

# Go for the GOLDen Years

## July 2024 Health Yourself Challenge

Join us this July as we become elite athletes of aging.



Longevity isn't just living as long as you can; it's also being able to do the things that are most important to you as you age. Inspired by Dr. Peter Attia's 'Centenarian Decathlon,' and the incredible strength of the Paris summer Olympians, we'll be setting functional goals for the future and charting the path to get there.

**Did you know** that statistically, our aerobic capacity (aka,  $\text{VO}_2$  max) declines about 10% per decade, and up to 15% per decade after age 50. Additionally, without strength training we can lose up to 30% of muscle mass between ages 50 and 70. The loss of muscle mass, aerobic capacity, and bone density can set us up for injuries, loss of independence, and most importantly-missing out on the things we most enjoy.

Use this challenge to chart a path to lasting strength, and start training like a longevity Olympian.

### How it works

- Use the following challenge questionnaire to determine your golden years goals and methods
- Use the challenge logs to track your progress in all 5 goal areas from July 8 to August 4th
- Log at least 18 of the 20 activity rings to qualify for 15 Health Yourself points and prizes
- Watch for a challenge upload link from Jess to submit your log



# Go for the GOLDen Years

You can keep this page for your eyes only.

**Step 1: Choose the 5 most important physical activities you want to be able to do for the rest of your life. Here are some examples- feel free to use these and come up with your own!**

**Then list potential exercises to support these activities and their required muscle groups.**

- Hike 1.5 miles on a hilly trail
- Pick up a young child from the floor
- Balance on one leg for 30 seconds
- Walk up a steep hill
- Carry my own luggage
- Play pickleball for 45 minutes
- Toilet independently
- Open a jar
- Play 18 holes of golf
- Lift a cast iron skillet with one hand
- Lift a 20-pound suitcase into an overhead compartment on a plane

- Get up off the floor independently
- Walk half a day while traveling
- Swim half a mile in 20 minutes
- Ride a motorcycle for 2-3 hours
- Ski for one hour
- Operate a kayak
- Climb 3 floors of stairs
- Ride a bike for 1 hour
- Walk a dog for 30 minutes at a time
- Wear shoes with laces
- Walk with a 20-pound child in a carrier or backpack for one hour

My Golden Years Activity Goals	Exercises to support these activities and their required muscles
Example: Cross-country ski for one hour	Squats, uphill hiking, triceps workouts, interval training to sustain VO <sub>2</sub> max, carrying groceries with elbows at 90 degrees



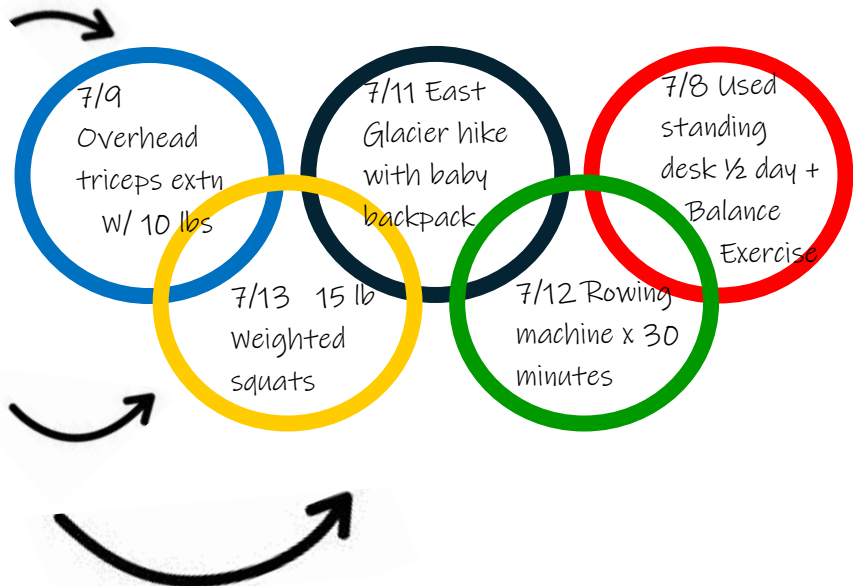
## Go for the GOLDen Years

**Step 2: Use the following prompts and try to complete your rings each week by doing 1-2 exercises from each of your Golden Years Activity Goals.** Try to space them out over the week, rather than all in one day. Jot down what exercises you did and the date in the colored ring that corresponds to your Golden Years activity. Log at least 18 of the 20 activity rings over 4 weeks to qualify for 15 Health Yourself points and prizes.

Pro tip: start small if you aren't already doing some of these things, but remember that if you want to do these activities in 3-5 decades from now, you'll likely want to triple the power and endurance required to do that activity today.

Example: Week 1

My Golden Years Activity Goals
Cross-country ski for one hour
Carry 20 lbs in backpack for one hour
Walk ½ day while traveling
Independently toilet
Carry two 5 lb bags of groceries for 5 blocks



**Step 3: Send in your completed weekly logs to Jess by 8/11 using the upload link.**



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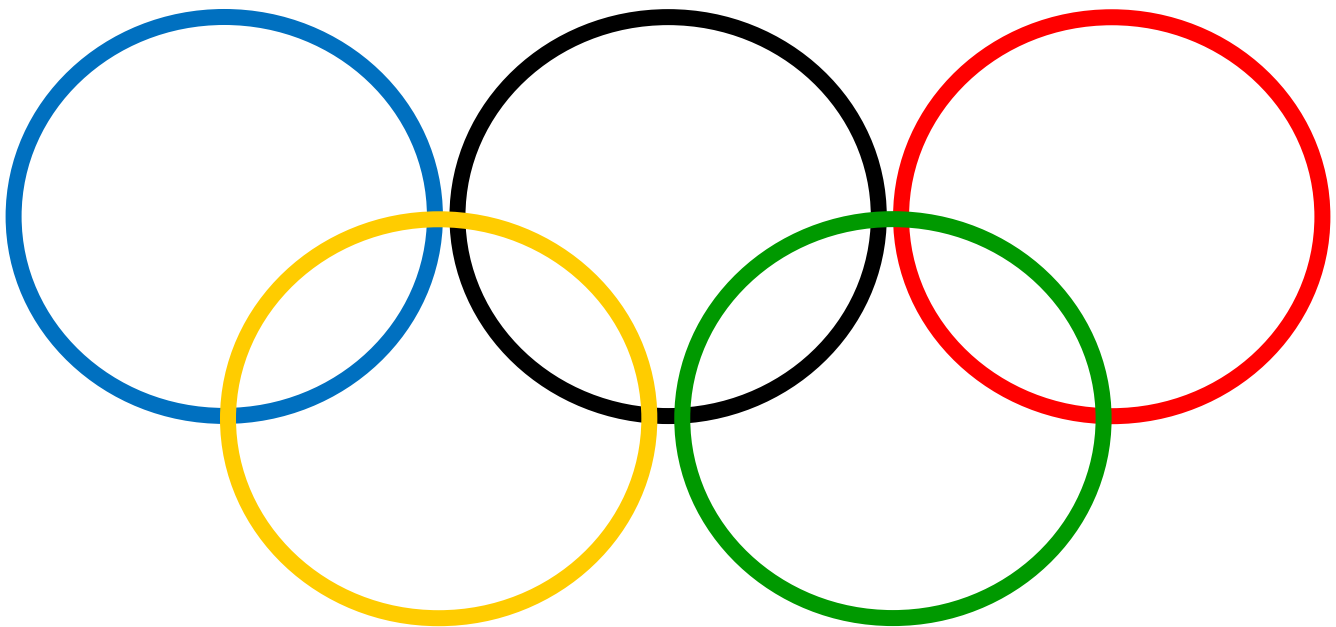
Name: \_\_\_\_\_

### Week 1, 7/8-7/14

Start the week by envisioning yourself at 80, achieving 2-3 of your Golden Years Activity Goals. Where will you be? Who will you be with? Do your activities focus on a special occasion or is this everyday life? Dial in those details to make it as real as possible.

Jot down any notes that might help you keep these goals in mind.

**Use the following prompts and try to complete your rings each week by doing 1-2 exercises from each of your Golden Years Activity Goals.** Try to space them out over the week, rather than all in one day. Jot down what exercises you did and the date in the colored ring that corresponds to your Golden Years activity.





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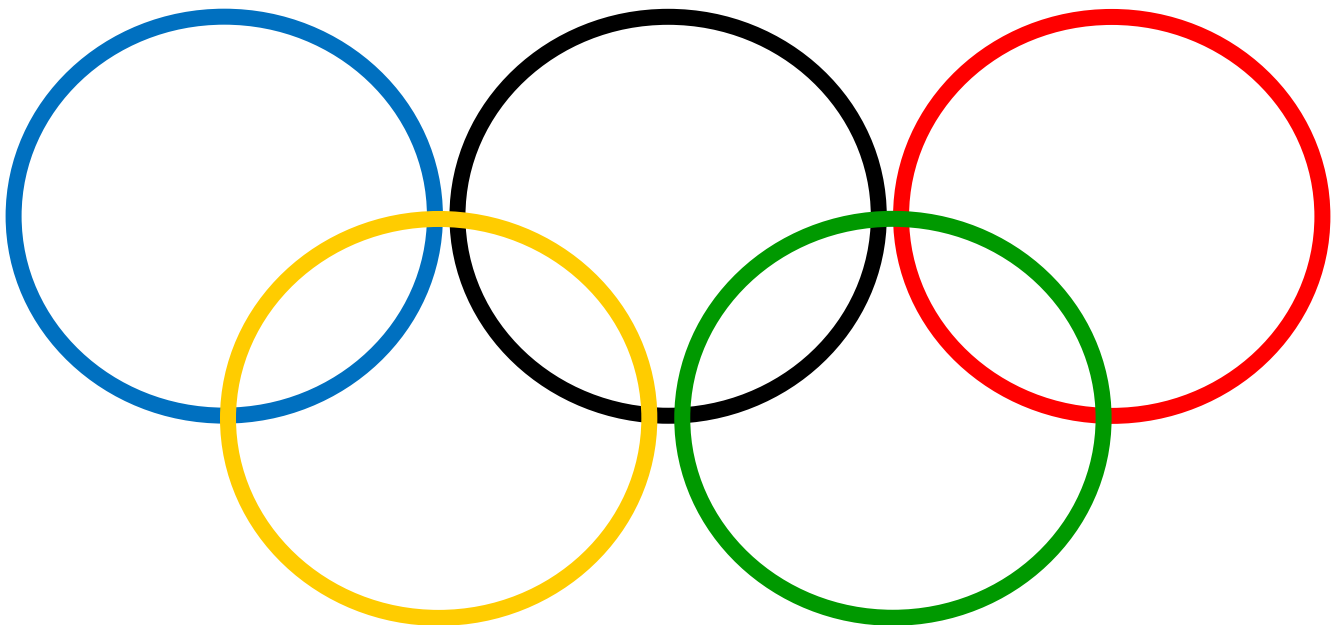
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### Week 2, 7/15-7/21

Start the week by envisioning yourself at 80, achieving 2-3 of your other Golden Years Activity Goals. Where will you be? Who will you be with? Is it a special occasion or is this everyday life? Dial in those details to make it as real as possible.

Jot down any notes that might help you keep this goal in mind.

**Use the following prompts and try to complete your rings each week by doing 1-2 exercises from each of your Golden Years Activity Goals.** Try to space them out over the week, rather than all in one day. Jot down what exercises you did and the date in the colored ring that corresponds to your Golden Years activity.





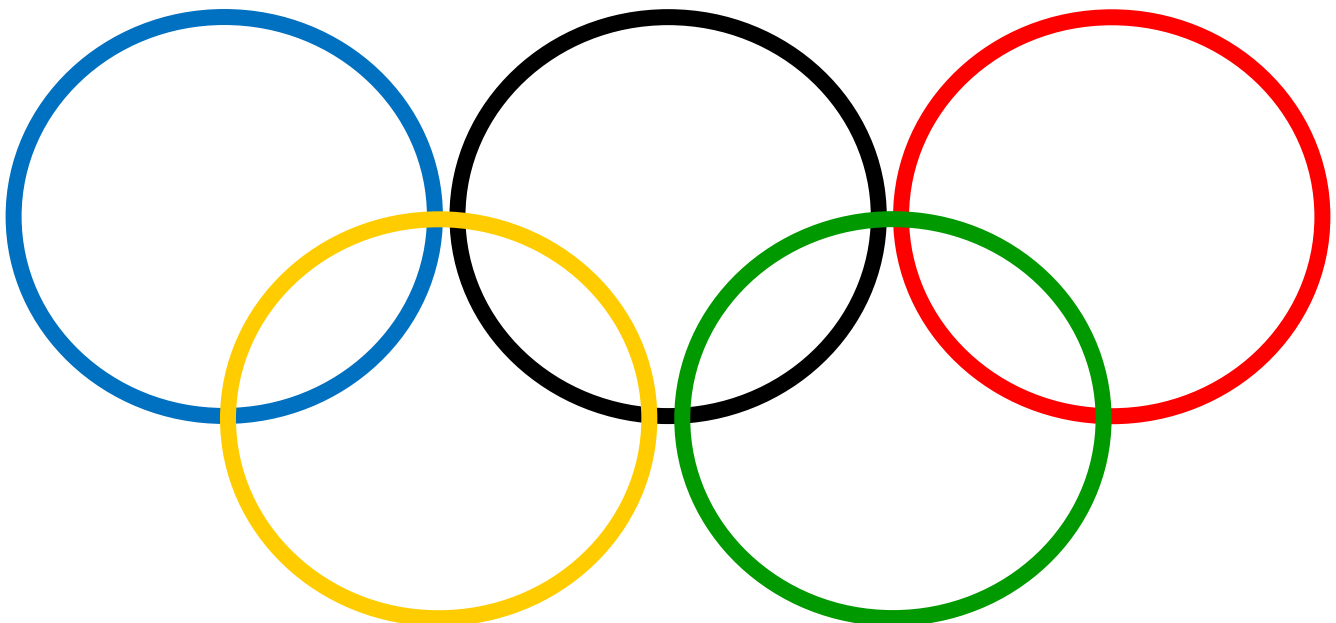
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Name: \_\_\_\_\_

### Week 3, 7/22- 7/28

Start the week by recalling a time when you overcame a setback. What tools, resources, and supports did you use to get through it? What lessons did you learn?

Use the following prompts and try to complete your rings each week by doing 1-2 exercises from each of your Golden Years Activity Goals. Try to space them out over the week, rather than all in one day. Jot down what exercises you did and the date in the colored ring that corresponds to your Golden Years activity.





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Name: \_\_\_\_\_

### Week 4, 7/29- 8/4

Start the week by thinking about one of your favorite Olympians or other athletes. Imagine their hours of training and the obstacles they've overcome to get to where they are now.

As you think about some of your Golden Years goals, imagine some of the obstacles you might encounter for each activity. Make a list of them and what you can do to overcome them.

**Use the following prompts and try to complete your rings each week by doing 1-2 exercises from each of your Golden Years Activity Goals.** Try to space them out over the week, rather than all in one day. Jot down what exercises you did and the date in the colored ring that corresponds to your Golden Years activity.

