



Thriving Through the Years: Essential Strategies for Longevity

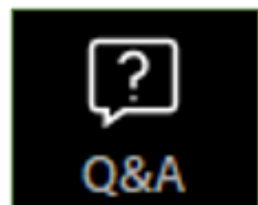
September 10, 2024

Let's Begin!

1

Questions?

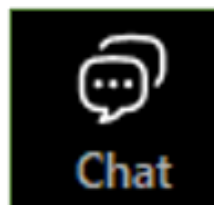
Put them in the Q&A.



2

Comments?

Put them in the Chat.



3

Chat notifications distract you?

Disable them. Click the chat arrow and uncheck "Show chat previews".



4

Will the recording be sent out?

YES! The recording & slides will be sent within one week!



5

Should I put my phone on silent?

YES!





What are the Blue Zones?



Meet Today's Presenter



Bridget Evans
Lifestyle Medicine Coach



A string of several light bulbs hangs from the top of the frame. One bulb in the foreground is illuminated, casting a warm glow. The background is a blurred, golden-brown globe, suggesting a global or international theme. The overall aesthetic is warm and thoughtful.

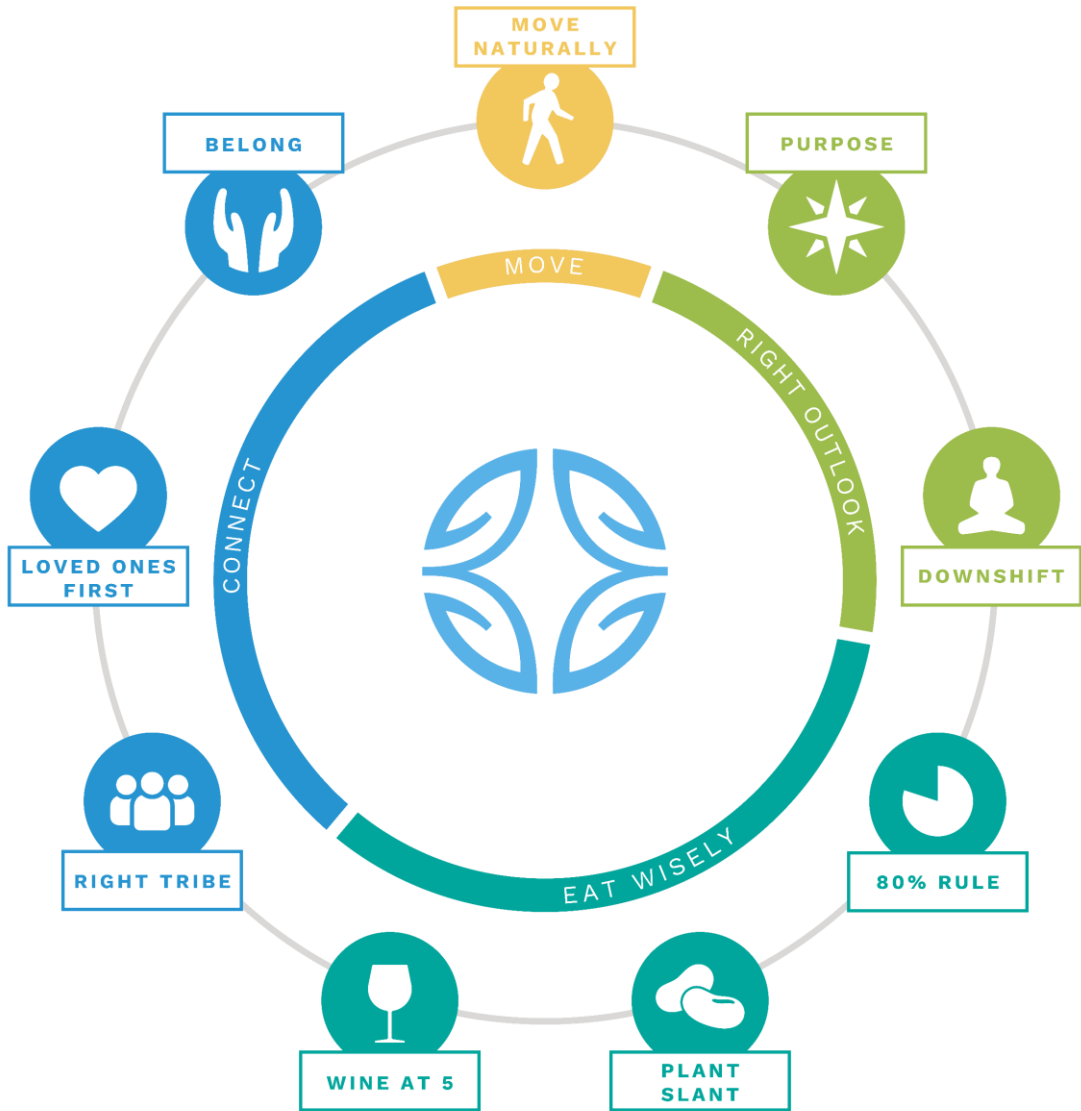
Today

- The Power 9
- Preventive care throughout the decades
- The role of physical and mental health in delaying the decline of the body and brain
- Support and embrace healthy aging in men and women



Reverse Engineering Longevity


Bill




The Power 9




The Power 9	1 (Not engaged at all)	2 (A little engaged, but wanting more)	3 (Pretty engaged)	4 (Very engaged, I am happy with progress here)
Move Naturally				
Purpose				
Downshift				
80% Rule				
Plant Slant				
Chill at 5				
Right Tribe				
Loved Ones First				
Belong				




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Plant Slant				




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Chill at 5				

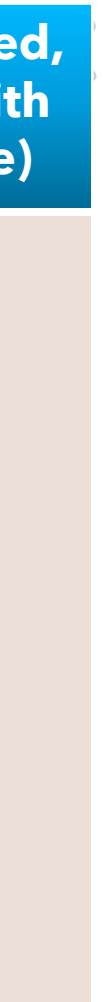


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Right Tribe				





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Loved Ones First				



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Belong				

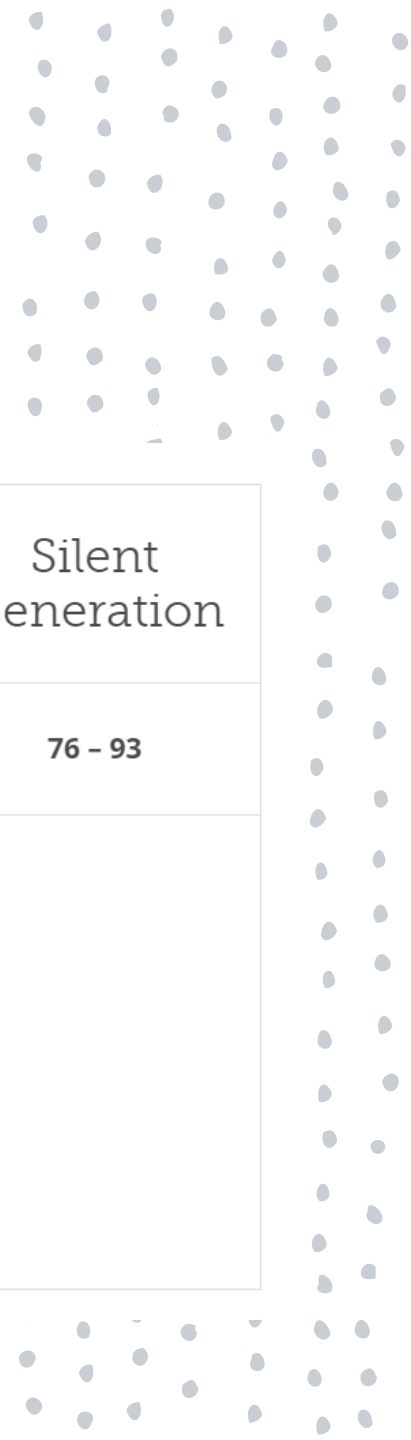
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Chill at 5				
Right Tribe				
Loved Ones First				
Belong				




**Preventive Care
Throughout the
Decades**



Health Risk Factors by Generation



Generation	GEN Z	Millennials	GEN X	Baby Boomers	Silent Generation
Age Range	18 - 25	26 - 40	41 - 56	57 - 75	76 - 93
Health Risk Factors	Cervical cancer High cholesterol Melanoma Mental health Testicular cancer 				



Wellbeing Health Focus

The 20's

- Establish Healthy Habits
- Issue 1 - Heart, Obesity & Dementia
 - MOVE 30 mins 5x/week - cardio
 - Annual PCP Visits
 - Tests: Cholesterol, glucose, triglycerides, homocysteine (B Vitamins) & blood pressure - Biometric Screening
- Issue 2 - STI, Cervical Cancer & Infertility
 - Consider Vaccines for HPV
 - Annual OBGYN Visits
 - Tests: Pap smear, Cervical Cancer screen - OBGYN Visit



Annual PCP & Annual OBGYN Visits



Limit
Drinking

Emphasize
Prevention

Healthy
Sleep
Habits

Exercise
Regularly

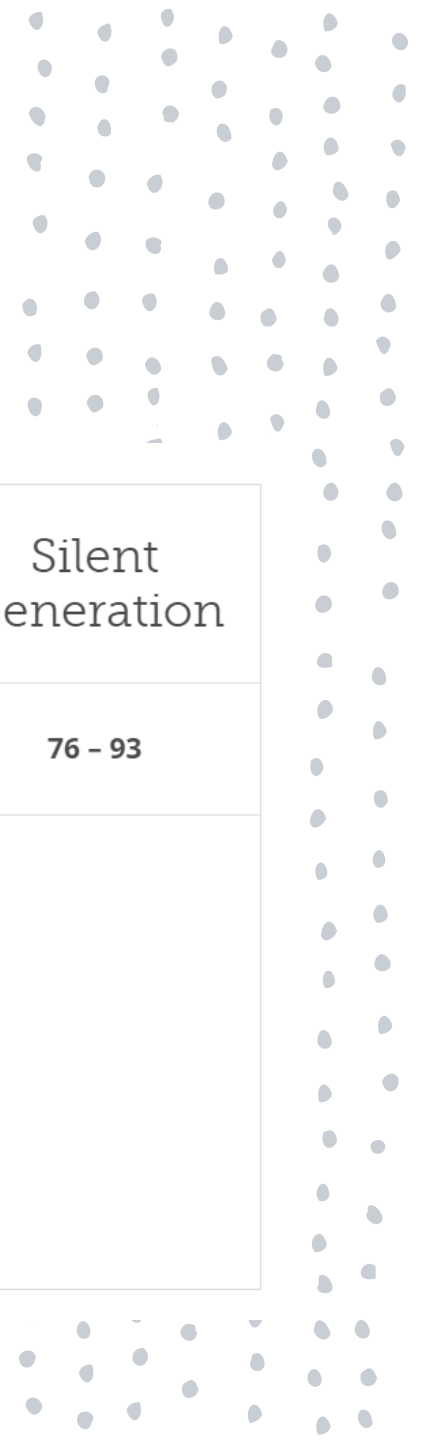
Start
Cooking at
Home

Supporting This Generation: 20s

Mental
Health in
Vocabulary

Emphasize
hobbies

Health Risk Factors by Generation



Generation	GEN Z	Millennials	GEN X	Baby Boomers	Silent Generation
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Health Risk Factors	Cervical cancer High cholesterol Melanoma Mental health Testicular cancer	Cervical cancer High cholesterol Reproductive difficulties Skin changes Stress Weight gain			



Wellbeing Health Focus

The 30's

- Maintain Healthy Habits & Prevent Disease
- Issue 1 - Osteoporosis
 - Calcium (1200 mg) & Vitamin D (1000 IUs)
 - Folate if you plan to become pregnant
 - Tests: Blood pressure, diabetes & cholesterol screening



Annual PCP & Annual OBGYN Visits



Manage
Stress

Make Time
for
Hobbies

Good
Sleep
Hygiene

Build
Relationship
with PCP

Whole food >
Convenient
Foods

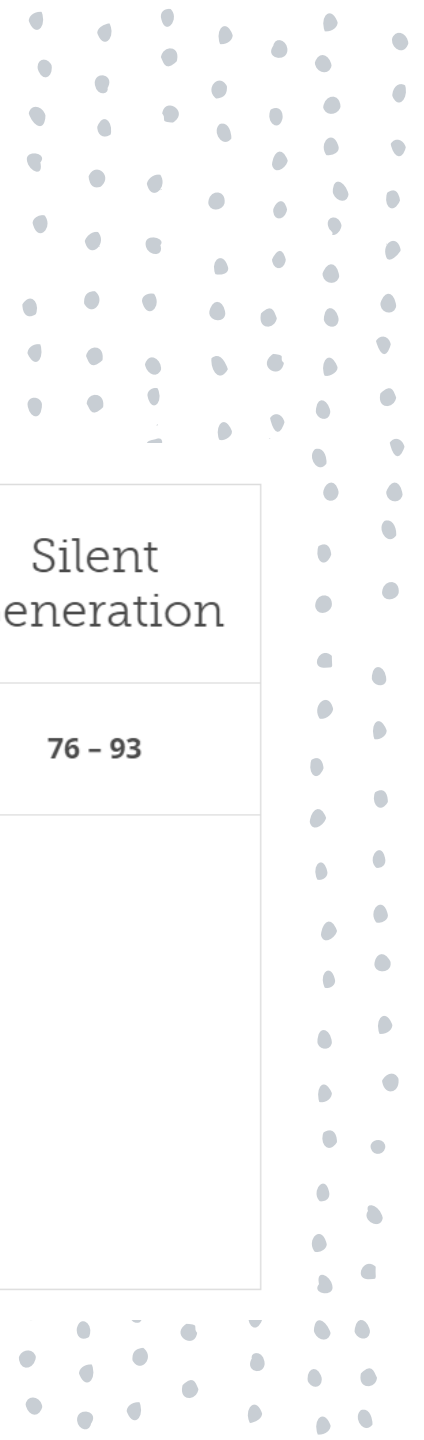
Keep
Moving

Supporting This Generation: 30s

Work/Life
Balance

Prevent
Cancer

Health Risk Factors by Generation



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Health Risk Factors	<ul style="list-style-type: none"> Cervical cancer High cholesterol Melanoma Mental health Testicular cancer 	<ul style="list-style-type: none"> Cervical cancer High cholesterol Reproductive difficulties Skin changes Stress Weight gain 	<ul style="list-style-type: none"> Breast cancer Colon cancer Heart disease High blood pressure High cholesterol 		

A woman with dark hair, wearing a grey and white striped long-sleeved shirt, stands in a room with a large window. She is looking towards the camera with a slight smile. To her left, a wooden baby mobile hangs from the ceiling, featuring a cloud, a bear, and other soft toys. The background shows a view of a city through the window.

Wellbeing Health Focus

The 40's

- Maintain Healthy Habits & Prevent Disease
- Issue 1 - Heart Disease & Cancer
 - Stress management
 - Strength training
 - Tests: Blood sugar (Biometric screening)



Annual PCP, Annual OBGYN, Therapist



Balance & Stability

Maintain healthy weight

Moai

Hydration

Skincare

Caretaking support

Supporting This Generation: 40s

Meet nutritional needs

Stress Management



Wellbeing Health Focus

The 50's

- Maintain Healthy Habits & Prevent Disease
- Issue 1 - Colon, breast & other cancers; shingles
 - Stress management
 - Strength training
 - Tests: Colonoscopy, mammogram, lung scans, shingles vaccine, bone density screening (DEXA)



Annual PCP, Annual OBGYN, Therapist



Supporting This Generation: 50s

Moai

Caretaking
Support

Maintain
healthy
weight

Balance &
Stability

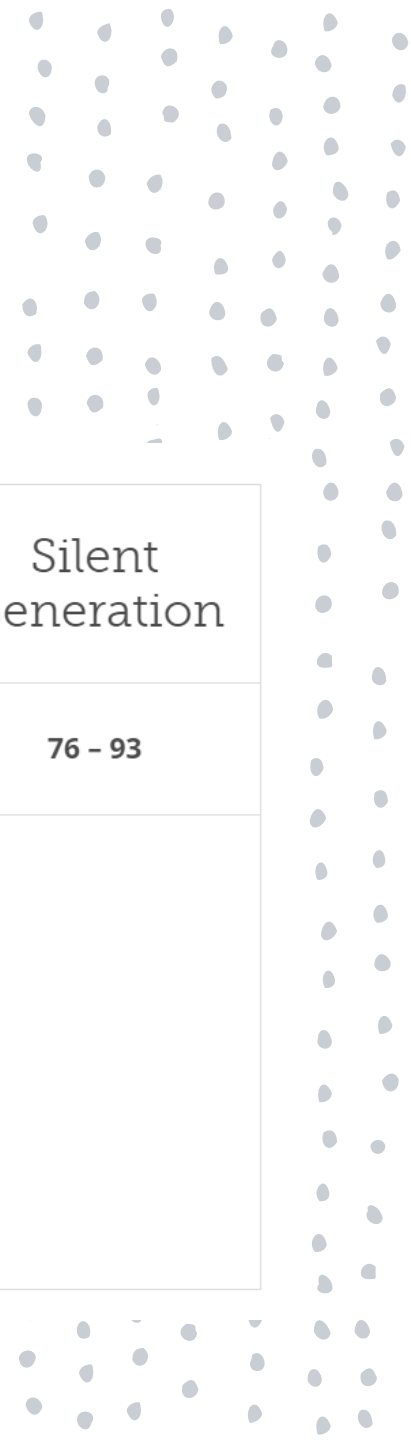
Menopause
Support

Hydration

Meet
nutritional
needs

Skincare

Health Risk Factors by Generation



Generation	GEN Z	Millennials	GEN X	Baby Boomers	Silent Generation
Age Range	18 – 25	26 – 40	41 – 56	57 – 75	76 – 93
Health Risk Factors	Cervical cancer High cholesterol Melanoma Mental health Testicular cancer	Cervical cancer High cholesterol Reproductive difficulties Skin changes Stress Weight gain	Breast cancer Colon cancer Heart disease High blood pressure High cholesterol	Breast cancer Colon cancer Heart disease High blood pressure High cholesterol Osteoporosis Prostate cancer Stroke	

A photograph of two men sitting at a table outdoors. The man on the right, wearing glasses and a blue shirt, is high-fiving the man on the left. A cup of coffee is on the table in front of them.

Wellbeing Health Focus

The 60's

- Maintain Healthy Habits & Prevent Disease
- Issue 1 - Osteoporosis, shingles & pneumonia
 - Stress management
 - Strength training
 - Tests: Pneumonia vaccine, Shingles vaccine, Bone density scan (can stop pap smears at 65)



Annual PCP

A photograph of two men sitting at a table in a cafe. The man on the left is older, with white hair, wearing a white shirt. The man on the right is younger, with grey hair and a beard, wearing glasses and a light blue shirt. They are both smiling and high-fiving each other. The background is a blurred cafe interior.

Maintain
Healthy
Weight

Memory
Games

Balance &
Stability

Nurture Social
Relationships

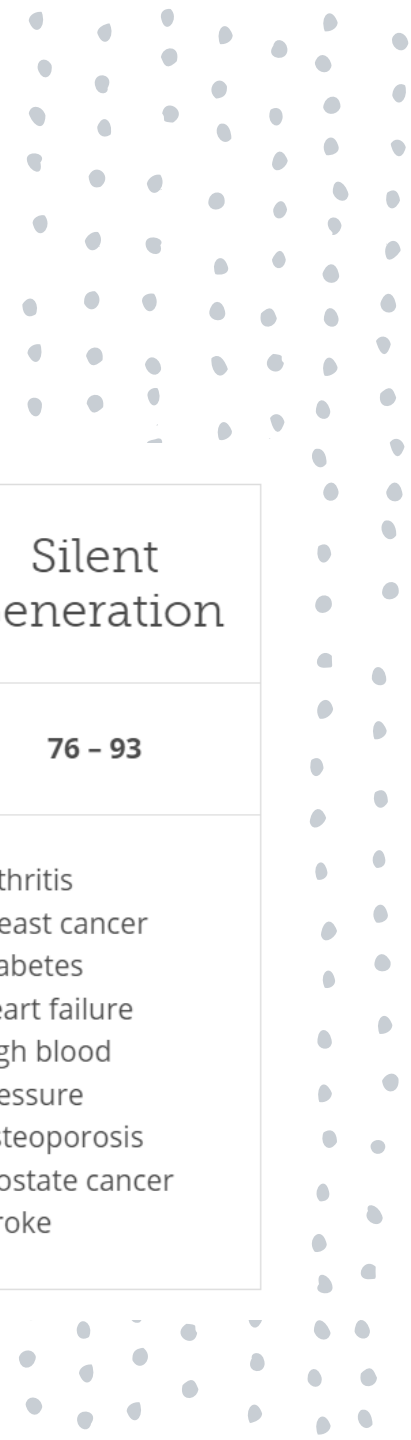
Good Sleep
Hygiene

Supporting This Generation: 60s

Move
regularly

Adequate
Rest

Health Risk Factors by Generation



Generation	GEN Z	Millennials	GEN X	Baby Boomers	Silent Generation
Age Range	18 – 25	26 – 40	41 – 56	57 – 75	76 – 93
Health Risk Factors	Cervical cancer High cholesterol Melanoma Mental health Testicular cancer	Cervical cancer High cholesterol Reproductive difficulties Skin changes Stress Weight gain	Breast cancer Colon cancer Heart disease High blood pressure High cholesterol	Breast cancer Colon cancer Heart disease High blood pressure High cholesterol Osteoporosis Prostate cancer Stroke	Arthritis Breast cancer Diabetes Heart failure High blood pressure Osteoporosis Prostate cancer Stroke



Wellbeing Health Focus

70's & Beyond

- Maintain Healthy Habits & Prevent Disease
- Issue 1 - Osteoporosis, shingles & pneumonia
 - Stress management
 - Strength training
 - Tests: Pneumonia vaccine, Shingles vaccine, Bone density scan (can stop pap smears at 65)



Annual PCP



Hydration

30 mins
Activity Daily

Breathing
Exercises

Memory
Games

Nourish
Regularly

Stability &
Mobility

Supporting This Generation: 70s & Beyond



**The Role of
Physical & Mental Health
in Delaying Brain/Body Decline**

A person wearing a yellow long-sleeved shirt, blue jeans, and white sneakers with pink laces is sitting on a concrete ledge. Their hands are clasped together in their lap, and their feet are propped up. The background shows a paved area and some trees under a bright sky. A vertical line of white dots runs down the right side of the image.

**Physical Health to
Delay Brain/Body
Decline**

Movement

A vibrant collage of various fruits and vegetables including grapes, kiwi, cauliflower, corn, carrots, lemons, and tomatoes. The text is overlaid on the left side of the image.

**Physical Health to
Delay Brain/Body
Decline**

Nutrition

A photograph of a man with a beard and curly hair sleeping peacefully in a bed. He is wearing a light-colored t-shirt and has his hands clasped under his head. The bed has white linens and a white pillow. The background is softly blurred, showing a window with light coming through. The overall mood is calm and restful. The text is overlaid on the left side of the image.

Physical Health to Delay Brain/Body Decline

Sleep



Mental Health to Delay Brain/Body Decline

Play

**Mental Health to Delay
Brain/Body Decline**

Stress Management



Supporting & Embracing Healthy Aging in Men & Women

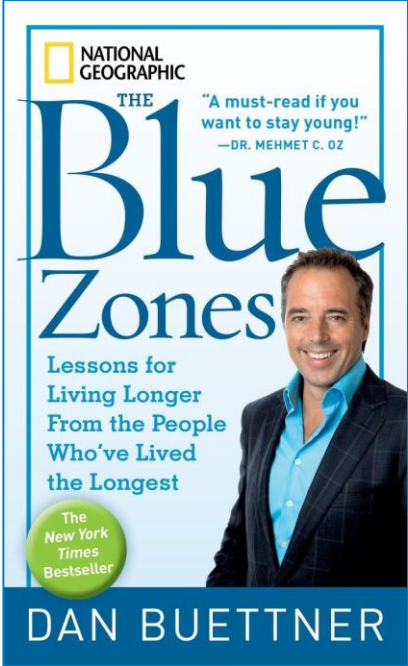
1. Prevent Social Isolation & Loneliness
2. Promote Physical Activity
3. Maintain Good Sleep Hygiene
4. Encourage Healthy & Regular Eating



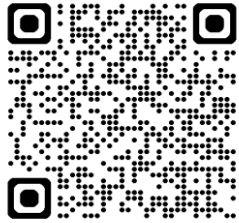


Thank You!
bevans@wellnessiq.net

Additional Resources



Join us for our next Wise & Well Webinar!



Holiday Presence: Increasing Connection while Prioritizing Self-Care

November 12th | 12:00-1:00 ET

NFP Wise & Well Training Center

Scan this QR code to view past NFP Wise & Well webinars and supplemental information.



Cheers to your health and well-being!
Thank you for joining us.



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