



LIGHTHOUSE HEALTH

LIVE YOUNGER. LONGER.

**10 Evidence-Based Steps
to a Longer, Healthier Life**

*Bridge the Gap Between
Living Longer and Living Better*

Health isn't the destination
LIFE IS



Your health isn't the destination. It's what makes everything else possible.

-  The people you love.
-  The places you want to go.
-  The experiences still ahead.
-  The freedom to live life on your terms.

Healthy longevity is the goal, Because life is meant to be lived.

It's Not Just About Living Longer. It's About Living Better.

Lifespan is the number of birthdays you have. Healthspan is the portion of those years you spend active, independent, and feeling well. Healthy longevity means protecting the strength, mobility, cardiovascular health, cognitive function, independence, and sense of purpose that allow you to keep living the life that matters to you.

Advances in medicine and public health have helped people live longer. But living longer does not necessarily mean living healthier for all of those additional years. For many people, this creates a healthspan gap - a period later in life spent managing chronic disease, declining physical health, or loss of independence.





THE GOOD NEWS

You may have more influence over your future health than you realize.

Your genes influence your health, but they don't determine

your destiny.

Many of the most important drivers of healthy longevity are influenced by the choices you make repeatedly - how much you move, how fit and strong you remain, what you eat, how you sleep, the health risks you manage, and even the relationships and sense of purpose you maintain.

You need to consistently do more of the things that have the greatest positive impact.



This guide explains the findings from published peer-reviewed research and puts it into ten practical priorities. The results describe what researchers have observed across groups of people; they are not guarantees of an individual's outcome.



12-14

approximate additional years of life expectancy at age 50 associated with five low-risk lifestyle factors in this population study.



The cumulative effect matters.

In a major U.S cohort analysis, adherence to five low-risk lifestyle factors was associated with marketed lower mortality and an estimated life expectancy at age 50 of about 14 years longer for women and 12 years longer for men compared with adherence to none. [1]



A NOTE BEFORE YOU BEGIN

This guide is educational and is not a substitute for individualized medical care. If you have a medical condition, take medication, have symptoms, or are substantially changing your exercise or nutrition program, involve your healthcare professional.

BUILD THE FOUNDATION

Start with movement and fitness: two foundational drivers for a longer life.



1



Move More Every Day

WHY IT MATTERS

Daily movement supports cardiovascular, metabolic, brain, and physical health. Even modest increases matter.

WHAT THE RESEARCH SAYS

A 2025 scientific study published in *The Lancet Public Health* found that, compared with 2,000 steps/day, 7,000 steps/day was associated with 47% lower all-cause mortality. Benefits were also observed across cardiovascular disease, dementia, diabetes, and depression symptoms. The authors emphasized that every step counts. [2]



47%
lower all-cause
mortality



START HERE

Add walking to your normal day. If you are currently inactive, begin by increasing your usual step count. For many adults, gradually working toward 7,000+ steps/day is a practical evidence-based target.

2



Build Your Cardiovascular Fitness

WHY IT MATTERS

Fitness reflects how well your heart, lungs, blood vessels, and muscles work together. It predicts future health more strongly than many people realize.

WHAT THE RESEARCH SAYS

A 2024 overview of meta-analyses representing more than 20.9 million observations found high versus low cardiorespiratory fitness was associated with 53% lower risk of all-cause mortality. Each 1-MET higher level of fitness was associated with an 11% – 17% lower mortality. [3]



53%
lower risk of all-cause
mortality



START HERE

Include aerobic activity that challenges your heart and lungs: brisk walking, cycling, swimming, hiking, or similar activities. Progress gradually and at an intensity appropriate for your current health and fitness.

PROTECT STRENGTH, NOURISH WELL

Muscle and nutrition are central to maintaining capability as the years advance.



3



Preserve Your Strength & Muscle

WHY IT MATTERS

Strength supports mobility, balance, glucose control, resilience, and the ability to remain independent as you age.

WHAT THE RESEARCH SAYS

Research published in the American Journal of Preventive Medicine found that any resistance training was associated with 15% lower all-cause mortality, 19% lower cardiovascular mortality, and 14% lower cancer mortality compared with none. The largest all-cause mortality reduction was resistance training around 60 minutes/week. [4]



15%
lower all-cause
mortality



START HERE

Train the major muscle groups regularly. A practical starting point for many adults is resistance exercise two days per week, using loads and movements appropriate for your ability.

4



Fuel Your Body with Good Nutrition

WHY IT MATTERS

Long-term dietary patterns matter more than a single superfood. High-quality diets consistently emphasize nutrient-dense, minimally processed foods.

WHAT THE RESEARCH SAYS

A 2024 review and meta-analysis of 18 published studies found that the highest versus lowest Healthy Eating Index-2015 category was associated with about 20% lower all-cause mortality, with lower cardiovascular and cancer mortality as well. [5]



20%
lower all-cause
mortality



START HERE

Build your plate around plants and quality protein. Choose vegetables, lean protein, fruits, legumes, whole grains, nuts, and healthy fats. Make highly processed foods the exception rather than the foundation of your diet. A quality multivitamin is important to fill in nutritional gaps.

KNOW YOUR NUMBERS, PROTECT YOUR FUTURE

Risk factors often cause no symptoms. Knowing your numbers creates an opportunity to act earlier.



5



What Gets Measured can be Managed

WHY IT MATTERS

Blood pressure, LDL cholesterol, blood glucose, and related metabolic markers can reveal important cardiovascular and metabolic risk before you have physical symptoms.

WHAT THE RESEARCH SAYS

Randomized-trial meta-analyses show that lowering elevated blood pressure reduces major cardiovascular events across age groups. Large LDL-lowering trial meta-analyses published in The Lancet show just over a 20% reduction in major vascular events per 1 mmol/L reduction in LDL cholesterol. [6, 7]



~20%
fewer major
vascular events
per 1 mmol/L LDL
reduction



START HERE

Know your blood pressure and discuss appropriate lipid and glucose testing with your healthcare professional. If a number is elevated, treat it as useful information – not a verdict and build a plan to address it. Talk to me about possible natural solutions.

6



Maintain a Healthy Body Composition

WHY IT MATTERS

Excess abdominal fat and metabolic dysfunction can increase long-term risk. At the same time, preserving muscle becomes increasingly important with age.

WHAT THE RESEARCH SAYS

Research published in the BMJ involving more than 2.5 million participants found that central fatness (belly fat) was associated with higher all-cause mortality independent of overall body fat and BMI. Each 3.94 in (10 cm) increase in waist circumference was associated with an 11% higher mortality risk. [8]



11%
higher mortality
risk per 3.94 inch
waist increase



START HERE

Focus on the bigger picture: waistline, metabolic health, strength, fitness, and sustainable weight. Aim to reduce excess abdominal fat without sacrificing muscle.

RECOVER & CONNECT

Healthy aging is not only about exercise and food. Recovery and relationships matter too.



7



Protect Your Sleep

WHY IT MATTERS

Sleep supports recovery, cognition, immune function, metabolic regulation, and cardiovascular health. Consistency and duration matter.

WHAT THE RESEARCH SAYS

Research published by the Sleep Research Society found that greater sleep regularity was associated with lower all-cause, cancer, and cardiometabolic mortality. Because this is observational evidence, it shows association rather than proof of causation. [9]



**Sleep
regularity
associated with
lower mortality**

START HERE



Protect a consistent sleep and wake schedule. Give yourself enough time for restorative sleep and address persistent snoring, insomnia, excessive daytime sleepiness, or other sleep concerns with a healthcare professional.

8



Stay Socially Connected

WHY IT MATTERS

Relationships provide support, belonging, engagement, and resilience. Social health is an important part of physical health.

WHAT THE RESEARCH SAYS

A landmark meta-analysis of 148 studies involving 308,849 participants found that stronger social relationships were associated with a 50% greater likelihood of survival. [10]



**50%
greater likelihood
of survival**

START HERE



Invest deliberately in relationships. Call someone. Share a meal. Join a group. Volunteer. Participate in your community. Make connection part of your health strategy.

PURPOSE & PREVENTION

Purpose can give healthy habits meaning. For smokers, quitting deserves special emphasis.



9



Live With Purpose

WHY IT MATTERS

A longer life is most meaningful when there is something - and someone - to live it for. Purpose can help connect daily choices to the future you want.

WHAT THE RESEARCH SAYS

A meta-analysis of published research and individual-participant data involving 488,765 participants followed for up to 32 years found higher purpose in life was associated with about 30% lower risk of earlier mortality. [11]



30%

lower risk of
earlier mortality

START HERE



What is a future experience, contribution, or joy that you would deeply regret missing out on if your life were cut short? Ask yourself: What do I want to be healthy enough for in 10 or 20 years from now? Write down your answers to these questions. Let those reasons guide the choices you make today.

10



Don't Smoke - and If You Do, Quit

WHY IT MATTERS

Smoking remains one of the largest preventable threats to longevity. This item is #10 for presentation only - not because it is least important.

WHAT THE RESEARCH SAYS

A 2024 analysis 1.48 million adults found current smokers had about 2.7-2.8 times the mortality hazard of never-smokers. Quitting was associated with substantial recovery of survival, with benefits appearing within years and survival after 10+ years of cessation approaching that of never-smokers. [12]



2.7-2.8x

mortality
hazard

START HERE



If you do not smoke, don't start. If you smoke, make quitting a priority and ask your healthcare professional about evidence-based cessation support.

WHAT ARE YOU GETTING *Stronger For?*

Your best years aren't behind you.

Every step you take today is an investment
in the life you want to live tomorrow.

Build the habits. Protect your health.

Stay strong for what matters most.

Because life is meant to be lived.



READY TO TAKE YOUR NEXT STEP?

**Schedule Your Free 30-Minute
Reboot My Health Meeting**

www.lighthousehealth.net



HEALTH ISN'T THE DESTINATION. LIFE IS.



RESEARCH APPENDIX

Selected Peer-Reviewed Research References

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