



Community Memorial
HEALTHCARE

***Beyond the Lifespan: The
Science of Staying Strong,
Sharp & Independent***

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Introduction & Background

Laura Levitt, MD
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- Practicing Anesthesiologist for 14 years on the East & West Coast
- Fellowship Trained in Pediatric & Neuroanesthesia
- Seeing patients of various ages undergo surgeries
- Elective & emergent cases
- BMIs/chronic illnesses/outcomes
- Started asking why? And what can be done?
- Certification by the American Board of Obesity Medicine (ABOM)
- Personal interest in Longevity Medicine & Weight Loss Medicine keeps me going

Important Disclaimer

This lecture is for educational purposes only. I am a practicing physician but am not your personal physician. Content does not constitute individual medical advice, diagnosis and/or treatment. Always consult your medical professional before making any changes to your current lifestyle.





Changing the Way We Think About Health

- Change in vocabulary or definition
- Shift in healthcare from treatment to prevention
- Still are not there yet
- Be proactive and work for it

The Longevity Program Shift

From Lifespan to Healthspan

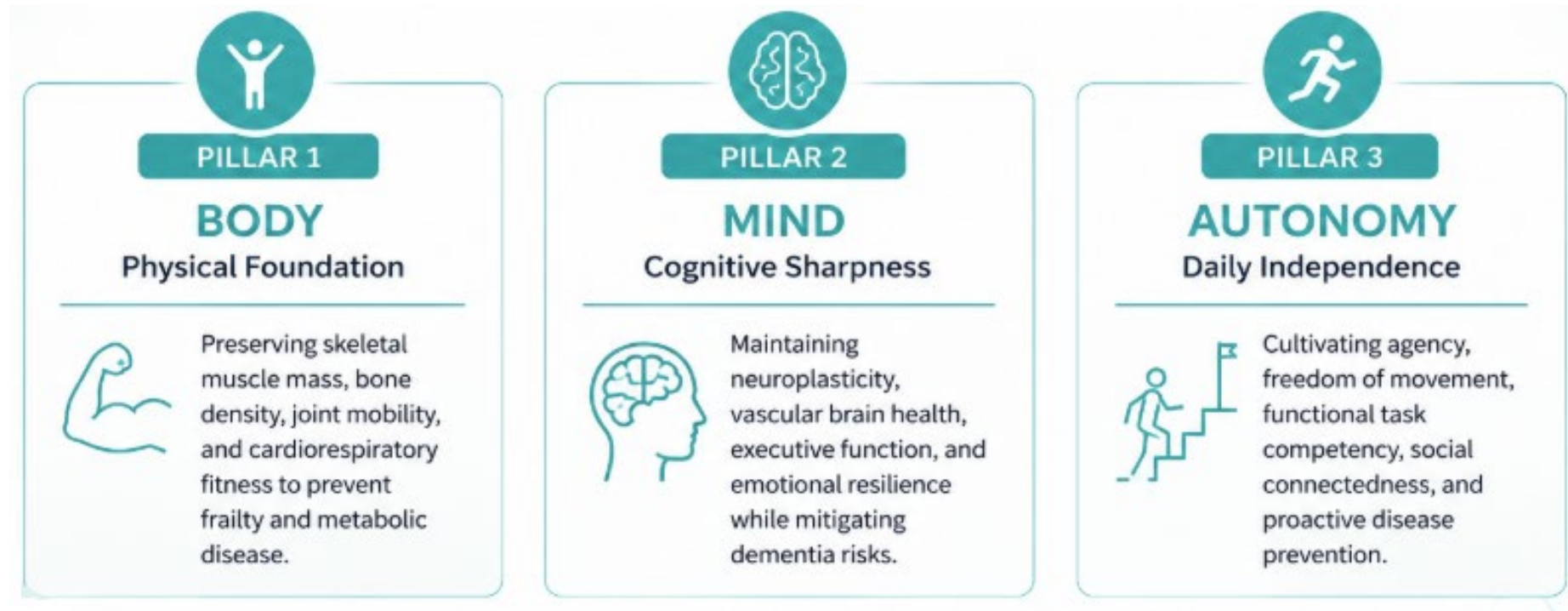
Has a practicing physician, I witness a vast clinical spectrum: from vibrant, older adults, undergoing elective procedures to frail patients battling multiple chronic morbidities.

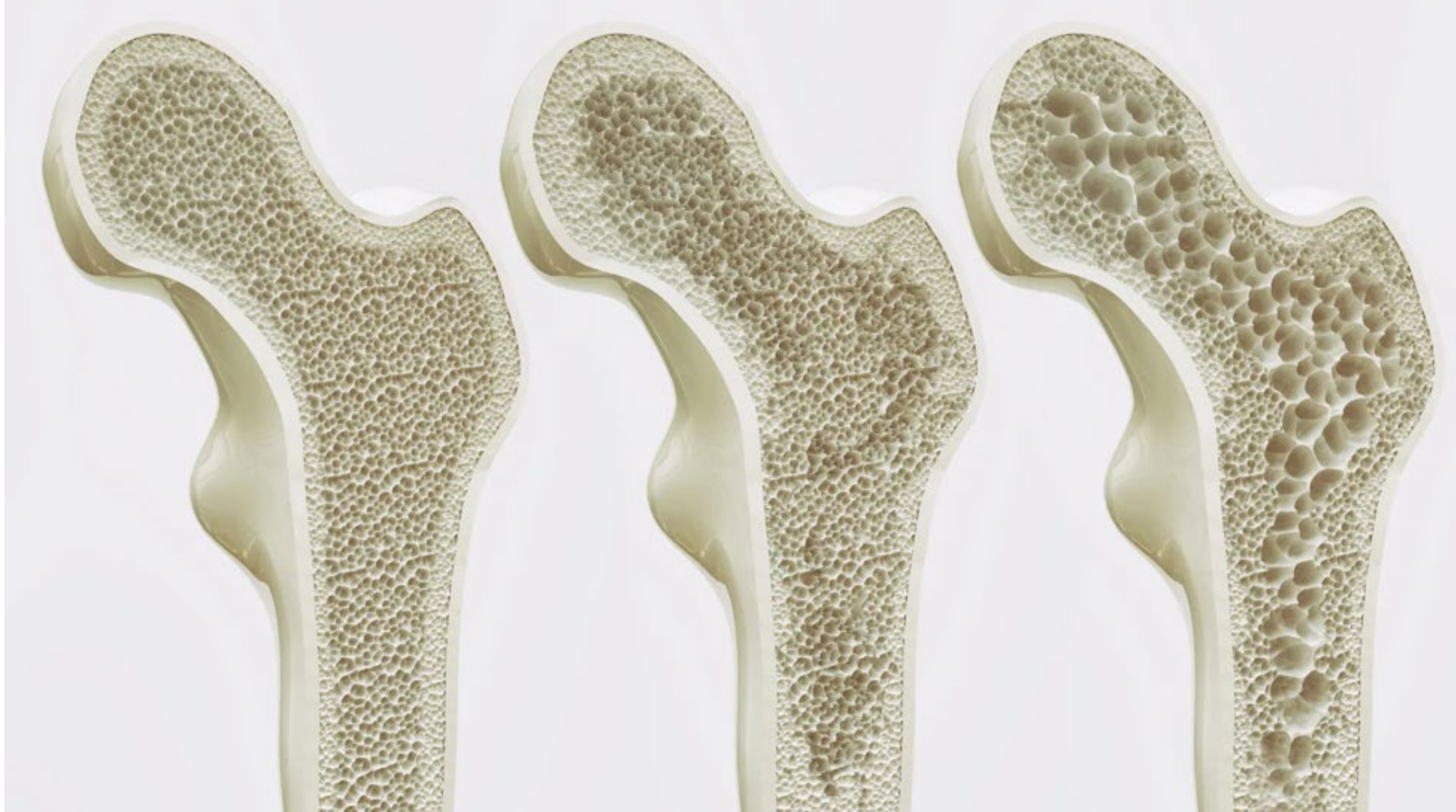
Modern society is obsessed with simply adding Calendar years (lifespan). However, longevity science is shifting toward healthspan — ensuring every extra year is rich in vitality, cognitive clarity, and full functional anatomy.

Instead of chasing extreme anti-aging hacks, real longevity relies on aggressive prevention and daily evidence-based habits.



The Focus will be on 3 Frameworks





Pillar 1: Physical Strength



- Decrease is most substantial between late phase of perimenopause and menopause
- What is the definition of strength training or resistance?
- What are some new medications doing to our muscles?

Exercise Changes the Way We Age



How To
**GET UP +
DOWN**
From The
Floor



Aging Without Training



Aging With Training



Exercise Prescription

- Why is muscle so important?
- Make it fun
- Make it in a group setting/community works
- It should be hard in some respects but not a chore
- Your bones depend on it

150

Minutes / Week
Moderate Aerobic Activity

Core Training Pillars for Longevity



Resistance Training ($\geq 2\times/\text{week}$): 2–3 sets targeting major muscle groups at 50–80% 1-rep max. Improves insulin sensitivity, blood pressure, and bone density.



Aerobic Base: 150 mins moderate or 75 mins vigorous. Moving from completely sedentary to active yields the single largest health gain.



Balance & Fall Prevention ($\geq 2\times/\text{week}$): Single-leg stands, tai chi, and narrow stance work to preserve neuromuscular control.



Task-Specific Function: Squats, lunges, stairs, and loaded carries to protect real-world physical autonomy.

Strong in Body–Nutrition

- Is ALL protein created equal?
- What is the DIASS?



Anabolic Resistance: Older muscle requires higher per-meal amino acid concentrations to trigger muscle protein synthesis via mTORC1.



The Leucine Threshold: Target 2.5–3.0g of leucine per meal (~30–40g protein) to effectively initiate repair and growth.



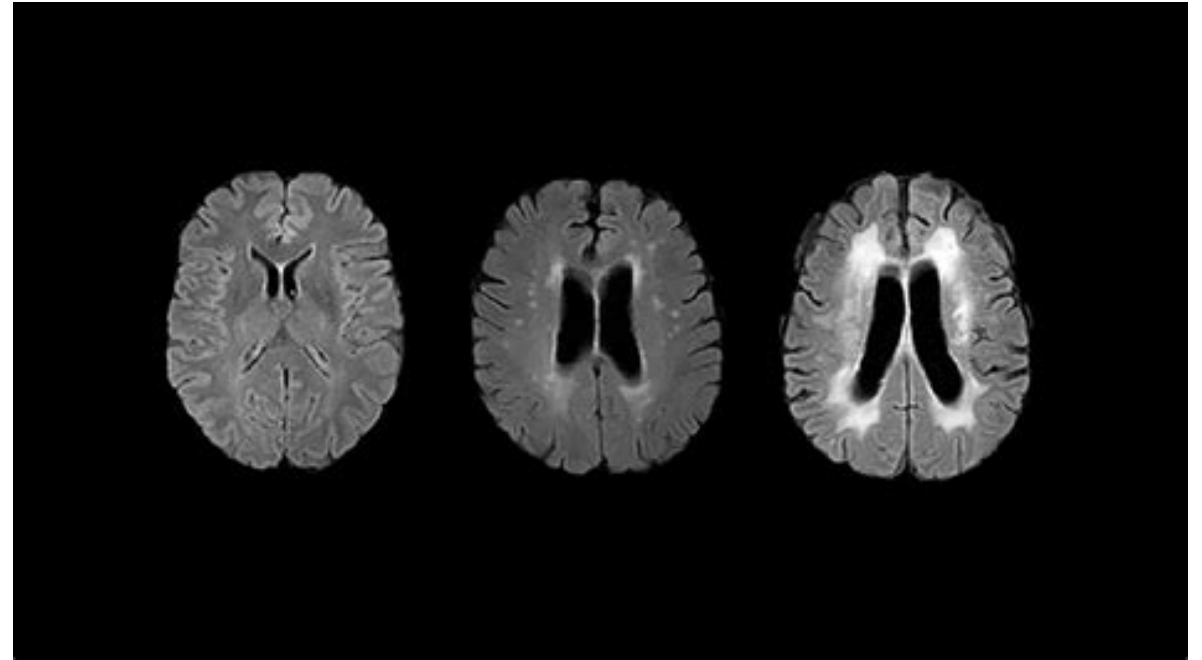
Protein Quality Matters: Bioavailable whole-food animal proteins (eggs, poultry, fish, beef) and high-quality whey provide superior leucine density and essential micronutrients.



Even Distribution: Distribute protein intake across 3–4 meals rather than backloading all protein into dinner.

Pillar 2: Sharp in the Mind

- What does this mean?
- Risk of dementia — genetics
- Genetic testing — 20% of your genes
- Scanning available — cost \$



Cognitive Sharpness

Cognitive decline is heavily influenced by Vascular health, systemic inflammation, metabolic control, and active brain engagement.

Aggressive management of cardiovascular risk factors — maintaining blood pressure below 120/80 mmHg, Avoiding diabetes, and eliminating smoking — is vital for cerebral perfusion.

Active learning, social connection, and restorative sleep continuously drive neuroplasticity, and build cognitive reserve.



Mental Toughness

- What are your chronic illnesses?
- There is no one size fits all or quick fix
- Try to improve your parameters — BP, OSA, A1C, lipids
- Small vessel disease is the biggest impact on dementia
- Need major cardiovascular control
- Absolutely zero tolerance for any SMOKING
- Alcohol??? — limits
- Sleep hygiene parameters — circadian rhythms essential clearance of amyloid plaques and tau protein removal



Strong Independence

What's Your Definition?

- Living independently
- Living with some assistance
- What is the cost and what can you afford
- What is your plan in 5-year increments? After retirement?

Blue Zones & Social Connection

- What are the Blue Zones and what can we learn from them?
- Movement, community, nature, purpose, lower stress, whole food nutrition and sleep



Pillar 3: Personal Autonomy



“Every Movement Counts”

THE SWISS PUBLIC HEALTH MODEL

- ✓ Longevity is built through daily non-exercise physical activity (NEAT). Walk daily, take stairs, break up prolonged sitting, and stay active through hiking, cycling, or gardening.
- ✓ Movement isn't limited to gym sessions; cumulative daily activity preserves joint range of motion and metabolic health.



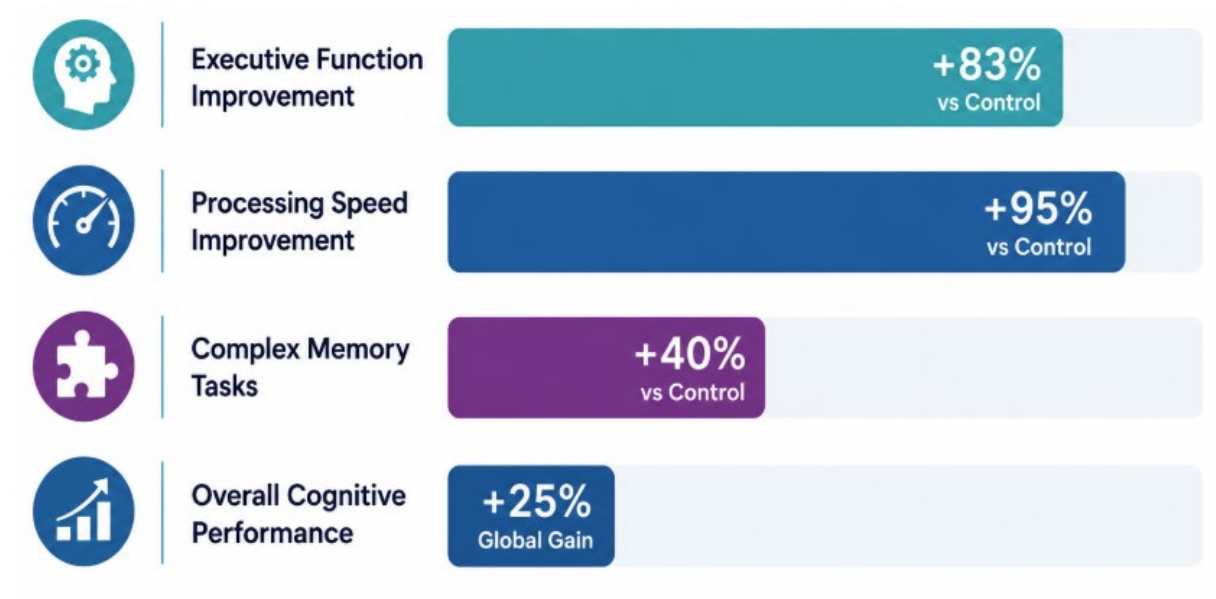
Proactive Prevention Strategy

KNOW YOUR KEY BIOMARKERS

Do not wait for disease to manifest. Work proactively with your physician to monitor essential indicators:

- Blood Pressure (<120/80)
- ApoB & Lipid Panels
- HbA1c & Fasting Insulin
- DEXA Bone & Muscle Density
- Cancer Screenings & Fitness Benchmarks

The FINGER Multidomain Trial



Key trial Takeaway: the landmark finish FINGER trial proved that combining diet, exercise, cognitive training, and vascular risk monitoring preserves cognitive function in at risk, older adults far better than single-factor interventions.

Daily Actionable Micro-Habits

Daily Movement

Accumulate 7,000 – 10,000 steps daily.
Take stairs, stand during calls, and engage in outdoor activities.

Metabolic Nutrition

Focus on whole foods, fiber-rich minimally processed carbohydrates (oats, quinoa, buckwheat), plant fats, and eliminate ultra-processed foods.

Targeted Protein Intake

Achieve ~30 – 40g high-quality protein per meal to cross the leucine anabolic threshold for muscle retention.

Eliminate Toxicities

Zero tobacco/nicotine, limit or eliminate alcohol, and stay well-hydrated (1.5-2L water daily).

Sleep & Stress Baseline

Treat sleep as a fundamental biological requirement, not a lifestyle luxury.

Key Takeaways

Take Control of Your Healthspan Blueprint Today

- Aging successfully is not genetic luck — it's built through daily evidence-based micro-decisions
- Healthspan: Strong in Body • Sharp in Mind • Autonomous for Life



*Be strong & be proactive! Let's get out there
and start our own Blue Zone in Ventura & Ojai*

THANK YOU

Laura Levitt, MD

