

# LONGEVITY ROUTINE

Date \_\_\_\_\_

## BREATHE DEEPLY



### I. SIT OR LIE DOWN

Sit or lie down with your back straight. Place one hand on your belly & one on your chest.

### II. INHALE THROUGH YOUR NOSE DEEPLY

Follow the sensations of inhaling with your awareness. Feel the hand on your stomach rise as you fill your "belly" with air first, then slowly start to feel your other hand rise as your middle chest, upper chest & neck fill fully with air.

### III. EXHALE SLOWLY AND STEADILY

Purse your lips when exhaling like you're slowly blowing out the candles on a cake. Follow the sensations of breathing out with your awareness until your stomach sucks in slightly and all air leaves your lungs.

TYPE OF BREATHING \_\_\_\_\_

TIME BREATHING \_\_\_\_\_

## GIVE GRATITUDE



WHO OR WHAT ARE YOU THANKFUL FOR? LIST 1-10 THINGS OR WRITE A GRATITUDE LETTER TO SOMEONE WHO DESERVES IT OR EVEN GIVE A SMALL GIFT TO SHOW YOUR APPRECIATION.



## CONNECT

DO AN ENJOYABLE ACTIVITY WITH SOMEONE OR SIMPLY TALK. JOT DOWN A FEW NOTES ABOUT THE INTERACTION IN THE SPACE BELOW. IF YOU CAN'T CONNECT NOW THEN PLAN A FUN ACTIVITY WITH SOMEONE INCLUDING A CONCRETE DATE AND TIME.



## DESIGN LONGEVITY HABITS

WHICH LONGEVITY HABITS ARE YOU HAVING TROUBLE COMPLETING? WRITE DOWN A FEW BEHAVIORAL SCIENCE NUDGES TO HELP YOU COMPLETE THE HABITS. RECORD IF YOU USED THE NUDGES BY PLACING A CHECK IN THE BOX LABELED "DONE".



Longevity Habit	Nudge(s)	Done?

# LONGEVITY ROUTINE

## MOVE NATURALLY



CHOOSE 1-3 NATURAL MOVEMENT PATTERNS TO INTEGRATE INTO YOUR LIFE. WALK YOUR DOG IN NATURE, PLAY A SPORT WITH A FRIEND, DANCE, HIKE, PLAY AN ACTIVE VIDEOGAME, PLAY WITH YOUR CHILDREN OR ANIMALS, WORK WHILE STANDING UP OR MOVING, PLANT A GARDEN, OR START AN ACTIVE HOBBY. PERFORM & CHECK OFF AT LEAST ONE MOVEMENT PATTERN DAILY.

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## EAT WELL

TRACK HOW WELL YOU FOLLOWED SIMPLE EATING HABITS PROVEN TO HELP GET TO OR MAINTAIN A HEALTHY WEIGHT. CHANGE YOUR RELATIONSHIP TO EATING WITHOUT UNREALISTIC AND UNSAFE DIETING PRACTICES.

WEIGHT? \_\_\_\_\_

ATE MINDFULLY & SLOWLY?

ATE UNTIL 80% FULL, THEN STOPPED?

ATE WHOLE FOODS?

USED HAND TO MEASURE PORTIONS?

INTERMITTENT FASTING?



## GET NAKED

BOOST YOUR IMMUNE SYSTEM AS WELL AS HAPPINESS AND FORCE YOUR BODY AWAKE WITH A LITTLE BIT OF COLD WATER AFTER YOUR HOT SHOWER, A FULL COLD SHOWER, OR EVEN AN ICE BATH. RECORD THE TYPE OF COLD EXPOSURE YOU USED AND THE LENGTH OF TIME YOU SPENT EXPOSED TO THE COLD.

TYPE OF COLD \_\_\_\_\_

TIME OF COLD \_\_\_\_\_