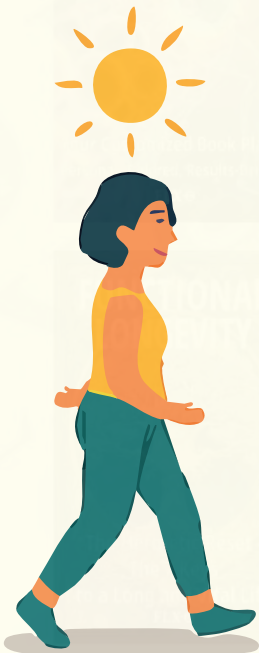


FUNCTIONAL LONGEVITY STARTER STRATEGY

Monday

**Moderate
intermittent
fasting
+
Walk**

30 - 45 min



**FGF-21,
IL-6,
AMPK,
BDNF**

Wednesday

**HIIT
(Tabata
or
Circuit
Training)**

20 - 30 min



**IL-6, IL-15,
Irisin,
Cathepsin B,
Musclin,
BDNF,
Decorin**

Friday

**Yoga
+
Meditation /
Breathing
exercises**

30 - 45 min



**IL-10,
IL-1ra,
AMPK,
BDNF**

Weekend







**Endurance
(e.g. Walking,
Cycling
or
active
Hiking)**

30 - 45 min







**Irisin, IL-6,
SPARC,
FSTL-1,
Myonectin,
Angiogenin,
Decorin, IL-8**

FUNCTIONAL LONGEVITY ADVANCED STRATEGY

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
<p>Moderate inter- mittent fasting 14-16 h 3x / week</p> 								<p>Irisin, FGF-21, IL-6, Meteorin-like</p>
<p>Walking / brisk walking 5x / week</p> 								<p>BDNF, IL-6, IL-10, Irisin, Cathepsin B</p>
<p>HIIT (Tabata, circuit training, etc.) 2x / week</p> 								<p>IL-6, IL-15, Irisin, BDNF, Meteorin-like</p>
<p>Endurance (e.g. walking, cycling, active hiking) 2x / week</p> 								<p>Cathepsin B, Irisin, IL-6, Myonectin</p>
<p>Yoga + meditation / breathing exercise 3x / week</p> 								<p>IL-10, IL-4, Decorin, LIF, Meteorin-like</p>
<p>Longevity strength training 2x / week</p> 								<p>IGF-1, IGF-2, Irisin, IL-4, Decorin, LIF</p>

FUNCTIONAL LONGEVITY MASTER STRATEGY

Daily

 sleep	 rotation exercise	 eye training	 facial massage	 Meditation	 cold-heat contrast	 active walking
 social contacts	 intermittent fasting	 healthy nutrition	 blue light-free evening			

Mon

Tue

Wed

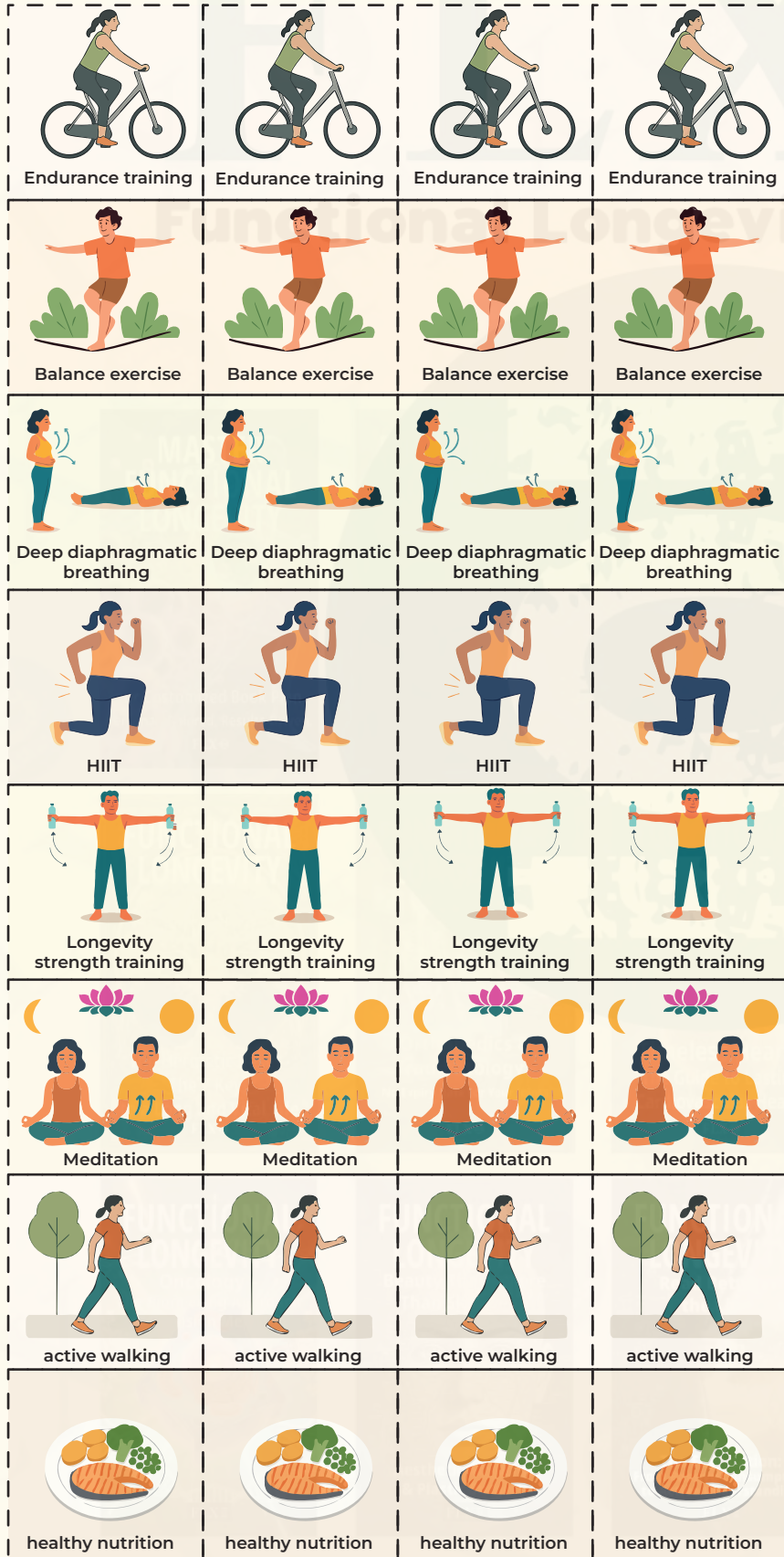
Thu

Fri

Sat

Sun

FUNCTIONAL LONGEVITY



- Taking breaks is half the battle -
give yourself time to recover -



FUNCTIONAL LONGEVITY

