEALTH

Poor metabolic health affects our day-to-day well-being and significantly increases the risk of developing various chronic diseases, collectively known as the "four horsemen" of ageing diseases: cardiovascular disease, cancer, neurodegenerative disease, and metabolic disease. **Metabolic disease** encompasses a range of conditions, from obesity to type 2 diabetes, with metabolic health acting as a driving force behind these ailments.

Diagnosing Metabolic Disease

Diagnosing metabolic syndrome (MetSyn) involves a set of criteria established by organisations such as the American Heart Association and the National Heart, Lung, and Blood Institute. These criteria include waist circumference, triglyceride, HDL cholesterol, blood pressure, and fasting glucose levels. Having metabolic syndrome is defined as meeting three or more of these criteria.

Understanding Metabolic Health Through Testing

Various tests and metrics are utilised to assess metabolic health, including traditional blood-based biomarkers and functional tests:

Regular Blood-Based Biomarkers:

- Uric acid
- Homocysteine
- Triglycerides/HDL cholesterol ratio
- Fasting glucose/insulin
- Hemoglobin A1c
- Liver function tests

Functional Tests:

- Zone 2 output: Considered a crucial functional test for metabolic health.
- Cardiopulmonary exercise testing (CPET): Measures heart, lung, and muscle responses to exercise.
- Oral glucose tolerance test (OGTT): Assesses the body's response to glucose.
- Continuous glucose monitoring (CGM): Monitors glucose levels in real time.
- Whole-room respiratory suites: Measure energy utilisation during various activities.

Optimising Metabolic Health Through Zone 2 Training

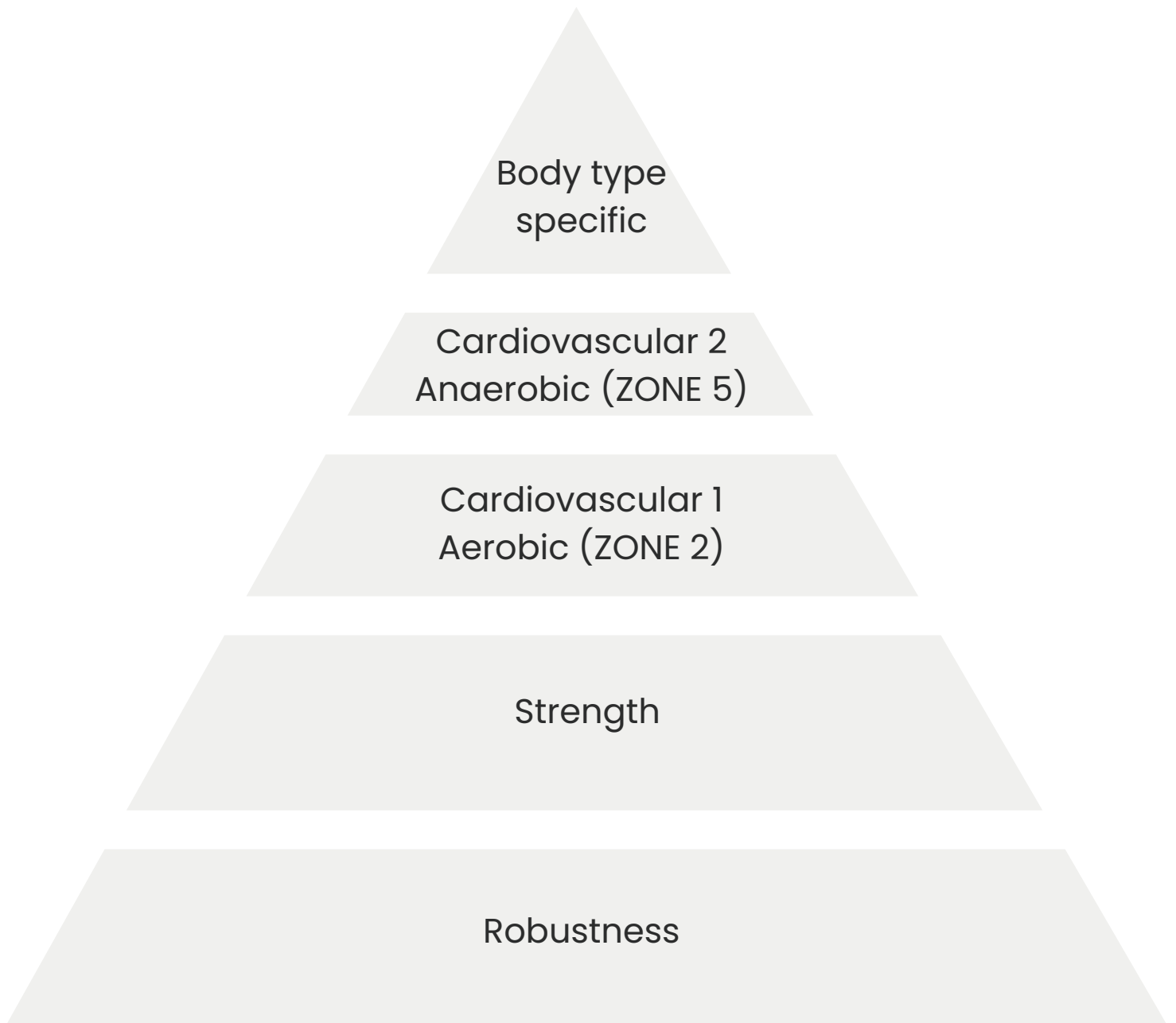
Besides diet, lifestyle, and sleep, Zone 2 training is a critical strategy for improving metabolic health. Zone 2 output is regarded as one of the most important functional tests for metabolic health. This training zone can be identified through perceived exertion, commonly known as the "talk test." When exercising in Zone 2, individuals can speak comfortably but should avoid exerting themselves excessively.





EXERCISE FOR LONGEVITY PARADIGM

5 critical pieces of exercise for life solution



ROBUSTNESS

Develop a well rounded, hard to break, movement system

An effective program prioritises your development of a ROBUST system. It provides a controlled environment in which you can mitigate risk whilst developing the capacity to handle life's inevitable variability.

Steps to achieving a robust system

- Diagnosing biomechanical deficits
- Applying appropriate solutions

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Biomechanics defined: “the study of the mechanical laws relating to the movement or structure of living organisms.”

3 rules of robustness

- 1 **Range Of Motion (ROM)** - passive vs active range of motion.
- 2 **Strength** - Using the right muscle at the right intensity, at the right time.
- 3 **Posture** - there's no such thing as bad posture - the only time posture is bad, is when you are “stuck” in it.

During the robustness phase you will:

- Reduce pain!
- Improve ROM
- Improve proprioception
- Improve strength
- Develop physical confidence
- Develop an efficient system that can handle the variability of life.



The Pareto Principle.

80% of the “benefits” associated with any particular exercise sits in the last 20% of execution.

Robustness addresses the important 20% of execution, giving you 80% of the benefits.

STRENGTH

Performance based definition:

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“Greater muscular strength allows an individual to potentiate earlier and to a greater extent, but also decreases the risk of injury.”

Suchomel, T. J., Nimphius, S., & Stone, M. H. (2016).

The importance of muscular strength in athletic performance. Sports medicine, 46, 1419-1449.

Performance Perspective

- **Power** - Ability to generate large forces very quickly.
- **Strength** - Much similar to the traditional definition read above
- **Strength Endurance** - Ability to repeatedly complete bouts of effort
- **Relative strength** - 80kg person squatting 160kg vs 110 kg person squatting 160kg (big difference)



Pro tip: Strength is relative. Don't compare yourself to others when it comes to strength.

How to get stronger or what your body type is good at:

Periodised program (plan) prioritising one/two of the below factors:

- **Volume/Skill development** - High reps (vata/pitta)
- **Strength** - Low reps heavy weight (kapha)
- **Power** - Heavy weight moved quickly (kapha/pitta)
- **Plyometrics** - Jumping, skipping etc. (Vata)

Exercise Types:

- **Compound** - Squats, Pulls, pushes
- **Isolated** - Bicep Curls, glute bridge (marrying robustness with strength)



Strength is a skill - the more you do it, the better you'll get at it.

CARDIOVASCULAR 1 - AEROBIC -(ZONE 2)



Defining aerobic training:

Aerobic/cardio training involves moderate intensity, sustained activity that relies on OXYGEN for energy production.

During aerobic training, the body uses oxygen to break down glucose (sugar) and fat to produce energy.

Types of aerobic training:

- **Zone 2/Continuous steady-state cardio - 90 min plus aim to do 3 hour per week**
Sustained, moderate intensity exercise for an extended period of time.
- **Endurance training - 15-30 min bouts**
Training at a moderate intensity for a longer duration to improve cardiovascular fitness and endurance.



What's it good for?

- cardiovascular fitness,
- increase lung capacity
- boost metabolism.
- weight management,
- reduce the risk of chronic diseases such as heart disease and diabetes,
- improves mental health.

Aerobic training is considered a safer and more sustainable form of exercise, as it is lower in intensity and impact making it less likely to cause muscle strain or injury

CARDIOVASCULAR 2 - ANAEROBIC - (ZONE 5)

Defining aerobic training:

Anaerobic training is a form of exercise that involves high intensity, short bursts of activity that DO NOT rely on oxygen for energy production.

During anaerobic training, the body relies on stored energy sources (glucose) for fuel.

Glucose (sugar) is broken down through a process called glycolysis to produce energy.

- Does not require oxygen
- Allows for rapid energy production during for high-intensity repeat efforts
- Byproducts are heat & lactic acid.

Types of aerobic training:

- **Sprint intervals (10–20 sec)**

Short, fast bursts of effort, followed by long rest.

- **High Intensity Interval Training (HIIT)**

HIIT involves alternating between short bursts of intense exercise and periods of rest or lower intensity exercise. This form of training has been shown to be highly effective in improving cardiovascular fitness, increasing muscle strength, and burning fat.



What's it good for?

- age-related muscle loss,
- improve bone density
- enhance metabolic function
- increased calorie burn both during and after exercise,
- weight management and overall health.

Warning: Consider it 'high risk'

Increased likelihood of muscle strain, joint stress and injury aggravation because of its "high intensity" nature.

CONCLUSION

Then, with purpose and determination, take the first step forward.

Whether you implement Zone 2 training into your fitness routine, explore functional testing options, or make mindful choices in your daily life, every action brings you closer to your goals.

Remember, longevity is not just about adding years to your life—it's about adding life to your years. It's about embracing each day with vigour and vitality and nurturing your body, mind, and spirit with care and intention.

So, as you embark on the next leg of your journey, know that you are not alone. You have the support of a community of like-minded individuals who share your commitment to health and well-being.

Together, we can inspire, motivate, and uplift one another as we navigate the path to longevity.

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Exercise might be the most potent “drug”
we have for extending the quality and
perhaps quantity of our years of life.



The following page gives you the opportunity to put this into action. Considering all you have learnt, take the time to map out your next 30-day exercise schedule. Not every day is going to be an exercise day; remember to schedule rest days with a self-care activity. **See below and Day 1 is the 1st of May**



30 DAY LONGEVITY CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15

DAY 16	DAY 17	DAY 18	DAY 19	DAY 20

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25

DAY 26	DAY 27	DAY 28	DAY 29	DAY 30



EG: 30 DAY LONGEVITY CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
30 min brisk walk	Yoga or pilates	Strength body or with weights	30 min brisk walk or swim or ride	Yoga or pilates

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Strength body or with weights	30 min brisk walk	Yoga or pilates	Strength body or with weights	30 min brisk walk or swim or ride

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Yoga or pilates	Strength body or with weights	30 min brisk walk	Yoga or pilates	Strength body or with weights

DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
30 min brisk walk or swim or ride	Yoga or pilates	Strength body or with weights	30 min brisk walk	Yoga or pilates

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Strength body or with weights	30 min brisk walk or swim or ride	Yoga or pilates	Strength body or with weights	30 min brisk walk or swim or ride

DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Yoga or pilates	Strength body or with weights	30 min brisk walk or swim or ride	Yoga or pilates	Strength body or with weights