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THE

LONGEVITY
SOLUTION

Secrets of The 100 Year Lifestyle®

WORKBOOK

DR. ERIC PLASKER

THE LONGEVITY SOLUTION

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Conant**

IMPORTANT

To begin — Please save this workbook to your desktop or in another location.

How can you get the most out of this writeable workbook? Research has shown that the more ways you interact with learning material, the deeper your learning will be. Nightingale-Conant has created a cutting-edge learning system that involves listening to the audio, reading the ideas in the workbook, and writing your ideas and thoughts down. In fact, this workbook is designed so that you can fill in your answers right inside this document.

For each session, we recommend the following:

- Preview the section of the workbook that corresponds with the audio session, paying particular attention to the exercises.
- Listen to the audio session at least once.
- Read the text of the workbook.

In addition to the exercises — at the end of this guide, you can write down any additional thoughts, ideas, or insights to further personalize the material. Remember, the more you apply this information, the more you'll get out of it.

TABLE OF CONTENTS

SESSION 1: MAXIMIZING VITALITY, MINIMIZING CRISIS	3
SESSION 2: CREATING AND PROLONGING OPTIMUM ENERGY	11
SESSION 3: PREVENTING DISEASES THE 100 YEAR LIFESTYLE® WAY	16
SESSION 4: GET YOUR ESS IN SHAPE™	22
SESSION 5: FINANCIAL FREEDOM THE 100 YEAR LIFESTYLE® WAY.....	30
SESSION 6: ACHIEVING PERSONAL RENEWAL THROUGH THE QUALITY TIME LIVING MODEL.....	35
BONUS: 11 WELLNESS TIPS FOR PEOPLE WHO SIT FOR A LIVING	42
ADD THESE INSPIRING NIGHTINGALE-CONANT TITLES TO YOUR SKILL BUILDING LIBRARY.....	44

SESSION 1

MAXIMIZING VITALITY, MINIMIZING CRISIS

In this session Dr. Plasker shares insights on action steps for how you can increase your vitality and decrease stress and crisis in your life. He starts by sharing the story of Max and how his experience with Max set him on a journey of questioning longevity and quality of life. He began his quest with a question, “If you knew that you were going to live to be 100, how would you live your life differently (so that you don’t get there crippled, broke, and alone)?”

1. Now apply this question to your life. If you knew you were going to live to 100, how would you change your life? Take some time to go into your heart, and then list the immediate changes that you know you need to make:

1. _____

2. _____

3. _____

4. _____

Now list the long-term, more permanent changes that you would make.

1. _____

2. _____

3. _____

4. _____

2. Listed below are definitions of what The **100 Year Lifestyle**[®] is and is not. Go through each list and check those items that reflect the direction that you believe you are headed. Add the number of items in each list, and note which is the most indicative of your life choices at this time.

What It Is...

- Living a life that is full of passion, good health, and prosperity, every day of your life, for 100 years or more
- Having harmonious, balanced, and joyful relationships with a variety of people from a wide spectrum of generations
- Maximizing your genetic capabilities and making the most of your energy, talents, and time
- Feeling secure and independent, having financial freedom and abundance

- Knowing, trusting, and loving yourself
- Experiencing a balanced life filled with exploration, fun, and play time, combined with meaningful work
- Enjoying a life full of ongoing activity, adventure, and learning
- Keeping your original body parts in good health and functioning at full capacity
- Maintaining a sharp and stimulated mind
- Accepting challenges, embracing change, and having the flexibility and adaptability to welcome change
- Finding a balance between the need for immediate gratification and a secure future
- Yours to customize

What It Is Not...

- Spending a good part of your life rotting away in a nursing home
- Having a life that is all work and no play
- Abusing your body, masking symptoms with drugs, and then continuing to abuse yourself until one organ after the other has to be removed or replaced
- Staying in abusive relationships or isolation
- Burning out your body in the first 50 years and then suffering the consequences of the wear and tear during the second 50 years
- Disappearing into retirement where you become a meaningless number in a long line of outdated systems
- Barely surviving financially for 35 years and then squeaking by on Medicare and Social Security
- Living in fear and denying yourself the good things in life
- Gaining wealth but destroying relationships as you do, leaving you rich and lonely
- Creating wealth at the cost of your health

Based on your responses to the above, list any additional lifestyle changes that you would like to make in order to create a life that is filled with quality, abundance, ease, and joy.

3. The 100 Year Lifestyle® Assessment

Are you living your optimum 100 Year Lifestyle®? Honestly answer the following questions about your current life, and find out how close to ideal your life is. Click the box.

NEVER				ALWAYS
I am enthusiastic about the possibility of living to 100.				
1	2	3	4	5
I have several goals that I would like to achieve over my extended life.				
1	2	3	4	5
I am open and willing to make the changes required to improve my quality of life as I age.				
1	2	3	4	5

I have youthful energy despite my age.

1 2 3 4 5

I most often enjoy a full night of restful sleep and awaken feeling energized each morning.

1 2 3 4 5

I have the ability to consciously shift my energy whenever I want to.

1 2 3 4 5

I am educated about my family history, and I am aware of the diseases members have had.

1 2 3 4 5

I live a lifestyle that counteracts the diseases in my family history.

1 2 3 4 5

I am motivated by quality-of-life health goals rather than crisis management.

1 2 3 4 5

I feel very good about my current health.

1 2 3 4 5

I am getting the results that I desire from my fitness regimen, and I exercise 4 to 5 times a week.

1 2 3 4 5

I am a healthy eater, and I supplement my diet regularly.

1 2 3 4 5

I proactively visit healthcare providers to stay healthy and avoid unnecessary sickness.

1 2 3 4 5

My home environment is peaceful and stress-free.

1 2 3 4 5

I feel appreciated and work in an environment that nurtures my talents.

1 2 3 4 5

My inner feelings and voice are reflected in my home and work environments.

1 2 3 4 5

I support myself through choices that I know are good for me.

1 2 3 4 5

I enjoy learning new things and actively seek out opportunities.

1 2 3 4 5

I am surrounded by supportive friends, family, and co-workers.
 1 2 3 4 5

I live in balance and have achieved the harmony that I am looking for.
 1 2 3 4 5

I am able to separate work time and play time.
 1 2 3 4 5

I am clear about how I want to use my time during my extended life.
 1 2 3 4 5

I am currently on a financial path that will sustain me until I reach 100 and beyond.
 1 2 3 4 5

I am passionate about the work that I do and the way that I earn money.
 1 2 3 4 5

I am saving money regularly, and I am living comfortably within my means.
 1 2 3 4 5

I know that I am making a difference, and I feel life my life has purpose.
 1 2 3 4 5

I am actively involved in my community.
 1 2 3 4 5

I have a mentor, and I use my leadership skills to mentor others.
 1 2 3 4 5

Now add all of the numbers that you circled. This is your total score. _____

If your score was 0 to 35: ***Slam on the Brakes and Change Your Life***

You are either in denial, at the end of your rope, or just don't care. At the rate you are going, both your mind and your body are headed for trouble. You are taking years off your life and will be a financial burden to your children or society. It's not too late to turn things around. Keep reading and embrace the Three Life-Changing Principles of The 100 Year Lifestyle[®] to make the remaining years of your life the best. Take the Lifestyle Leap and pay close attention to the Three Life-Changing Principles later in this session.

If your score was 36 to 70: ***Stop Killing Yourself Slowly***

At the rate you are going, you are headed for a deteriorating and depressing extended life. You have no vision, have poor habits, and lack a sense of purpose. You are using crisis as the motivation to take action on the habits that you know are good for you, rather than embracing the quality of life

you deserve. Stop compromising yourself. You can simply, steadily, and easily make 100 Year Lifestyle® changes to enjoy your longevity with the health, passion, and meaning to make it all worthwhile. Take the Lifestyle Leap and enjoy the youthful energy and enthusiasm that you will learn about in sessions 2 and 3!

□ If your score was 71 to 105: ***Get Ready to Go from Good to Great***

You are probably on a roller coaster filled with ups and downs. You are enjoying your life, but you are out of balance with swings that go too far to the extreme. Some things are working well for you, while other areas of your life are out of control. Address the areas of The 100 Year Lifestyle® that will impact your life the most, and you will find that your life gets easier, your results go up, and you start having a lot more fun. You will add better health, financial security, peace of mind, and purpose to an already solid foundation. Take the Lifestyle Leap and discover how to attract new friends, find new passions, and achieve the balance you are looking for by embracing the ideas in sessions 4 and 5!

□ If your score was 106-140: ***Enjoy a Sensational Century***

You are on your way. You are living your dreams while you plan for the future, both at the same time. You enjoy your work and feel as if you can do it forever. The good news is that by following this plan, it won't be something you have to do, but something you can choose to do if you want to. You are in good health, have goals to achieve, and have a world of opportunity ahead of you. Embracing The 100 Year Lifestyle® will ensure that you enjoy your legacy while you are alive, enjoy youthful energy and passion, and make the most of this precious gift called your life. Take the Lifestyle Leap by refining your life vision, having more fun than ever, and making your life matter by adopting the concepts in session 6 and the bonus!

4. Listed below are the Three Life-Changing Principles. Make notes below each.

- **Change Principle #1:**

Change is easy. Thinking about change is hard.

- **Change Principle #2:**

Change happens one choice at a time. Think progress, not perfection.

- **Change Principle #3:**

Approach change with your ideal 100 Year Lifestyle® in mind.

Keeping your 100 Year Lifestyle® in mind, what are the changes you would like to make within the following areas of your life?

- Your health?
- Your finances?
- Your career?
- How you spend your free time?
- Your environment?
- Your schedule?
- Your relationships?
- How you use your talents?
- The way you treat people? Or how you allow others to treat you?
- How you manage stress?
- The way you think about your past?
- The way you approach your future?

Make these changes to your lifestyle.

5. Your attitude really shapes your life. For the next three days take note of your attitude and how it is affecting your life. Then chart the following:

Attitudes that Repel What I Want

(E.g., Negative, bored, bossy, controlling, arrogant, hopeless, depressed)

Attitudes that Attract What I Want

(E.g., Positive, fun, intelligent, wise, committed, vital, determined)

Now pay attention to your environment. Note the attitudes of those around you and how those attitudes affect their lives. Write down anything of significance in the space below:

Attitudes that Repel What They Want

Attitudes that Attract What They Want

Now at the end of three days of recording the attitudes above, cross out the title line that states, “Attitudes that Attract”, and write the words “I AM” above it. Then list each attitude with the affirmative statement, “I am...” before each. (E.g., I am fun. I am energetic. I am positive.) Speak them aloud, and really be present when you say them. Note how speaking them feels.

6. Long-Term Action Plan

1) *Take Advantage of the Advanced Notice.*

Pay attention and be attentive to the advanced notice that previous generations have given you about how long you can and most likely will live. Make life choices for the long term. Begin to plan your 100 Year Lifestyle[®] today so you can experience a life of lasting health, wealth, partnership, prosperity, and purpose as you age.

2) *Implement the Three Life-Changing Principles in Your Life.*

These principles cover the truth about change and will assist you in remaining consistently committed to the changes you know you need to make.

3) *Change Is Easy – Thinking About Change Is Hard*

Remember that change happens one choice, and one step at a time. Think progress, not perfection, and approach change keeping in mind your ideal 100 Year Lifestyle[®].

4) *Choose Quality-of-Life, Not Crisis, as Your Motivation.*

Break away from the old patterns and behaviors that crisis brings to your life. Choose quality of life as a motivator over crisis. In doing so, you will avoid many unnecessary and painful experiences along the way.

5) *Choose Up to Three Areas to Change.*

Prioritize your life. What do you want to change? Whether it's your health, your finances, your work, or your relationships, choose at least three and start incorporating change into them today. Work on building momentum. When you do so, lasting change is easy.

6) *Keep Your 100 Year Lifestyle[®] in Mind When Approaching Change.*

Pay attention. Take time to ask yourself whether the choices you make today will serve you in the long haul. Could they be temporary gains or toxic solutions? Your best life choices are ones that will have an ongoing positive impact your life both today and when you are 60, 70, 80, 90, or 100. Stay conscious and focus on both short and long term effects. This will provide you

with the foundation from which you can make a clear and lasting commitment to becoming the best you.

7) *The Rest of Your Life Can Be the Best of Your Life.*

Challenge and dare yourself! Make your life a sensational century and then some. Live well and leave your best life legacy as you learn how to live longer, healthier, and wiser than any other generation in the history of mankind.

Are you currently applying this Action Plan to your life? If not, what is the first step that you can take now to enhance the quality of your life?

SESSION 2

CREATING AND PROLONGING OPTIMUM ENERGY

You can choose the life that you want. Creating more energy in your life is a decision. The first step you can take is to become more conscious. To do so, you need to look at the things that chip away at your energy each day.

1. Check off the statements below that apply to you.

MY ENERGY GAINERS

- Speaking my truth
- Quality time with kids
- Being honest
- Following through
- Reading good books
- Keeping promises to myself
- Being grateful
- Prayer
- Eating healthy
- Taking my supplements
- Date night with spouse
- Quality time with friends
- Focusing on the positive
- Having faith
- Expressing gratitude
- Standing up for myself
- Staying on task
- Letting go of the things that are out of my control
- Taking action on my goals
- Making time to exercise
- Getting chiropractic care
- Good posture
- Massages
- Saving money
- Being involved in things I believe in
- Celebrating special occasions

MY ENERGY DRAINERS

- Sugar
- Caffeine
- Not exercising
- Arguing with my spouse
- Stress
- Drama
- Interruptions
- Being overweight
- Overscheduling my day
- Saying yes when I mean no
- Overworking
- Not taking play time
- Taking abuse
- Worry
- Slouching
- Overanalyzing
- Trying to change other people
- Being a people pleaser
- Stressing out
- Mindless television
- Not having a purpose
- Not completing things that I start

In what types of activities do you spend most of your time? Is it your tendency to do things that energize and fuel you? Or do you find yourself spending most of your time on activities that deplete you?

2. Your Personal Energy Inventory List

List any activities, attitudes, or experiences that most enhance your energy in the left-hand column. Then list activities, attitudes, or experiences that tend to drain your energy in the right-hand column. Be sure to visit this list every day, and add anything that wears you down or fuels your energy. Once your list is complete, make a choice to live on the left column and sustain youthful energy regardless of your age.

ENERGY GAINERS

ENERGY DRAINERS

<hr/>	<hr/>
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This personal energy inventory provides you with details on where you are using and focusing your energy. It should not be regarded as a list of problems or a way to defend why things are the way they are. It is a checklist and a way to pay attention to where your energy is going. It can assist you in improving how your energy flows in your life.

3. Read through the list of DEPs below. Check your self-rating in each on a scale from 1 -10 (1 being low, and 10 being high).

The Five DEPs (Dominant Energy Patterns)

- Destructive patterns (You may find yourself in a cycle of overspending, overeating, overdrinking, overmedicating, overworking, smoking, drinking, drugs, laziness, procrastination, erroneous thinking, destructive relationships. The way out is to *stop* doing them.)

1 2 3 4 5 6 7 8 9 10

- Survival patterns (Fueled by adrenaline, you may be addicted to stress and constantly create it to feed that addiction. Reflect on the stressors and decide if they are worth it. Plan long-term, set boundaries, and avoid constantly putting yourself into situations that will cause you more stress.)

1 2 3 4 5 6 7 8 9 10

- Complacency patterns (You have an underlying sense of boredom and laziness, no passion; you have resigned yourself to a life of mediocrity. Setting new goals and taking action will energize you.)

1 2 3 4 5 6 7 8 9 10

- Comfort patterns (Life is good. You are comfortable, but your level of comfort may be creating some dis-ease. Deep down you think there is more to experience but are worried about rocking the boat. You stop living your potential and lose your edge. Always look for new ways to make a contribution and use your talents to make a difference. Reconnect with a sense of purpose that inspires you while balancing yourself with as much play time as you want. Build spontaneity.)

1 2 3 4 5 6 7 8 9 10

- Human potential patterns – **The Secret to a Sensational Century** (You are energized almost all the time. You've got good health, relationships, and habits. You are aligned with your life's purpose. You have a pattern of thoughts and actions that consciously support your highest values and human potential.)

1 2 3 4 5 6 7 8 9 10

4. Starting your day in a positive way can have a profound effect on your life and the way that your day progresses. Practice the three “starts” each day for the next three weeks. Track your progress. Do you notice a shift in your experiences?

- i. **First Thought of the Day** It's good to be alive. I have abundant energy. I am healthy and

healing today. I am manifesting abundance in all aspects of my life, and I am filled with gratitude for my wondrous life.

ii. **First Action of the Day** Stretch, feel your entire body, breathe deeply, pray, and connect to your goals.

iii. **First Feeling of the Day** Experience feeling enthusiasm, awe, gratitude, passion, and hope.

Since starting my day with the above initiatives, I have noticed the following shifts:

5. You can power your 100 Year Lifestyle®:

By eating high-energy foods:

- Whole grains
- Fresh fruits and vegetables
- Lean meats, fish, and poultry
- Vegetable proteins
- Tofu, edamame, flaxseeds, and flaxseed oil
- High-quality vitamin and mineral supplements

By engaging in high-energy activities:

- Fun exercise
- Getting six to eight hours of restful sleep each night
- Having a good-quality, comfortable bed (like Select Comfort)
- Meaningful work
- Quality time with family and friends
- Volunteerism and community service
- Yoga, PowerCentering, and Pilates
- Getting a new pet
- Change-of-pace activities like holding a staff meeting outside, going on a walk with neighbors, taking up a new sport like skiing, cycling, swimming, or boating

By maintaining high-energy thoughts and attitudes:

- I accept my current situation and circumstances.
- I have faith that everything will work out.
- I have what it takes to reach my goals.
- I am making a fresh start every day.
- I can choose my pattern at any time.
- I can get off track and get back on track with my next choice.
- I am learning every day.
- I am grateful for all my experiences.
- My challenges teach me the lessons I need to learn.

Go through the list above, and check off those that you are currently doing with a (✓). Then go through the list again, and place a (✗) mark by at least 3 items that you plan on implementing your regime immediately.

6. Monitor your breathing, heart rate, posture, and personal physiology, in your body. Do this every two weeks for three months, and make note of any changes.

Breathing

Heart Rate

Posture

Today: _____

Week 2: _____

Week 4: _____

Week 6: _____

Week 8: _____

Week 10: _____

Week 12: _____

SESSION 3

PREVENTING DISEASES

THE 100 YEAR LIFESTYLE® WAY

In this session Dr. Plasker discusses the leading causes of death and the corresponding health, nutrition and fitness exercises that can be done to create greater longevity, health, and well-being. He begins this session with the insight that the quality of our lives and longevity are based only 30 percent on genetics, while 70 percent is based on our lifestyle.

1. The top ten leading causes of death in women in the United States are: heart disease, cancer, stroke, chronic lower respiratory diseases, Alzheimer's diabetes, unintentional injuries, influenza and pneumonia, kidney disease, and septicemia. For men: heart disease, cancer, unintentional injuries, stroke, chronic respiratory diseases, diabetes, influenza and pneumonia, suicide, kidney disease, and chronic liver disease. Listed below are the preventive measures that you can take to keep these diseases at bay:

■ Heart disease

- Don't smoke or use other tobacco products.
- Eat a varied diet, rich in fruits and vegetables and low in fatty foods.
- Maintain a healthy weight.
- Consume alcohol in moderation.
- Get at least 30 minutes of aerobic exercise three to five days per week.
- Keep your cholesterol levels in normal ranges. According to the American Heart Association, your total cholesterol should remain below 200 mg/DL. LDL should be below 130 mg/DL. HDL should be 40 mg/DL or higher. Your blood pressure should be below 120/80.
- Control your blood sugar if you have diabetes.
- Control your blood pressure and cholesterol with diet and exercise before committing to a lifetime of medication.
- Relax. Eliminate physical and emotional stressors.
- Monitor blood chemistry, heart rate, and blood pressure.
- Visit the American Heart Association website to learn more.
- Implement the Health Care Hierarchy of The 100 Year Lifestyle® in the next session.

■ Cancer

- Don't smoke or use other tobacco products.
- Eat a varied diet, rich in fruits, vegetables and fiber, and low in fatty foods. Don't just eat healthy foods out of the fear of getting sick. Eat to enjoy and promote a healthy 100 Year Lifestyle®.
- Maintain a healthy weight.
- Get at least 30 minutes of aerobic exercise three to five days per week.
- Avoid overexposure to the sun and use sunscreen.
- Drink alcohol only in moderation, if at all.
- Be aware of potential cancer-causing substances (carcinogens) in your home and workplace,

and take steps to reduce your exposure to these substances such as ozone, asbestos, dioxin, and nitrogen oxide.

- Have regular preventive health screenings. If you have a family history of a specific type of cancer, see your doctor about health screening tests that specifically address those particular cancers.
- Know your family history and review it with your doctor.
- Visit the American Cancer Society website to learn more.
- Implement the Health Care Hierarchy of the 100 Year Lifestyle® in the next session.

■ Accidents

- Wear your seat belt.
- Keep your speed down.
- Practice defensive driving.
- Don't drive while sleepy or under the influence of drugs or alcohol.
- To reduce the risk of poisoning:
 - Place carbon monoxide and smoke detectors near bedrooms in your house.
 - Have fuel-burning appliances inspected each year.
 - Store household products in their original containers.
 - Read and follow label instructions for household products.
 - Beware of pill popping. Stop the destructive pattern of popping a pill every time you feel a symptom. Let your body heal itself. If you absolutely have to take medication, make sure you follow label instructions carefully and practice self-care and healthcare strategies to minimize their need and offset potential side effects.
 - Ventilate areas where you use chemical products.
 - Post the poison control number, 800-222-1222, by each telephone in your home, especially if you have children or grandchildren.
 - Install air and water filtration systems in your home and replace the filters regularly.

■ Alzheimer's

- Increase your consumption of curcumin (a compound found in turmeric).
- Increase your consumption of folate (found in liver, leafy green vegetables, broccoli, oranges, asparagus, and many other foods).
- Continue to engage in a purposeful life in which you are actively using your mind, keeping it sharp, and engaged in a variety of activities such as work and athletics.

■ Stroke

- Lower your intake of cholesterol and saturated fat.
- Don't smoke.
- Control diabetes.
- Maintain a healthy weight.
- Get at least 30 minutes of exercise three to five days per week.
- Manage stress.
- Limit alcohol consumption.
- Visit the American Stroke Association website to learn more.
- Implement the Health Care Hierarchy of the 100 Year Lifestyle® in the next session.

■ Chronic Obstructive Pulmonary Disease (COPD)

- Don't smoke.
- Avoid secondhand smoke.
- Minimize exposure to workplace chemicals.
Use air filters in your home and work to ensure that you breathe the cleanest air possible, especially if you live in a city where smog alerts are common.
- Visit the American Lung Association website to learn more.
- Implement the Health Care Hierarchy of the 100 Year Lifestyle® in the next session.

■ Diabetes

- Maintain a healthy weight.
- Eat a varied diet, rich in fruits, vegetables, and low-fat foods.
- Get at least 30 minutes of exercise three to five days per week.
- Get your fasting blood sugar level checked periodically.
- Know your family's diabetes history and discuss it with your doctor.
- Visit the American Diabetes Association website to learn more.
- Implement the Health Care Hierarchy of the 100 Year Lifestyle® in the next session.

■ Suicide (Four times more prevalent in men than in women.)

- People at risk for suicide may:
 - Be depressed, moody, socially withdrawn, or aggressive
 - Have suffered a recent life crisis
 - Show changes in personality
 - Feel worthless
 - Abuse alcohol or drugs
 - Have frequent thoughts about death
 - Talk about death and self-destruction
- If you are showing signs of suicide, shift by changing your Dominant Energy Pattern or seek professional help.

■ Kidney Disease

- Drink plenty of fluids.
- Exercise regularly.
- Maintain your proper weight.
- Don't smoke.
- Get checked regularly for diabetes and high blood pressure.
- Make excellent self-care and drug-free healthcare choices whenever possible to prevent and minimize your need for both prescription and over-the-counter medication.
- Visit the National Kidney Foundation website to learn more.
- Implement the Health Care Hierarchy of the 100 Year Lifestyle® in the next session.

■ Chronic Liver Disease and Cirrhosis

- Don't drink alcohol to excess.
- Take precautions when using possibly hazardous chemicals.
- Practice safe sex.

- Don't inject street drugs.
- Make excellent self-care and drug-free healthcare choices whenever possible.
- Maintain a healthy weight.
- Visit the American Liver Foundation website to learn more.
- Implement the Health Care Hierarchy of the 100 Year Lifestyle[®] in the next session.

2. Rewrite Your Family Tree:

Take some time to gather as much health data as you can on all of your immediate family members. For any members who have passed away, find out what they died from.

Your mother: _____

Your father: _____

Your mother's parents: _____

Your father's parents: _____

Your siblings: _____

MAKE THE CHOICE TO TURN OVER A NEW LEAF:

Since I have a family history of _____, _____, and _____, the healthy habits that I will implement immediately are:

1. _____

2. _____

3. _____

4. _____

5. _____

3. Some of the Super foods that will help to fuel your 100 Year Lifestyle® are:

- Wild salmon
- Oats
- Soy
- Tomatoes
- Blueberries
- Strawberries
- Beans
- Garlic
- Broccoli
- Cantaloupe
- Flaxseed
- Green tea

Keep track of which of the above Super Foods you eat daily and weekly. If needed, change your diet to include more of them.

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Total for the Week: _____

4. The **Top 13 Fitness Mistakes People Make as They Age**, and how you can prevent yourself from making those mistakes:

Avoiding the Top 13 Fitness Mistakes People Make as They Age

1. Starting too fast
2. Workout as if they're 18 again
3. Not allowing sufficient recovery time
4. Not getting enough quality SLEEP
5. It's not about the 6-pack, unless of course they want one
6. Having poor eating habits
7. Not compensating for previous injuries
8. Using the wrong equipment
9. Using equipment improperly
10. Relying on old information
11. Being inconsistent
12. Thinking more and longer is better for them
13. Not monitoring results

Make note of the fitness mistakes that you are making, and then take the necessary steps to change them.

The fitness mistakes that I am currently making are:

The action steps that I will take to amend them are:

5. The **Long-Term Action Plan** in relation to the leading causes of death and nutrition is:

1. *Stop killing yourself.*
2. *Trust your body.*
3. *Take care of your original parts.*
4. *Don't just treat your crisis.*
5. *Also, learn your family history and become proactive with your health.*
6. *Remember the Three Life-Changing Principles.*
7. *Get excited about what is possible from your current starting point.*

Make a choice to implement this plan, and journal about the changes that you are making and how those changes are affecting your sense of well-being.

SESSION 4

GET YOUR ESS IN SHAPE™

In this session Dr. Plasker discusses how you can continue to build sustainable support, great self-care, and excellent healthcare for continued sustenance, longevity, and a quality lifestyle. He also outlines the ingredients that go into a delectable Personal Renewal Recipe, one that you can personally tailor to suit your 100 Year Lifestyle® needs and desires.

1. The Health Care Hierarchy of The 100 Year Lifestyle®

There are three levels to the Health Care Hierarchy of The 100 Year Lifestyle®, as follows:

1. *Self-Care*: That which you must do to keep your mind, body, and spirit healthy and functioning at their highest levels. No one else can do this for you.
2. *Healthcare*: That which you must do to keep your mind, body, and spirit healthy and functioning at your highest level – utilizing the skills of a trained healthcare professional.
3. *Crisis Care*: That which you must do to recover from an injury or illness that requires the support of a crisis care or healthcare specialist.

Do you currently utilize levels 1 and 2 in your life so that you can keep level 3 (crisis care) to a minimum? Yes/No

2. Dr. Plasker emphasizes the difference between early detection and prevention. Prevention is living the kind of lifestyle that prevents crisis from happening in the first place. Detection, however, is the early sighting of an existing issue (therefore happens after the crisis has occurred). Are you currently taking preventive measures with your healthcare (getting regular check-ups, proper exercises, eating non-toxic foods, etc.)? The self-care items that I want to incorporate into my lifestyle immediately are:

1. _____
2. _____
3. _____
4. _____
5. _____

3. Below you will find a fitness assessment that will enable you to track your progress.

Long-Term Action Plan

The 100 Year Lifestyle® Fitness Assessment: Get Your ESS in Shape™

Endurance: Commit to doing at least 30 minutes of cardiovascular training three to four times a week. Exercise with a heart monitor and monitor your baseline. Get a personal trainer or other health professional to monitor your progress and get you started on the right track.

Strength: Evaluate the strength of your major muscle groups, including your chest muscles, back muscles, arms, and legs. Set goals for building your strength in each of these areas and get a personal trainer or other health professional to get you started on the right track.

Structure: Measure your neck, chest, waist, hips, and thighs. Evaluate your posture and your weight balance. Set goals for your share in each of these areas and get a personal trainer, chiropractor, or other health professional to start you on the right track.

4. Long-Term Action Plan for Crisis Care:

1. Choose your own hierarchy.
2. Remember Change Principle #1: Change is easy – thinking about change is hard.
3. Trust yourself.
4. Educate yourself.
5. Build a team.
6. Enjoy the journey.
7. Bring a friend along for the ride.

5. Dr. Plasker suggests that you do the following to maximize your endurance training:
- i. Exercise with a heart monitor to maximize your cardiovascular and endurance training.
 - ii. Participate in strength training.
 - iii. Get a personal trainer to work with.
 - iv. Make strength training a regular part of your regime.
 - v. Structure. Take care of your core, spine, and feet. Keep your abdomen strong and participate in core training. Invest in custom-made foot orthotics. This is important for your feet (Foot Levelers have scanners to measure the arch support of your feet).

6. How to calculate your target heart rate by age:

AGE:	20	30	40	50	60	70
50%	100	95	90	85	80	75
80%	160	152	144	136	128	120

Advice for travelers:

1. Always pack your fitness clothes.
2. Take your heart monitor with you (the Polar Monitor is suggested).

- 3. Be sure to keep your orthotics in your fitness shoes.
- 4. Keep your exercise routine when on the road. Exercise at the same time you would when at home.
- 5. Make good food choices; eat nutritiously.

Check each of the above five items whenever you travel, making sure that you stay on course.

8. Live Long and Strong Exercise

Begin to light up new lobules of your brain to create a limitless life by asking these core questions:

- How can I be more effective in my life?

- What are the core values that I want to base my life on?

- Who can I call on as a mentor to help me achieve my goals?

- How can I be a better professional?

- What might I do to become a better listener?

- Who might I seek advice from in order to improve my job performance?

- How can I make myself heard in a positive way?

-
- What habit can I commit to that will change my life for the better?
-
-

- What can I commit to do in order to make myself a healthier person?
-
-

- What can I accept about my past that will enable me to move forward?
-
-

- Who can I forgive today so that I can free myself and live my life more fully?
-
-

- What resources are available to me that I might begin to utilize to improve my life?
-
-

- What do I really want?
-
-

- Where do I want to live?
-
-

- What colors enhance my state of well-being and would improve my environment?
-
-

- What changes can I make to my home so that I would enjoy it more?
-
-

- What do I want my finances to be like in a year?

- What choices do I need to make to achieve that goal?

- What do I want from my life partner that I am not getting right now?

- How can I ask for it so that I am more likely to receive it?

- What do I need to provide my partner with so that he or she might feel secure?

- How can I best use my talents and passions to earn extra money?

Continue to be introspective. Asking new and better questions will bring you answers that will support your ideal 100 Year Lifestyle[®].

9. Think like a winner. List five key attitudes that you can cultivate immediately to attract your ideal 100 Year Lifestyle[®]?

1. _____

2. _____

3. _____

4. _____

5. _____

10. List five activities that you can do to cultivate the attitudes you listed above. Examples might be starting a mastermind group with successful individuals who are embracing these 100 Year Lifestyle® concepts, working with a coach or a mentor, joining a neighborhood association and getting involved in activities that improve your community, participating in a community development project through work, joining a civic organization, or taking a seminar on a subject that interests you.

1. _____

2. _____

3. _____

4. _____

5. _____

11. List at least 10 goals that you would like to achieve over the next decade.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

12. List at least ten things you would absolutely love to do before you turn 100. If you would like to list more, go for it. You may wish to start a journal and call it *My 100 Year Goals* and then fill it up. Feel free to continue filling it and revising it as you see fit. Remember that life is a work in progress and that you and your desires are constantly changing.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

13. Creating the Ideal Environment

- Describe your ideal home environment:

- Describe your ideal work environment:

- Describe your ideal vacation environment:

- Identify areas of incongruence between your internal environment and your external environment:

- How are these incongruences affecting you?

- Some immediate thoughts and actions you can take to create congruency are:

- List at least three things you can start doing today that will help you to live more in sync with your environment:

SESSION 5

FINANCIAL FREEDOM

THE 100 YEAR LIFESTYLE® WAY

Dr. Plasker shares options and opportunities that will assist you in creating a present and future that will allow financial freedom as you continue to live a long and healthy life. He will share his secrets on keeping your Financials in shape.

1. Dr. Plasker opens this session with a suggestion that you diversify your savings/retirement portfolio. Is your current portfolio diversified? If not, list the steps that you can take to make it so:

2. Do you currently have a strong financial team in place in the areas of:

a. Debt reduction (if necessary?)	Yes	No
b. Wealth creation	Yes	No

3. On a scale from 1 to 10, how well do you believe you have saved for the future?

1 2 3 4 5 6 7 8 9 10

4. At this point in your life, could you see yourself choosing a life of *refinement* over retirement as you age? *Refinement* being defined as mastering your lifestyle, moving with ease between your play, prep, and prime times and defining how you spend your time so you are having a blast, making a difference, and maximizing your talents and creativity. Refinement/Retirement?

5. Some guidelines from the U.S. Department of Labor on how to get started in saving for your future are:

- Expect to need 70 percent of your pre-retirement income in your retirement.
- Understand that how you save is just as important as how much you save.
- Understand that the sooner you start saving, the more time your money will have to grow. Put time on your side. Make saving a high priority. Create a plan, stick to it, and set goals for yourself. Remember, it's never too early or too late to start saving. Start now, whatever your age!

Are these guidelines currently factored into your retirement (or refinement) plan? If not, which do you need to focus on?

6. **The 100 Year Lifestyle® Financial Philosophy** is as follows:

- There is an abundance of money in the world.
- Do what you love.
- Create value for others.
- Create value for the world.
- Package this value in a business.
- Make a difference for others by tithing to causes that you are passionate about.
- Put these tenets into practice and the money will follow.

Mark an (X) beside those philosophies that you need to pay greater attention to, and then develop a plan to do so.

7. To assist you in creating your **100 Year Balance Sheet and Income Statement**, answer the following:

- What are my current assets?

- Where is my money allocated?

- What changes do I need to make to begin to allocate the assets on my balance sheet for my quality of life as I age?

- Am I saving enough to reach my goals? If not, how much should I start saving?

- Do I want to move from higher to lower risk investments? If so, which?

- Do I want to change the way I am allocating my assets? If so, how?

- Do I have confidence in my plan? If not, what steps can I take to begin to?

- I need to create a balance sheet and income statement that I want to work toward. What types of assets would I like have – bonds, stocks, residential or commercial real estate, or a business?

- Do I want to change the way that my money is working for me to help finance my extended life? If so, how?

6. Below you will find the template for your **Live Long and Strong: 100 Year Balance Sheet**. Take some time to fill it out, and check that you are following through on your goals on a monthly basis.

LIVE LONG AND STRONG: 100 YEAR BALANCE SHEET			
	CURRENT BALANCE SHEET	DESIRED BALANCE SHEET	DESIRED 100 YEAR BALANCE SHEET
ASSETS			
Cash and Checking			
Money Market			
Mutual Funds			
Real Estate			
Businesses			
Miscellaneous			
LIABILITIES			
Mortgage			
Credit Cards			
Leases			

7. List the skills, talents, and experiences you have accumulated that have value in the marketplace that you would love to utilize to finance your 100 Year Lifestyle[®], in the space provided below.

SKILLS, TALENT, or EXPERIENCE	VALUE
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

8. It is important that you build structure into your financial plan:
- Asset allocation. Don't be afraid to make changes as your life requires them.
 - Diversify. Think long term and don't put all your eggs in one basket.
 - Caution yourself against get-rich-quick schemes. Think constant and long term.

Review the three suggestions above. Do you need to make some changes? If so, what are they?

9. Personal Financial Freedom Builder (monthly breakdown):

<p><u>Self-Employed:</u></p> <p>Personal Overhead _____</p> <p>Business Overhead _____</p> <p>Debt Reduction _____</p> <p>Savings _____</p> <p>Taxes _____</p> <p>Tithing _____</p>	<p><u>Employee of a Company:</u></p> <p>Personal Overhead _____</p> <p>Debt Reduction _____</p> <p>Savings _____</p> <p>Taxes _____</p> <p>Tithing _____</p>
---	--

SESSION 6

ACHIEVING PERSONAL RENEWAL THROUGH THE QUALITY TIME LIVING MODEL

Dr. Plasker provides you with insights for how you can make peace with time for a better quality life. He also discusses how acquiring an internal and external environment that supports your health and values is critical. He then shares the means by which you can contribute to your world and the world at large, and in the process, create a lasting and powerful legacy.

1. The Quality Time Living Model

Prime Time: This is about production. It is the time you designate to produce results, utilize your skills, and apply talents to generate value in the greater world. This is all about working in your professional life or for your favorite cause, and it is a very important part of keeping you sharp, purposeful, and productive.

Prep Time: This is about organization and strategic planning. This is the time that you plan, organize, do research, and lay the groundwork for superb prime times and fabulous play times.

Play time: This is the free time you spend reading, getting massages, playing golf, doing yoga, traveling, going on hikes with your family, and taking vacations.

Do you currently embark on each of the three models of living? Are they balanced, and are you satisfied with them? If not, what would you like to change?

2. To create your **Personal Quality-Time Calendar**, get yourself a yearlong calendar and three colored markers. Designate one color for prime time, one for prep time, and one for play time. Begin with play time, and mark your play-time days for the year. Include all holidays, birthdays, anniversaries, and school breaks that your children or grandchildren might have.

Next, block in all of your key prime time days. This includes major conferences and shows that are key income generators in your industry. It also includes seminars and speaking engagements (some may fall on weekends). Once this is completed, block out every other “leftover” weekend as a play time.

Next, block out your full weeks of vacation. This might fall around school breaks, major holidays, and other extended school closing times.

Once you have blocked your play time, fill in your prep time and prime time through the weeks to

support your ideal production and planning schedule. It may take you some time to develop a routine that supports your maximum production, efficiency, organization, health, and energy levels. As you grow in age, income, and security, and as your business changes, you will find the ratio of your time will change as well. For example, early in business you may need more prep time, where as in later years that time may shrink, and your play time may increase. Be sure to build flexibility into your plan, especially when you start.

Examples:

Age 20-30: 200 prime time days, 100 prep time days, and 65 play time days

Age 40-50: 150 prime time days, 50 prep time days, 165 play time days

Start with the next 30 days. Mark them on the calendar provided and have some fun planning your time. If at all reluctant, see this exercise as a fun game, and understand that there is no wrong way to do it.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

3. Long-Term Action Plan

1. Get a yearlong calendar that also has a month at a glance.
2. Look at your goals.
3. Determine how many prep time days you will need.
4. Fill in the rest of your calendar.
5. Stay focused on each day.
6. Set up your entire year following the same guidelines.
7. Protect your time.

Living Your Legacy

4. One of the statements of encouragement Dr. Plasker makes is, “Never hold yourself back from change because you think you are too old.” List anything that you may be holding yourself back from because of preconceived notions.

5. Dr. Plasker also states that letting go of past mistakes and learning from them is essential. List below any mistakes that you have been holding onto and are willing to let go of.

6. Make a list of the Big Things that you would like to accomplish or experience, then meditate or pray over your list for clarity, and do what it takes to make it happen.

7. What might you like to learn, if you had a chance to return to school, travel, or apprentice in a business or otherwise?

8. What issues in society are you passionate about that you would like to see changed?

9. Go online and do research on organizations that are involved in solving these challenges. Research these organizations and get involved with the one that most closely connects with your purpose. Or, if the opportunity exists, start one.

10. It's time for you to climb the Leadership Ladder. Under each rung of the ladder below, list three actions or characteristics you can implement immediately that would make you more passionate about your life and that would make you more of the kind of person that other people want to follow.

Personal Leadership:

Professional Leadership:

Community Leadership:

Global Leadership:

11. Dr. Plasker states, “I want you to enjoy an incredible quality of life for your entire life. This means making conscious choices every day – from now to 100.”

If you:

- *Are working all the time and sacrificing your important relationships, stop.*
- *Are financially just living for today and aren't saving for your future, stop.*
- *Aren't taking care of your body, stop.*
- *Think you'll never find love again following a painful divorce or premature death of your partner, stop.*
- *Think you are done contributing to the world by the time you reach “retirement,” stop.*
- *Are busy trying to control other people or are allowing others to control you, stop.*
- *Are angry about the past, stop.*
- *Are playing the victim, stop.*

Reflect on the above statements. If you find yourself stuck in any of them, make a (X) beside the statement, and make a commitment to work on letting it go.

12. Long Term Action Plan

1. *Live your legacy every day.*
2. *Have gratitude for your past and look to the future with the promise of your ideal 100 Year Lifestyle®.*
3. *Lead yourself.*
4. *Develop your professional, community, and global leadership skills.*
5. *Get involved. Get active.*
6. *Embrace your family and multiple generations.*
7. *Enjoy a sensational century.*

Personal Renewal Recipe

The purpose of your Personal Renewal Recipe is to help you remain fresh every day and to make balance an integral part of your lifestyle. This recipe will provide you with a permanent energy-comes-back-to-you system that fills you up so that you can continue to do that work that you are destined to do in the world.

As you find yourself challenged with stressors, you could liken your life to a pendulum that ideally will continue to swing back to center. Assisting you in finding your way back to center may include prayer, meditation, nutrition, exercise, meaningful work, family time, and personal time. Customize this plan,

making use of your greatest needs and desires, along with the information you have gained in the program thus far.

Customize Your Own 100 Year Lifestyle® Personal Renewal Recipe

First Hour: Renewal

What is the first thought, action, or feeling that you have when you arise in the morning? Choose a positive first thought, action or feeling to start your day on the right track. Ideal first thoughts might be, “I am thrilled to be alive and healthy. I look forward to embracing the day and look forward to creating new and energizing opportunities. I will also enjoy relaxing, joyful time with my family and friends today.”

You may also want to take time during your first waking hour to connect with your spiritual self through prayer, meditation, inspirational reading or listening, exercise, stretching, or any other activity that fills you with a sense of renewal.

Midday Renewal

Many societies still follow the afternoon siesta practice, allowing at least two hours for rest, relaxation, meditation, and downtime. Practice taking at least 20 minutes each midday to renew your energy. You and those you engage with notice the difference in the quality of your life and interactions.

Nighttime Renewal

The evening is an ideal time to spend quality time with family and friends. It's also an ideal time to review your day, take a look at your goals, and chart your progress. You may also choose to read inspirational books and literature, prepare for the following day, or simply learn something new. Be sure to tie up the days loose ends prior to going to bed, and give yourself permission to do things that you enjoy as a wonderful and energizing way to end your day.

Write out a renewal plan for your day. Then follow through with it for a week and note any shifts in your energy, etc.

First Hour Renewal Plan:

Midday Renewal Plan:

Nighttime Renewal Plan:

After trying the above renewal plans, I have noted the following changes:

BONUS:

11 WELLNESS TIPS FOR PEOPLE WHO SIT FOR A LIVING

11 TIPS TO SAVE YOUR BOTTOM AND BOOST YOUR PRODUCTIVITY:

According to the President's Council on Physical Fitness and Sports, the U.S. will spend \$1.5 trillion on diseases that are caused by a sedentary lifestyle. Here are important tips for people who sit for a living to ensure a healthy 100 years.

- 1) **THE 50/10 RULE:** Don't allow yourself to sit for more than 50 minutes at a time. Set a timer for 50 minutes, and then get up and stretch your legs or go for a 10-minute power walk before you get back in your chair.
- 2) **BE A SWINGER:** During your 10 minute breaks, you can increase the circulation in your legs and the mobility in your joints by performing these two simple exercises. First, stand with your hands on your hips and your legs slightly more than shoulder width apart. Rotate your hips clockwise in a full range of motion 10 times, and then reverse the direction for 10 more repetitions. Second, stand next to your desk and stabilize yourself by placing your right hand gently on the desktop. Put all your weight on your right leg and gently begin to swing your left leg in front of you and behind you, going high enough to stretch your legs slightly but stopping short of pulling your muscles. Swing your leg in front of you and behind you 10 times in each direction, and then turn around and do the same thing with the opposite leg.
- 3) **DON'T BE A CROOKED SITTER OR A SLOUCHER:** crooked sitters are those people who stick one foot underneath their other leg in a figure four, which causes them to twist their spine while they sit. Sitting for a long period of time as a crooked sitter will cause stress on your spine and lead to chronic pain and spinal degeneration. Slouching will have the same effect and cause your posture to deteriorate as you age. Make good posture a priority.
- 4) **TAKE YOUR LUNCH BREAK:** Many people bring lunch into their office or have lunch delivered to them and stay in their chair during their lunch break. Get up and go somewhere to eat, or if you bring something in, take 20 minutes to go for a walk and stretch your legs before you go back to the computer and telephone.
- 5) **GO MOBILE:** If much of your work is done on the telephone, you can minimize your sitting by using your cell phone or attaching a portable unit to your stationary phone and move around while you talk. This can cut in half the amount of time that you spend sitting in a chair.
- 6) **HOLD A MEETING ON THE MOVE:** Rather than meeting with clients or employees in your office or at a restaurant, meet at a hiking trail and hold a meeting on the move while you walk. Bring a digital recorder or pad and pen to jot down the key points and action steps from your meeting. Not only will you save your bottom but, you'll also find that you increase your productivity and your creativity dramatically.

- 7) **USE A LUMBAR PILLOW:** These pillows provide support to your lower back and will make your chair more comfortable while keeping your spine in good posture and in a healthier position. You can get these types of pillows in any back stores or nearly any chiropractor's office.
- 8) **INVEST IN AN ERGONOMIC CHAIR:** These are chairs designed specifically to support your spine while you work. There are numerous makes and models of chairs, and most brands are very adaptable to different body styles. Shop for one that fits you and use it at home and at work. It will be a great investment in your long-term well-being.
- 9) **STAND UP AND SURF:** If you spend a lot of time typing or surfing the Net, do it while you're standing. You can tilt the monitor so that it is easy to see and even raise your workstation so that it is at a good height for you while you're standing. If you like this strategy, you can place a podium next to your desk and move your workstation here 50 percent of the time. While you're standing, keep your feet moving to maintain healthy circulation and keep the pressure off your bottom.
- 10) **STAY FINE TUNED:** Simple examinations and chiropractic adjustments can be done by your chiropractor to ensure that your spine is aligned and balanced. An ounce of prevention is worth a ton of having to find a cure for the chronic spinal and nerve problems that result from excessive sitting. Don't wait until you have a problem to take care of your spine.
- 11) **AVOID THE EXERCISE BIKE AT THE GYM:** If you sit for a living, the last thing that you should do is get on an exercise bike when you go to the gym. There are many other better options.

Go through the list above, and check off those that you are currently doing with a (✓). Then go through the list again, and place a (✗) mark by any items that you plan on implementing in your regime immediately. Use these tips and share them with a friend. Your bottom will surely thank you for it now and over the course of your lifetime.

If you would like to contact Dr. Eric Plasker,
or would like more information on the services that he provides,
you may contact him at: www.100yearlifestyle.com.

NOTES:

NOTES:

**ADD THESE INSPIRING NIGHTINGALE-CONANT TITLES
TO YOUR SKILL-BUILDING LIBRARY**

The 5 Disciplines of Powerful People:

How to Keep the Promises You Make to Yourself

By John Powers

22230CD

I Know What to Do, So Why Don't I Do It?

By Nick Hall, Ph.D.

25331CD

The Living Faith Series:

Life-Changing Tools for the Growing Christian

By Bill Hybels, Haddon Robinson and Luis Palau

20401CD

Lessons from the Richest Man Who Ever Lived:

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25 BEST-KEPT SECRETS OF CENTENARIANS



DR. ERIC PLASKER

25 BEST-KEPT SECRETS OF CENTENARIANS

25 BEST-KEPT SECRETS OF CENTENARIANS

1

Aging poorly is not inevitable.

You do have a choice.

Based on your parents' and
grandparents' experiences,
you'll see where you're headed
unless you choose
a different path.

2

Resisting the things you know you need to change polarizes your life.

This keeps you stuck.

However, when you embrace change, the pieces of your life will fall naturally into place and stay there.

Just like the magnets.

3

Great things happen when you have the wherewithal to stick to your commitment to change. You find yourself respected by people you respect. You create a life story that inspires other people. You show other people what is possible. Have the grit to see it through. Go for your ideal 100 Year Lifestyle[®]. If not now, when? How many more decades will you compromise yourself about what you know innately is right for you?

4

According to the laws of physics, energy can neither be created nor destroyed.

This rule, known as the Law of Conservation, says that there is a constant and finite amount of energy in the world. This energy can be converted, however, to produce the outcomes you desire.

5

You will be truly happy and passionate when you are fully engaged in life again. Not as a robot, doing things the way you always have in the past, but by embracing your life consciously based on what you know you love to do, your worldliness, and experience. Start thinking “outside the box” again for this next phase of your life.

6

Many centenarian women have had children after the age of 35 and even 40 years of age. Having children after 40 may be a sign that a woman's reproductive system is aging slowly – and that the rest of her body is aging slowly as well. Additionally, women who have children after 40 have a four times a greater chance of living to 100.

7

Pomegranate juice
may help reduce cholesterol.

Turmeric may help
prevent Alzheimer's.

8

There are more than 865 registered pesticides in the United States. Around 350 of those are used on the food we eat. There are 800 products on store shelves across the country – toothpaste, sodas, cookies, and vitamins – that contain artificial sweeteners that are suspected of causing many symptoms from dizziness to seizures, brain tumors, and migraines.

9

Set goals for your endurance and continue to challenge yourself. Increase the length of time that you spend doing cardiovascular exercise by 10 percent each month for the next three months and increase your pace as well. If you are not an experienced exerciser, make sure you consult with a certified personal trainer who can customize an endurance plan especially for you.

10

Excessive stress shortens our lives, leads to chronic health problems, and also negatively impacts our relationships, work, and quality of life. Should you have something routinely stressing you right now, practice stress management – this will help you get centered and find optimal ways to handle it.

11

The Top 5 Traits of Successful Exercisers by Mike Epstein, CPT, VP of Gold's Gym, Paramus, New Jersey, Board of Directors, Gold's Gym International:

- Successful exercisers are motivated.
- Successful exercisers educate themselves and seek professional assistance.
- Successful exercisers set small, obtainable, and realistic goals.
- Successful exercisers make fitness a part of their lifestyle.
- Successful exercisers use visual feedback to measure their progress.

12

Here is an important question to ask yourself that is a key to you making the most of your 100 Year Lifestyle®. How much fun are you having?

13

You can either construct
your future, or you can continue
to reconstruct the past.
But you can't do both
at the same time.
You have to choose.

14

Create a compelling vision for the rest of your life. What do you want to accomplish?

What goals do you want to achieve?

What experiences would you like to explore?

Don't get stuck operating in only one part of your brain when approaching challenges and opportunities. Make a lobule jump to move past negative self-perceptions or disempowering thoughts.

By staying in the same part of the brain instead of expanding into other lobules, you may create the same scenarios over and over again.

15

To be able to accept your current situation while you also remain committed to creating your compelling future, one choice at a time, is a tremendous skill to develop.

16

Understand that healthy relationships are adaptive. You should always be able to connect with the world, and the people in your world, in a way that is authentic.

Expect that some of your relationships will change over time. Let it happen.

Continue to add people to your life who support the healthiest side of you.

Discern who has your best interests at heart and make yourself one of those people.

17

Learn from
the experience and wisdom
of the mature and share
the passion and zest
for life
of the young.

18

Keep your senses stimulated
by spending time in nature.

Notice every small detail,
from the sounds
of the wind and water
to the colors on the leaves
and flowers.

Keep your senses sharp.

19

Finding two hours to nap might not be possible for you, but we can all find 20 minutes on most days. Take the time. Make the time. Shut off your cell phone and email devices and reconnect with your center for your midday renewal.

20

Your minutes are your currency.
They belong to you, and how you
spend them will determine the quality
of your life going forward.
Every minute you spend represents
a choice – whether you made it
with full awareness or not.
Take charge of your minutes.

21

Play time frees up your creativity, creates balance, and frees you from the grind and the intensity of prime time.

Play time frees up your energy, relaxes you, balances out your system, and produces a condition of homeostasis – a condition of equilibrium – throughout your mind and body. It is often where your next big thing is born.

22

The desire for a flexible work schedule is very common for today's retirees as more and more of them are going back to work.

Some key reasons that retirees want to continue to work, aside from generating more money, include a desire to stay mentally active, a desire to stay physically active, and a desire to remain productive or useful.

23

Do you have a passion or a hobby that you can turn into income? When your work becomes playful, you get an extra bonus in both fun and profit. This is one place where you will generate money through your 100 Year Lifestyle®.

24

We all have a history.
I don't want yours
and you don't want mine.
What's more important
than your history
is your commitment.

25

If at any time in your life you've had a burning in your gut to do something, accomplish something, try something, and really express your heartfelt passions, now is the time to do it.

The truth is, desire has probably always been with you and will never really go away. It may dim from some challenges in life. But just like a fire, if you give it a little poke, the flames reignite.



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