



# The Aro Ha Guide To Aging Well

Discover 4 often-overlooked stressors impacting your biological age - and learn the tools Aro Ha guests use to renew their bodies, minds, and spirits.

# 01

## Master your *inner state*

*How nervous system regulation slows aging and reawakens vitality*

### **The science:**

Cortisol, your body's main stress hormone, was designed to spike in short bursts - helping you escape danger. But today's digital overload, social pressure, and packed schedules mean many of us are living in a low-grade stress state. Chronic cortisol disrupts sleep, digestion, cellular repair, and even shortens telomeres (the protective caps on your DNA).

### **The subtle signs:**

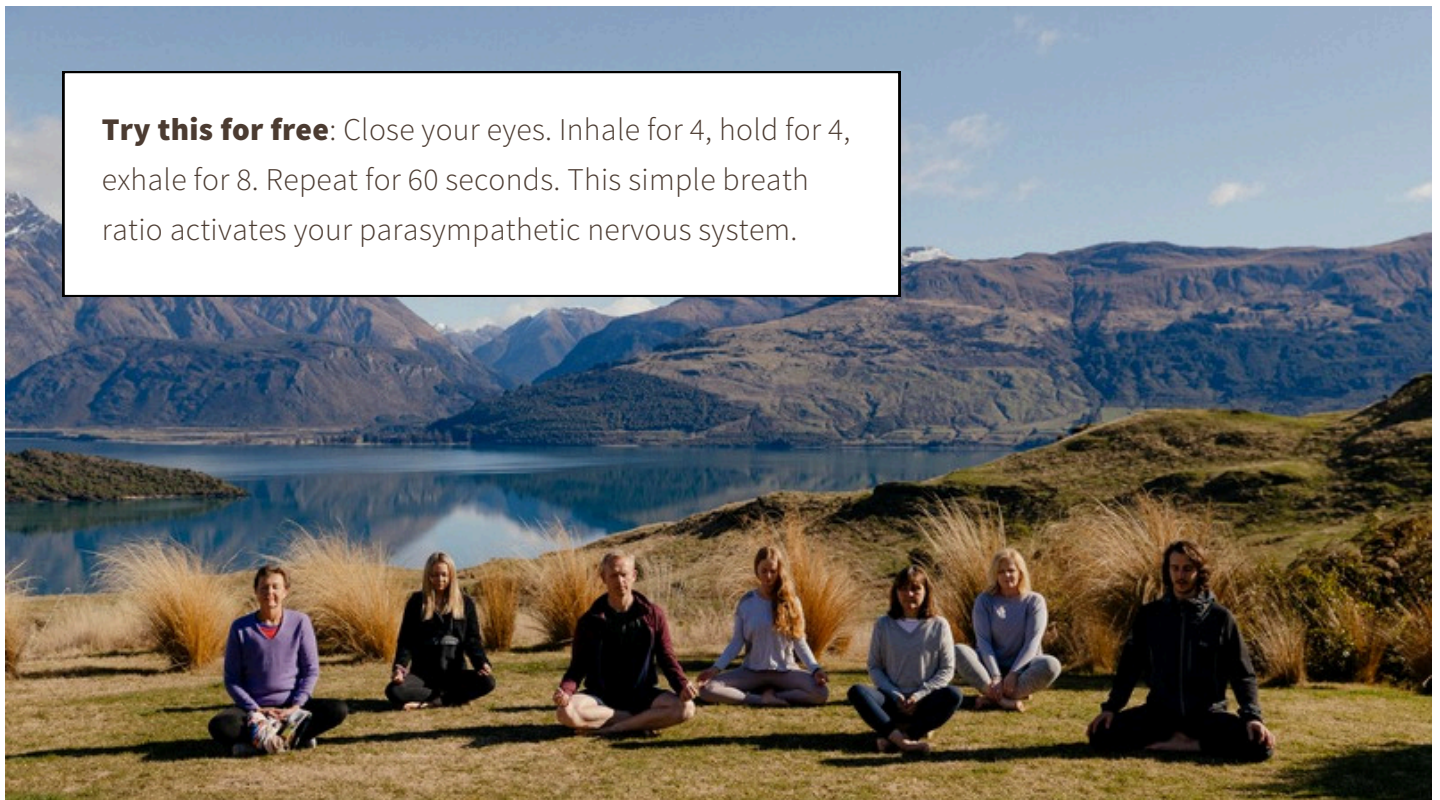
- You feel wired but tired
- You wake up anxious
- You rely on coffee to feel "normal"
- Deep rest feels like a luxury, not a right

### **The Aro Ha antidote:**

Our guests learn to reset their nervous systems through breathwork, nature immersion, and a rare sense of stillness.

Within days, you'll notice stress easing, your face softening, and your energy returning. You don't need to leave your life behind — just learn how to pause, step out of fight-or-flight, and invite rest and repair in.

**Try this for free:** Close your eyes. Inhale for 4, hold for 4, exhale for 8. Repeat for 60 seconds. This simple breath ratio activates your parasympathetic nervous system.



# 02

## Move like a *human* again

*Why natural, functional movement is the real anti-aging secret*

### **The science:**

Studies show that regular movement reduces all-cause mortality, improves mitochondrial function, and reverses metabolic age. But not all movement is created equal. High-intensity workouts done in a stressed state can spike inflammation. Meanwhile, gentle functional movement, done consistently, improves posture, mobility, mood, and cognition.

### **The subtle signs:**

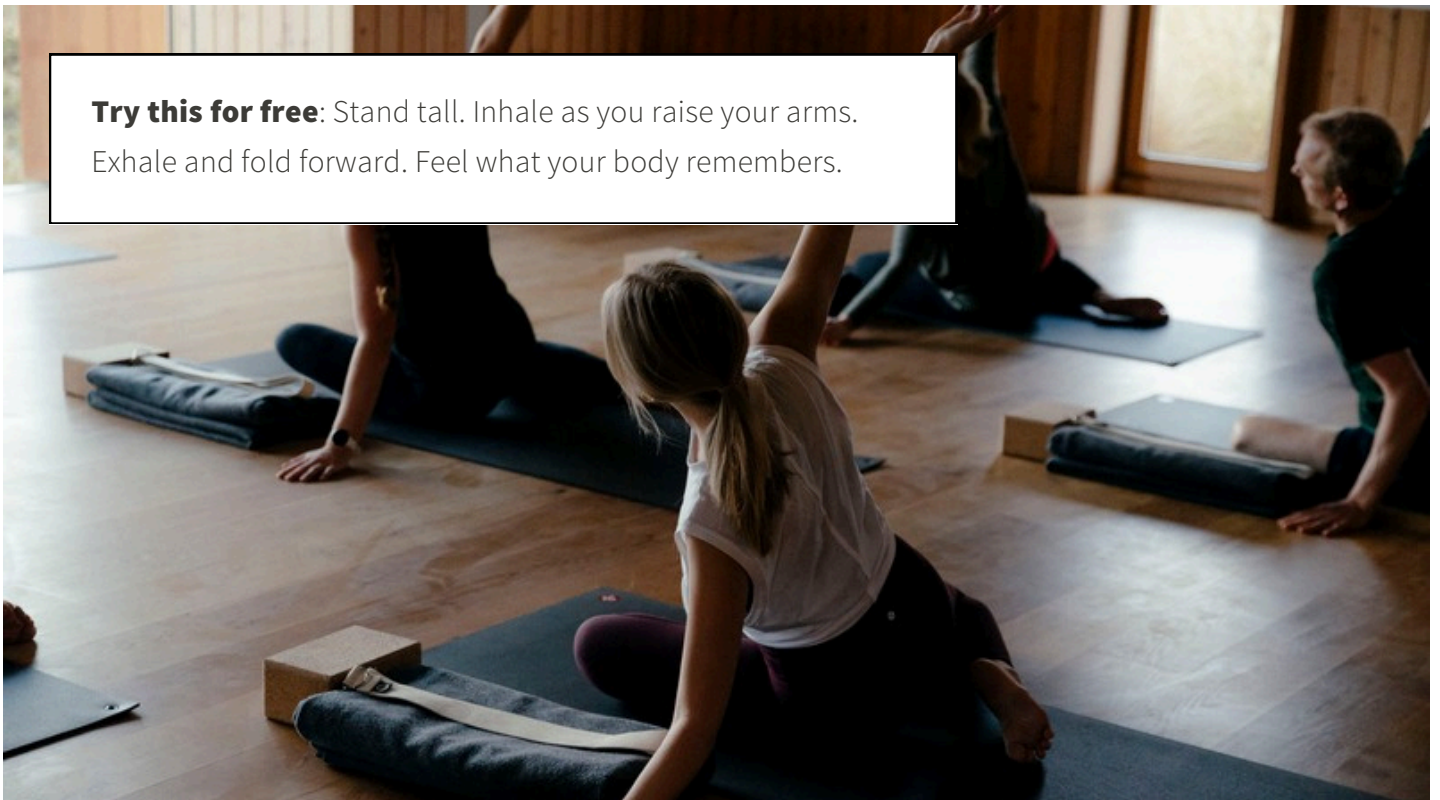
- Tight hips and sore lower back
- Sluggish circulation
- Poor sleep
- Decreased muscle tone, even if you “work out”

### **The Aro Ha antidote:**

At Aro Ha, we return movement to its roots - functional, joyful, and human.

From sunrise yoga to alpine hikes, guests reawaken natural movement patterns: walking, stretching, breathing, balancing. In nature, not under lights, the body begins to remember how good it can feel to move.

**Try this for free:** Stand tall. Inhale as you raise your arms. Exhale and fold forward. Feel what your body remembers.





# 03

## Relearn *how* to eat

*A return to food as ritual, not routine*

### The science:

How you eat affects how you age. Rushed or distracted eating keeps your body in a stress state, suppressing digestion and increasing inflammation. This leads to poor nutrient absorption, blood sugar spikes, and faster biological aging. Mindful eating activates the parasympathetic system - improving digestion, reducing oxidative stress, and helping your body truly receive nourishment.

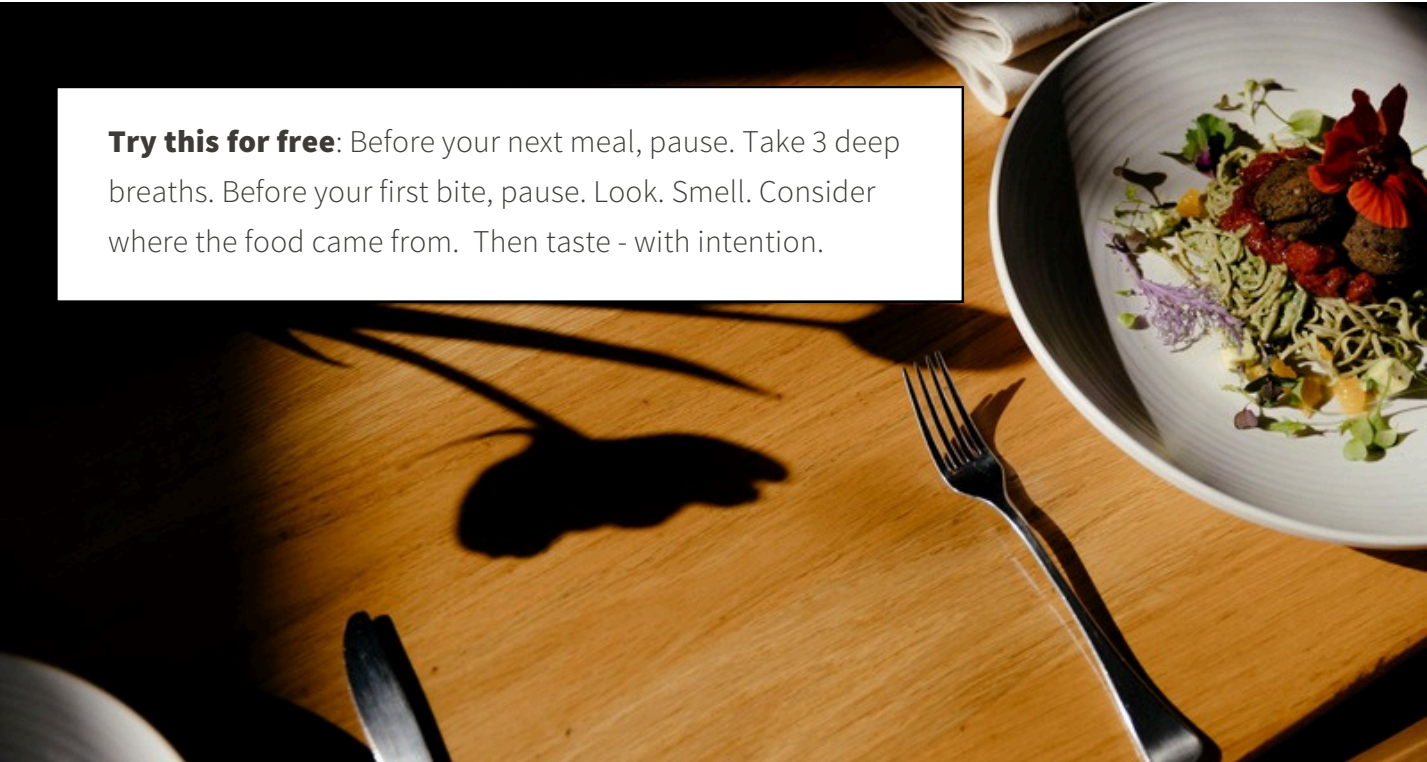
### The subtle signs:

- You eat quickly or forget what your last meal even tasted like
- You feel bloated or tired after meals
- You snack without feeling truly satisfied
- You crave sugar or stimulants soon after eating
- You rely on food for stimulation rather than nourishment

### The Aro Ha antidote:

At Aro Ha, we guide guests through a practice called One Mindful Bite: before eating, you pause to truly see, smell, and acknowledge your food.

That first bite is taken slowly, with full awareness. This simple ritual activates digestion, calms the nervous system, and reawakens your body's ability to recognise true nourishment.



**Try this for free:** Before your next meal, pause. Take 3 deep breaths. Before your first bite, pause. Look. Smell. Consider where the food came from. Then taste - with intention.

# 04

## Connect for *longevity*

*Why meaningful relationships are one of the most powerful tools for longevity*

### **The science:**

Strong social bonds are as critical to longevity as diet or exercise. Loneliness, meanwhile, increases the risk of early death by up to 32% — comparable to smoking a pack a day. Connection lowers inflammation, balances stress hormones, and boosts immunity. It also triggers oxytocin and dopamine, enhancing resilience and repair. We're built to thrive in relationship.

### **The subtle signs:**

- You feel socially “full” but emotionally undernourished
- You crave deeper conversations or shared presence
- You feel like you're carrying life alone
- You experience unexplained fatigue or emotional reactivity

### **The Aro Ha antidote:**

At Aro Ha, connection unfolds effortlessly. Mindful hikes, phone-free meals, and shared rituals create space for genuine presence.

Guests come for a reset, but often say the people were the true medicine. Because community heals what solitude can't reach.

**Try this for free:** It's simple. But we don't do it enough. This is your invitation to call someone who sees the real you - no agenda, just connection.



# Ready to Feel *Younger, Sharper,* and *Lighter?*

If you've downloaded this guide, you're already stepping into the intention to reset your body and mind.

We see you. And we'd love to support you in going deeper.

Whether you come for a full immersion in our mountains or choose to begin from wherever you are with our @home offerings, we'd be honoured to journey with you — deeper, gentler, truer.

## Here's how to take the next step:

1. Join us at Aro Ha – Tap into the science of renewal in one of the world's most pristine environments.
2. Try our @home Programs – Begin your wellness reset now with our guided digital experiences.

**Get \$200 toward your first retreat** – As a thank you for downloading this guide. Use code AGEWELL200 at checkout. Code valid until 31 Dec 2025.

\*\$200 gift card only applicable to onsite retreat bookings. Can not be used in conjunction with other codes.

