

Enhancing Healthspan: Your Best Retirement Plan

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We'll Cover...

- Healthspan Defined
- Financial Benefits
- Lifestyle Recommendations
- Resources
- Practical Activity





Picture Yourself!

What is Healthspan?

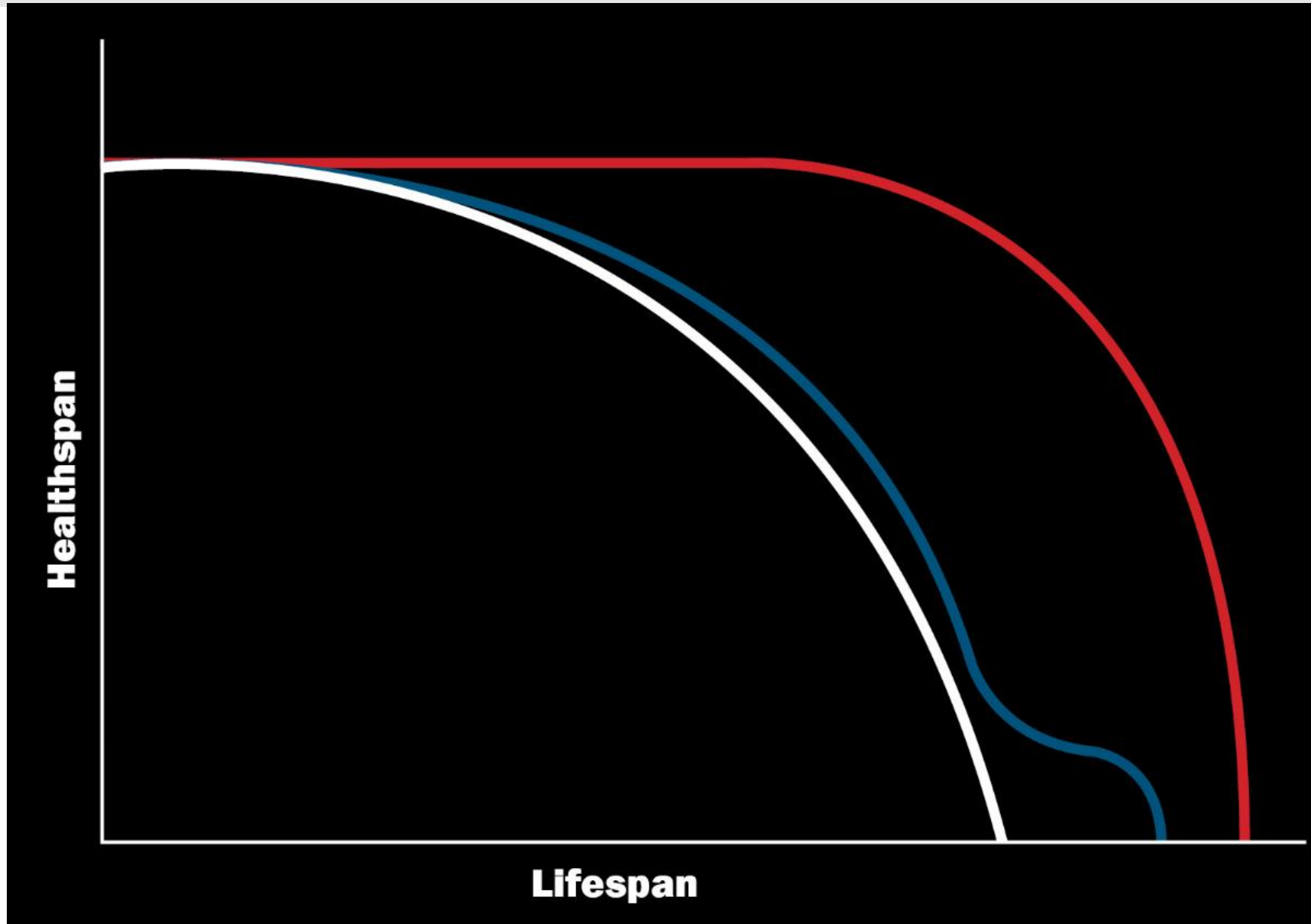
Average Lifespan: 76.4 years

Median Retirement Age: 62 years

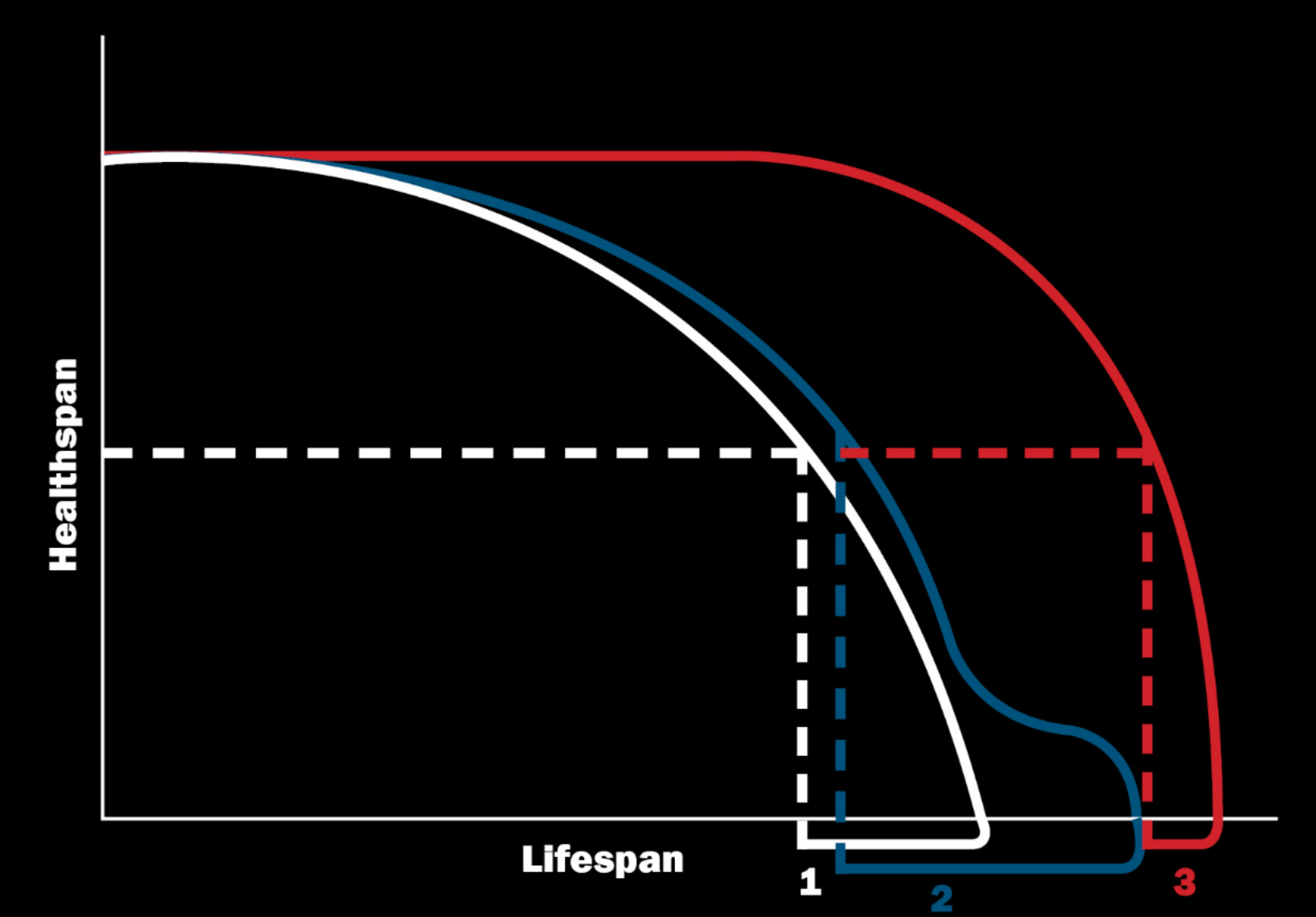
Healthspan:

Period of time that a person enjoys a certain quality of life, free from debilitating conditions that impact physical and mental well-being.

Longevity Curve



Quality Years



Source: Peter Attia, MD

The Wealth in Well-Being

- Healthcare spending in the age 55+ group accounted for 55% of overall healthcare costs incurred in U.S., but this group makes up only 31% of the population
- People under age 35 made up 44% of the population but were responsible for only 21% of healthcare spending
- Number one cause of bankruptcy is healthcare costs



Age-related diseases among the leading causes of death

- Heart Disease
- Cancer
- Stroke
- Alzheimer's Disease
- Diabetes

Tactics for Risk Reduction

To reduce risk of the most common age-related diseases, focus on:

- Nutrition
- Physical Activity
- Quitting Smoking
- Cognitive Well-Being and Stress Management

Nutrition

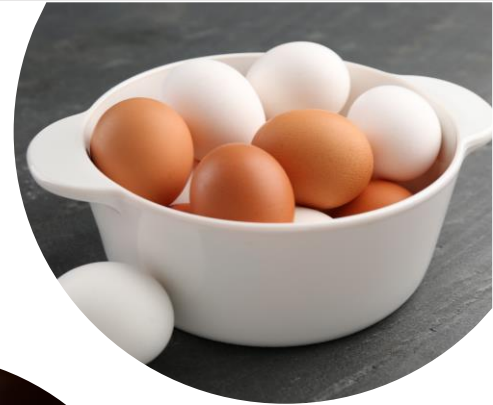
Nutrient-dense foods are associated with reduced risk for all-cause mortality.

- Fruits
- Vegetables
- Legumes
- Nuts
- Whole Grains
- Fish
- Lean Meats
- Poultry



Protein

- Positive association between protein intake and muscle mass
- Protein intake and hip fracture are inversely related
- Daily Protein Intake:
 - General: .8 grams per kg/body weight
 - Older adults: 1.0-1.2 grams per kg/body weight
- Sources: plants, fish, dairy, lean meats, poultry

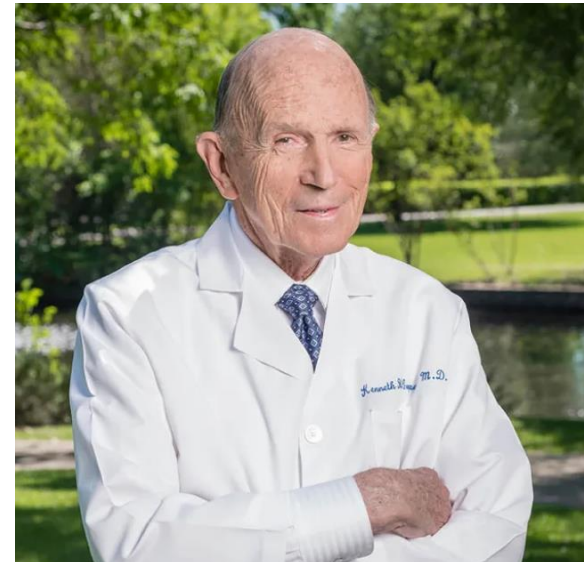


Physical Activity

- Recommended physical activity
 - 150 minutes per week of moderate-intensity activity
 - 2 days a week, engage in muscle strengthening exercises
 - For ages 65+, add balance activities like standing on one leg regularly
- Include mobility and flexibility
- Walk!

A study of adults age 40+ showed taking 8,000 steps daily instead of 4,000 steps was associated with a 51% lower risk of death from all causes.

"Age fast or age slow – It's up to you!"
– Dr. Kenneth Cooper



Muscle is Your Friend

- Muscle mass decreases approximately 3-8% per decade after the age of 30, and rate of loss is higher after the age of 60. (Build reserves)
- Study: In adults age 55+, muscle mass was a better predictor of longevity than was weight or body mass index (BMI).
- Benefits of strength training:
 - Increase lean body mass – bone and muscle
 - Improve physical performance / activities of daily living (ADL)
 - Improve blood glucose control
- Poor hand grip strength is a predictor of premature mortality

Cognitive Care

Mental and Emotional Well-being

- Chronic stress is the enemy to healthy aging and can shrink the memory centers of the brain
- Actions:
 - Challenge your mind
 - Practice mindfulness and stress management techniques
 - Manage sleep patterns

Blue Zones



Loma Linda
California

Nicoya
Costa Rica

Sardinia
Italy

Icaria
Greece

Okinawa
Japan





Tips from the Blue Zones

- Move naturally
- Find your tribe
- Eat plant-based foods
- Eat until 80% full
- Find Your Purpose



*“Do not complain
about growing old.
It is a privilege
denied to many.”*

- Mark Twain

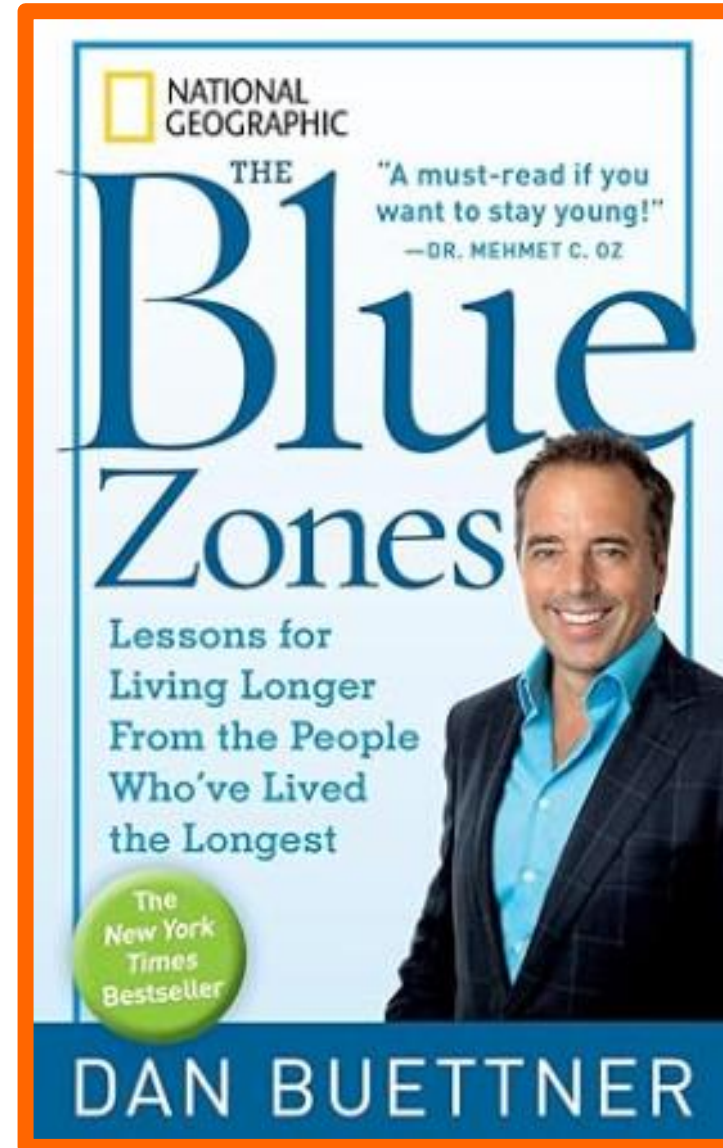
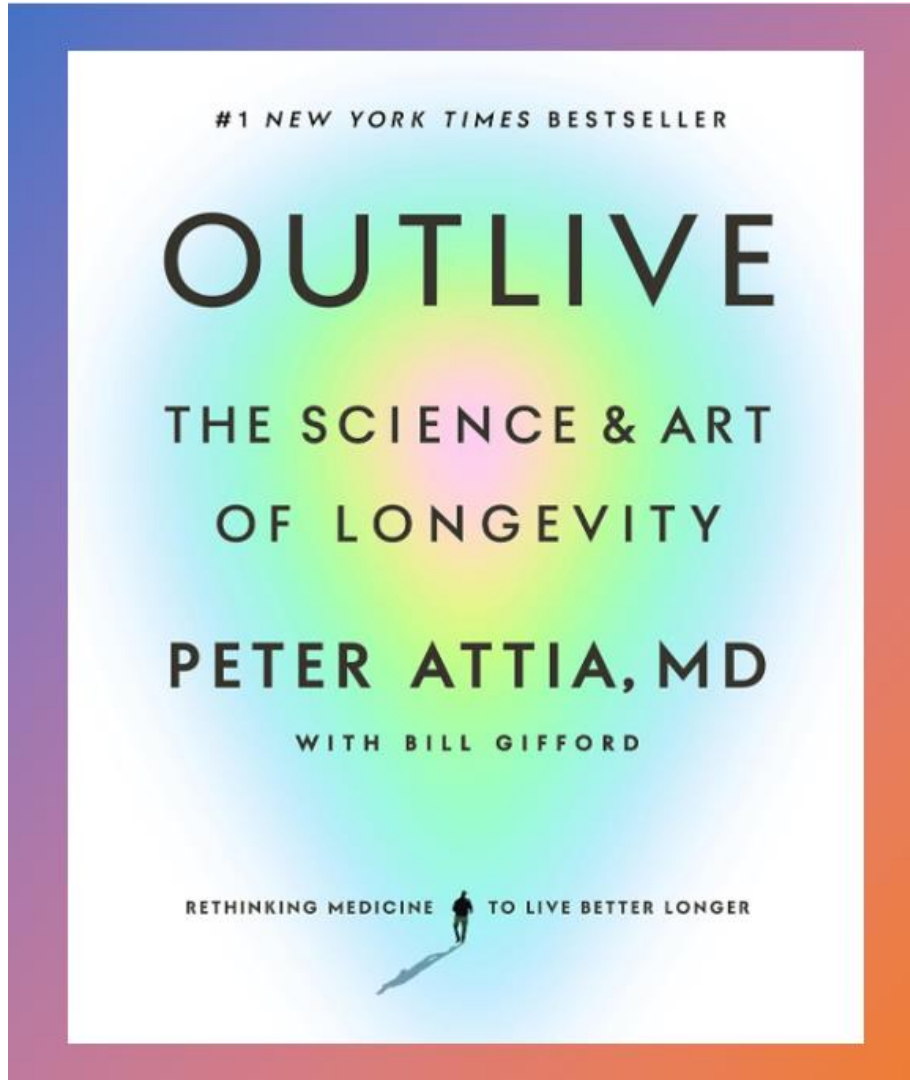
Invest in Yourself!



Choose Your Path to Wellness

pehp.org/wellness

Recommended Reading



Thank you!

Activity Break

