

The Chilmark Series #1

Longevity: A Start-up Guide




the long game

Jim Loble, MA, CPT



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The Chilmark Series on Longevity



#1: Longevity: A Start-up Guide



#2: Mobility: Priming the Body for Movement



#3: How to Train Your Balance



#4: Smart Body - Healthy Brain: Movement for brain health



#5: Eating for Longevity



#6: Cracking the Stress/Sleep Code

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My background and training...

- MA in Dance/Movement Therapy, NYU
- Certified Personal Trainer, National Academy of Sports Medicine (NASM)
- Certified Brain Health Trainer, Functional Aging Institute
- Corrective Exercise Specialist (NASM)
- Athletic Performance Training Specialist (NASM)
- Sleep, Stress, and Recovery Coach (in process)
- Precision Nutrition, Level 1
- High School Science Teacher (Physics and Chemistry)

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What I do...

- Teach movement classes
- 1:1 training
- Lectures
- Direct a live, online learning and training center for longevity



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My goal for this lecture series...

- To be a resource, and to support you in your longevity practice
- To offer you multiple opportunities and ways of engaging in your practice

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My plan for this first lecture...


- Get to know each other.
- What do we mean when we talk about "longevity?"
- What is a "longevity practice?"
- Introduce the concept of "deep health."
- Why do we age?
- What can we do today to optimize our well being?
- What tools do we have to work with?
- Additional learning and training opportunities.



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Why think, talk, read & learn about longevity?

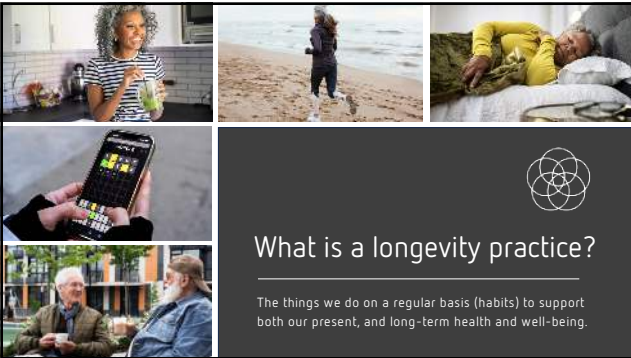
1. It gives us an integrated way of thinking about how we take care of ourselves.
2. Our biological age and chronological age are not the same.
3. Longevity is 70-80% lifestyle, and only 20-30% genetics.
4. It helps us redefine our relationship to aging.



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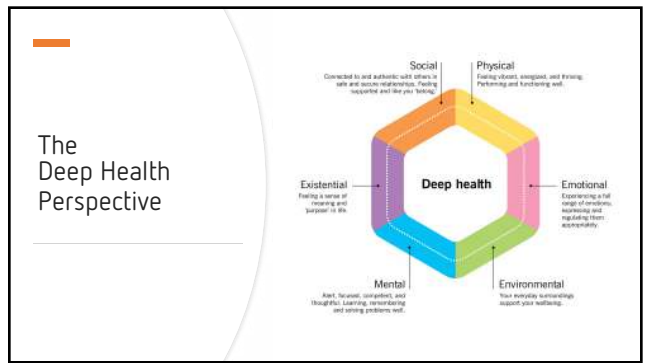


What is a longevity practice?

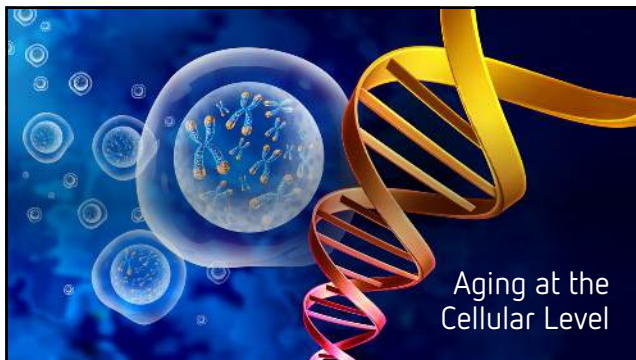
The things we do on a regular basis (habits) to support both our present, and long-term health and well-being.



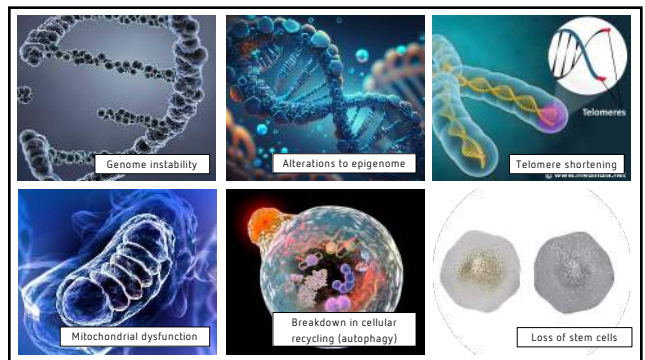
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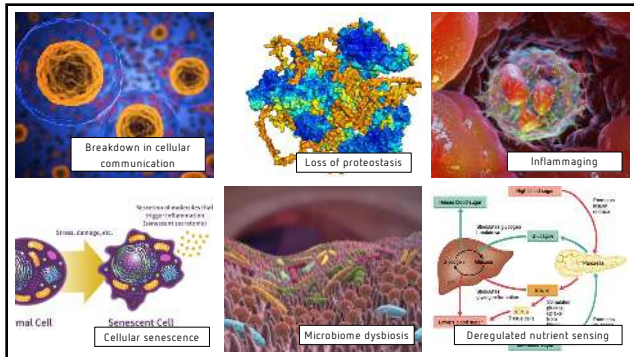
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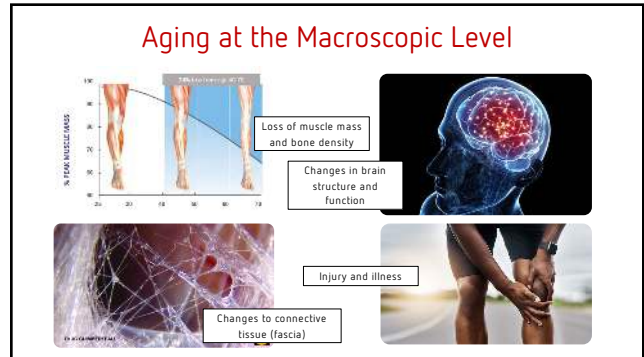
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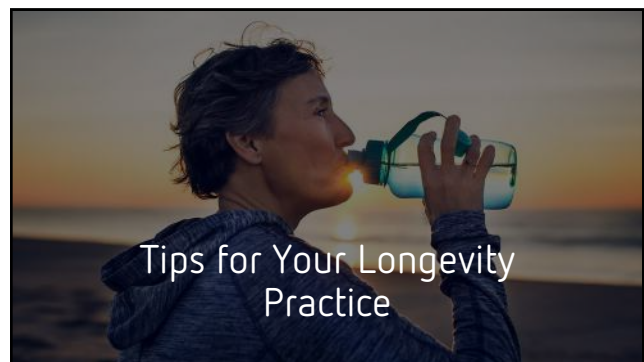
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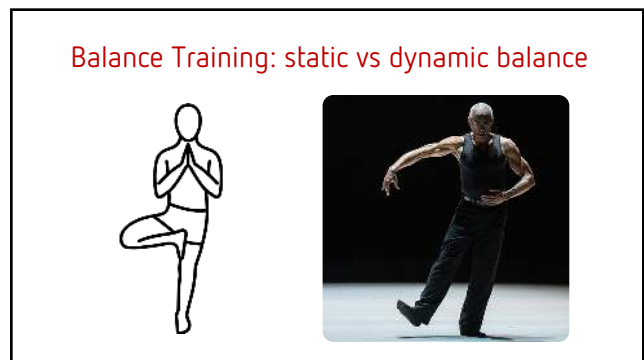
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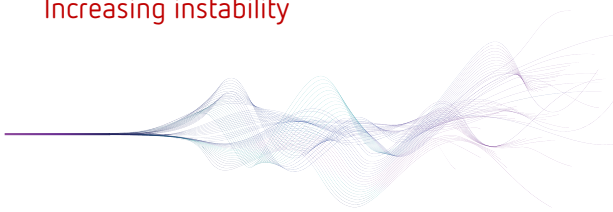


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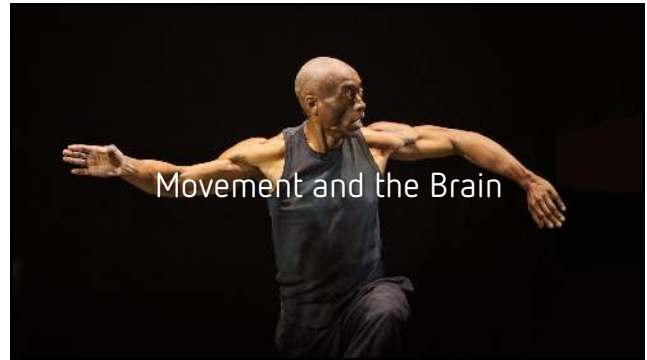
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Increasing instability



As the body adapts to increasing levels of instability, it becomes stronger, smarter and more responsive.


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Closed Skill

- Environment is relatively **stable** and **predictable**.
- Movements have clear beginning and end.
- Includes **routines**, **learned** motor skills, and **repetitive movements** and sequences.



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Open Skill

- Environment is constantly **changing**.
- Movements have to be continually **adapted**, requiring **timing** and/or **spatial accuracy**.
- Predominantly **externally paced**.



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Eating for Longevity




Protein

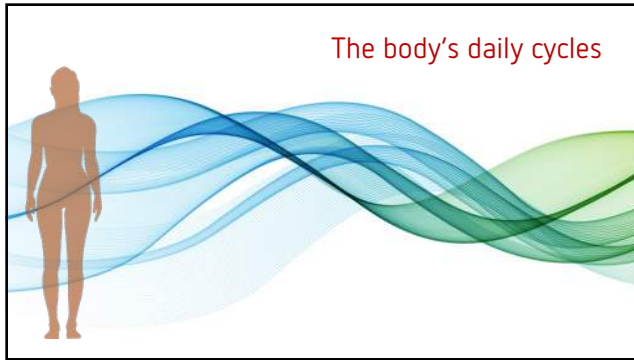
Micronutrients

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The Importance of Sleep



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Biotracking: Apps and Devices


Gives you a dashboard of real-time information on the state of your health, and how your body is performing.

1. Sleep, strain/exertion, and recovery
 - a. Whoop strap 4.0
 - b. Fitbit
 - c. Dura ring
2. Blood biomarkers
Inside Tracker
3. Metabolic health
Levels




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Monitoring strain, sleep, and recovery with a Whoop strap




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Overview Sleep Strain Recovery


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Blood test measuring an array of biomarkers linked to longevity, giving you hard data on the state of your health, including your biological age. Re-testing allows you to see trends.



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Inner Age Daily Tracker Test Results Action Plan

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Measuring metabolic health
 How efficiently our cells convert food (esp. glucose) into cellular energy.

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Genes: 2023 Oct; 1(16): 49759 | PMID: 37691181
 Published online 2022 Oct 9 | doi: 10.7554/nutns.10071 | PMID: 38231752

Effects of Omega-3 Polyunsaturated Fatty Acids on Brain Function: A Systematic Review
 "Omega-3 promotes cognition, neuronal preservation, and protection against neurodegeneration [4]."

Review | Nutrients, 2019 Sep 23;11(10):2278. doi: 10.3390/nut1102278.

A Novel Anti-Inflammatory Role of Omega-3 PUFAs in Prevention and Treatment of Atherosclerosis and Vascular Cognitive Impairment and Dementia

The aging brain is more prone to beta-oxidation and inflammatory alterations, that are crucial factors for development of atherosclerotic changes, stroke, VCI, decreased synaptic plasticity and worse memory performance [152]. Omega-3 PUFAs have shown an anti-inflammatory role that may potentially represent a novel treatment for VCI and AD. In a recent study, McGahon et al. showed that dietary supplementation of EPA, DPA and DHA in aged rats decreased inflammation; in fact, the rats showed lower cytokines levels, and had in general positive effects on age-related brain changes [153].

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Websites:

- Whoop strap
<https://www.whoop.com/us/en/>
- Inside Tracker
<https://www.insidetracker.com/>
- Levels
<https://www.levelshealth.com/>
- OmegaQuant
<https://omegaquant.com/>

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Other opportunities for practice...

Online Movement Classes

1. Dynamic Flow, intro series
 4-week, 8 session introductory series covering the basic concepts and movement patterns of this mobility practice.
2. Daily Balance
 Short (15-20 min) regular balance classes to improve balance and confidence in moving.

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Also...

Longevity lectures at Forbes Library in Northampton (streaming).
 Topics will include:

- Longevity: A Start-up Guide
- Mobility
- Understanding and caring for your fascia
- Quickness: Basics of reactive training
- Healthy Knees: A modern approach to knee osteoarthritis

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Other options...

- Accountability group (support for changing habits)
- Whoop group (using biofeedback effectively)
- Special topics groups
 - Sleep habits
 - Longevity Book Group
 - Other?

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Contact me to be on mailing list

Text me your name and email address:

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or email me:

jlobley@gmail.com

Or log on to the website

www.thelonggame.coach

And click "lectures"

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