



**LONGEVITY
& LIFESTYLE**

10 Hacks to Improve Your Life & Longevity

Welcome to Longevity & Lifestyle's top 10 hacks to improve your longevity! I am on a mission to help you live smarter, healthier (and, let's be honest, more exciting) lives!

10 Hacks to Improve Your Life & Longevity

1

Cultivate a Daily Gratitude Practice

'Gratitude for the present moment and the fullness of life now is the true prosperity.'

- Eckhart Tolle

Gratitude means recognizing and focusing on the elements in our life that we appreciate and feel thankful for. By focusing on these rather than our worries, fears and doubts make the change from a negative mindset to a positive one. We can achieve an infinite amount more when working from a positive attitude!

The First 5 Minutes of Your Day: Taking 5 minutes first thing in the morning to center ourselves and focus on our mental wellbeing can be the ultimate hack to setting ourselves up for a happier, more productive day. Try the 5-Minute Journal app or their notebook to help guide your morning gratitude practice. For an added bonus - write while having sunshine (or daylight at least) on your face to support your Circadian rhythms.



Fun Time with Family & Friends - Laughter and Meaningful Relationships

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'Laughter is the best medicine.'

Maintaining supportive relationships with our loved ones is vitally essential in looking after our overall health. Having a support system in place can dramatically decrease stress levels, help our minds, as well as have profound benefits for our bodies. This is confirmed by Harvard's longest study (over 80 years!) on happiness, which proves that "embracing community helps us live longer, and be happier".

Managing our stress levels directly affects our primary stress hormone, cortisol. When cortisol is increased, it affects our mental health, sleep quality, digestion, libido, blood pressure, weight, and many more vital factors that make up our overall health.

Simple as it may sound, spending quality time with friends and family, laughing, and connecting with them can dramatically improve the quality and length of our lives.

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Nutrition

'You are what you eat' - Anthelme Brillat-Savarin

Eat Organic

What is Organic? Organic produce is the product of farming that *avoids* pesticides, growth hormones, and livestock feed additives.

Why Organic? We know that pesticides added to our food can lead to neurodevelopmental issues and are strongly associated with cancer. So choose organic, grass-fed, and GMO-free for better food choices and feel the difference!

Limit Sugar Intake

We have all heard of sugar's detrimental effects on our brain and body. Excessive sugar intake can cause higher blood pressure, inflammation, weight gain, diabetes, and fatty liver disease, all of which are linked to increased heart attack and stroke risk, not to mention weight gain and obesity.

Don't worry, we don't need to give up all things sweet! There are many healthy sweet alternatives out there that can satisfy our sweet tooth without all the adverse effects: Try NoMoSu's organic sugar-free chocolate, which uses purely-water-extracted organic stevia, which, unlike sugar, not only has no impact on our blood sugar levels, but is actually shown to be good for us!

Try a Continuous Glucose Monitor (CGM)

Our bodies are all made differently: What may affect you may not affect me and vice versa! Monitoring your metabolic response to food, drinks, exercise, stress, and sleep will give you personalized insight into how your body responds. I've trialed Levels Health using the easy-to-use CGM from Abbott Laboratories combined with Levels' app. I found it so insightful as it helped me understand how different workout types were triggering different metabolic responses (and I was able to adjust accordingly), how (sadly!) sweet potato soup spikes my blood sugar, and what foods and daily routines I can eat and do for optimal metabolic health - and inevitably longevity!



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Sleep

'Getting good sleep is both an art and a science'
- Dave Asprey

Quality of Sleep

Getting 7-8 hours of quality sleep a night is key. For many people, this is a real game-changer, myself included. My "naive" philosophy in my 20s used to be "you can sleep when you're dead", but by focusing on getting quality sleep by following the tips shared in our blog post (linked post), I have realized what a game-changer quality sleep has on our health, wellbeing, happiness and for longevity.

Try a Sleep Tracker

The OURA Ring is a great and easy-to-wear option that gives insightful feedback to the sleep phases, quality of sleep, and more. I found that by knowing the amount and type of sleep I get in a night, I can take actionable steps to optimizing my sleep and adjusting my day if it wasn't a great night.



Strength Training - the Importance of Building Muscle

*'Take care of your body, it's the only place
you have to live'* - Jim Rohn



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Naturally as we age, our muscle mass decreases, which often leads to bone health issues and a lack of mobility. The great news is that this trend can be reversed by lifting some weights!

Strength training can help reduce body fat, avoid arthritis, increase general strength, speed up metabolism, and enhance your mood whilst reducing stress. All of these incredible benefits will help you to live longer and prevent age-associated diseases!

Building muscle is also great for feeling strong, preventing back issues if you sit at a desk all day, as well as contributing to aesthetic goals we may have!

As always, please remember to seek advice from a strength training professional to adapt your weight lifting sessions to your personal needs and requirements.

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Morning Routine

'If you win your morning, you win your day!'

- Tim Ferriss

Meditate

Clearing your mind and focusing on your breath for instance can set you up for a more intentional and conscious day. Meditation helps to relieve anxiety and stress and increase self-awareness to live happier and more meaningful lives. Try a guided mindfulness meditation with the Headspace or Calm app. I like to mix up the type of meditation I do, which includes TM, breath-focused, and presencing, amongst others.

Move & Stretch

Taking time in the morning to get your heart rate up by moving and stretching after. It not only can help to wake you up faster, but the endorphins from exercise help you feel ready to conquer the day!

Journaling

Use the 5-Minute Journal mentioned in Hack #1, or simply track your thoughts and feelings in a notebook of your choice. Focusing on things you are grateful for - big and small - will help you to focus your mind and begin your day with a positive attitude.

Cold Shower

The benefits of cold exposure therapy are endless. Still, to list a few, it not only wakes you up, it increases circulation, reduces muscle soreness post-workout, and can boost weight loss whilst also giving you glowing hair and skin. Check out Wim Hof to learn more Cold Exposure Therapy.

Breathwork

Similar to meditation but slightly different. While meditation usually encourages the self-observation of your own natural breath, breathwork intentionally changes the pace and depth of breath through many other techniques. Meditation and breathwork can be done together or separately. However, a key difference is that meditation focuses more on the mind, whereas breathwork can allow you to tune into your energetic body and shift some stagnant energy. Try Wim Hof's breathing method to get you started and enjoy the power of your breath!



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Fresh Air in Nature

'Fill your lungs, clear your mind.'

Getting regular fresh air throughout the day will clear your mind and body of stress and toxins. Indoor air, especially in a poorly ventilated room, usually has suboptimal oxygen levels and higher carbon dioxide levels, whereas fresh air usually has much higher levels of readily available oxygen.

Getting outdoors, especially in a park or nature-rich environment, can clear your lungs and help your body to heal itself faster, as all our biological cells NEED oxygen to thrive optimally. Not only does fresh air have many health benefits, but stepping outside away from our screens will positively impact our minds, increasing focus and productivity!

Stepping into the daylight also heightens our exposure to Vitamin D, which is essential for increasing longevity. Vitamin D can aid with bone health, depression, heart disease, diabetes, skin health, and much more!



Daily Exercise

'Just do it!' - Nike



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Whether you enjoy exercising in the morning, afternoon or evening, it is vital to get your body active for at least 30 minutes every day! Choose an exercise that you really enjoy to ensure that you don't spend your exercise time counting down the seconds until it's over! Make it more fun by mixing it up and working out with friends. I love my Peloton workouts, and together with The Longevity & Lifestyle team, we enjoy reformer pilates, running, kickboxing, dancing, strength training, yoga, and walking, and yes, walking does count!

You can find free exercise classes on YouTube or explore your local area and check out the studios around you! You never know, you may just fall in love with a workout class you didn't think you would!

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Stay in the Present Moment

'Realize deeply that the present moment is all you ever have' - Eckhart Tolle

Our busy schedules and To-Do lists often stop us from truly living in the present moment and recognizing the beauty and joy of being alive this very second. A great way to take a moment to center yourself in the now is by pausing to breathe and ground yourself through a simple exercise. Try this exercise now, it only takes a minute (it's a "hack" I learned from Dr. Mark Atkinson):

- Start by grounding your feet on the floor and feeling the earth beneath you
- Soften your gaze (or close your eyes), smile, and relax your tongue
- Take 5-10 slow deep inhale's and exhale's as if you were inflating a paper bag in your stomach.

Simple, right? Notice how you feel - probably calmer and more relaxed? Not only do we feel more clear-headed and ready to take on the next task, but our focus and performance can be enhanced, and we can make decisions and share ideas with a more thoughtful and level head. Try this exercise at least 3 times a day for optimum effects.



Have More Sex

'Less stress, more sex.'



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Studies show that having more safe and consensual sex increases longevity, happiness - in and out of relationships, enhances mood, and benefits mental health. In one particular study, men with a higher frequency of orgasms showed a 50% reduction in mortality. For women, orgasms strengthen the pelvic floor to help avoid incontinence which affects 30% of women at some time in their lives.

Orgasms are a natural pain reliever, so before you reach into your pillbox, try an orgasm instead! The hormones released during sex can make you sleepier and more relaxed, making for a great bedtime routine addition. Other hormones released during sex can help to relieve anxiety and stress too!

Did you know that sexually active people also take fewer sick days? Clearly, having more sex is beneficial to our health. Another benefit of sex? It can also count as exercise! So burn those calories, relax your mind and live longer while having lots of fun!

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About Claudia

'This is the most exciting time to be alive! We are witnessing a monumental shift to real health-care - enabling you to be free of many avoidable diseases and pain, live energetic and happier lives, and reach your true potential!'

- Claudia von Boeselager

Claudia von Boeselager is passionate about biohacking, increasing healthspan, and longevity. As a Coach and the founder and host of The Longevity & Lifestyle Podcast, Claudia is on a mission to uncover the strategies, tools, and hacks to help us live better and thrive in all aspects of life!

Claudia's mission stems from her personal experience suffering from a multitude of chronic diseases: Her health issues reached a peak one day when climbing the stairs feeling completely exhausted - and it wasn't even lunchtime! With a business to run, two small children and only in her mid-30s, Claudia decided to take matters into her own hands and began her journey to biohacking her health.

On her podcast, Claudia invites the world's leading pioneers and thought leaders to talk about their groundbreaking work and, in doing so, inspire us to optimize ourselves and our daily life to reach our true potential! At Longevity & Lifestyle, we believe the time has come for us to end disease treatment and instead embark on a more empowering proactive and preventative approach to improving healthspan and longevity - while having lots of fun!

Claudia is a serial entrepreneur, investor, conference speaker, and mentor to leaders and start-ups. She began her career in Investment Banking at Goldman Sachs, later founding, investing in, and advising start-ups across the tech space, including Health- and Med-Tech. Claudia is a futurist, passionate about science, technology, innovation, conscious living, and biohacking to live smarter, happier, and healthier for longer.



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About Longevity & Lifestyle

'Let's be the 90-year-old mountain climbers, kite surfers, and late-night partiers having all the fun!'

I've always been passionate about researching and discovering groundbreaking hacks, tools, tips and routines from new scientific discoveries and pioneering research to improve daily life, health and optimize performance. Often asked by family and friends to share this knowledge, I have found a tremendous gap in what many believe is the latest science and best practice, and what new and often better quality solutions there are out there. With this in mind, Longevity & Lifestyle was born as a platform to share these groundbreaking and often life-changing tools to live better and longer with a wider audience. From optimizing cognition, nutrition, skin health, exercise, sleep, and beauty to emotional wellbeing, purpose, and more, I dig deep to uncover how we too can optimize for longevity and lifestyle!

There is a seismic shift taking place from 20th- to 21st- century medicine, replacing the diagnosis and pill prescription philosophy to the investigating and solving for the root cause of a disease one.

I believe we are at the dawn of a new era of optimizing our health to help us live our true potential, leaving behind all the chronic diseases and ailments the last 50 odd years of bad habits, diets, lifestyles, and misinformation has contributed to.

Thanks to advances in science, personalized medicine, wearable tracking devices, nutrition, genetic testing, data, experts in this field, and more, tools are now easily available to help us understand and focus on prevention and living better quality lives, free from many avoidable diseases. The equation is simple:

Better health + more energy and mental clarity = higher lifelong happiness!



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Please read with care to ensure you stay safe - I wouldn't want anything bad to happen to you!

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