

Healthy Aging: Living Long & Strong

Laura Sapienza Health & Wellness Coaching





Laura Sapienza Holistic Nutritionist NBC Health & Wellness Coach



***Calm & Confident Weight Loss**
***Living Long & Strong**



Shift out of overeating patterns.
Create an energizing & fulfilling lifestyle.
Create a VISION and a PLAN.





Face It & Embrace It



Imagine What Is Possible
Meet Jeanne Calment



Average Life Spans:

U.S. 76

Italy 83

Japan 85

Hong Kong 86

U.S. - 70% adults and 20% kids overweight

*50% adults at least 1 PREVENTABLE chronic disease, due to
lifestyle (cancer, HD, HTN, stroke, DM...)*

Most health research estimates - 70% lifestyle, 30% genetics



The Blue Zones



*A Nicoyan Peninsula
Costa Rican Enjoys Good
Health*



Jorge Vindas at 102



*A Sardinian Woman,
Strong & Vibrant*



...And From The USA!





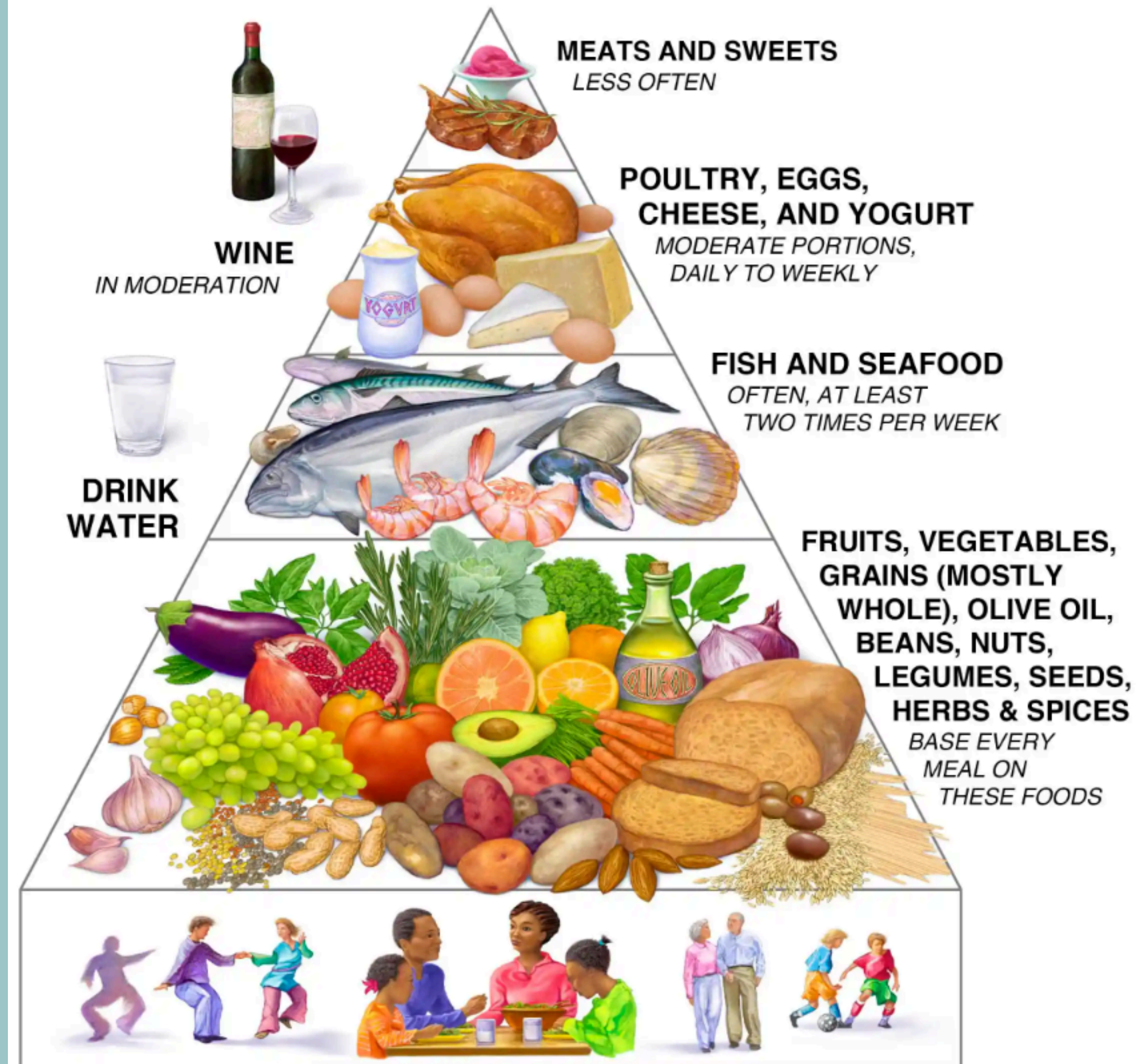
Laura's Recommendations:

Aerobic Activity 30 minutes, 5-6 x week

Strength Train 2-3 x week

Racket Sports, Dance, Martial Arts 1-2 x week



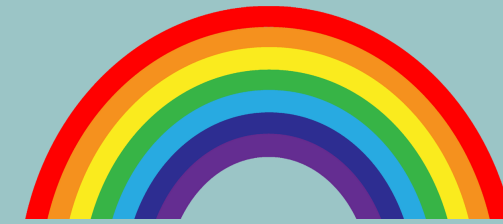


The Mediterranean Diet Pyramid

A DAY OF LONGEVITY EATING:

Fruit 2/day, Veggies 5/day

EAT THE



Beans ½ cup/day

Whole grains - not processed refined grains

Lean proteins (protein critical for elderly)

Healthy fats

“Added grams of sugar” less than 25 or 35 grams/day

Nutrition Facts

8 servings per container

1 Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

2 Total Sugars 12g

Includes 10g Added Sugars **20%** **3**

Protein 3g



Added Grams Of Sugar



Laura's Recommendations:

SUPER FOODS

Blueberries - Anthocyanins cross blood/brain barrier - anti-aging, anti-cancer

Spinach/Kale - Powerful antioxidants to dec. inflammation & chronic disease

Lentils/Black Beans - Fiber, protein, complex carbs for energy and heart health

Quinoa - Fiber, complete pro, flavonoids dec. HD risk and inc. cognition, memory

Walnuts/Pumpkin Seeds/Flax Seeds - Omega 3 for HDL

Avocados - Heart healthy fats, high fiber





Studies Show

Less talking

Isolation and cancer recurrence

Power in volunteering

Vanderbilt study



Sardinian Happy Hour



Okinawan Social Life

Laura's Recommendations:

Prioritize family time

Volunteer

Start or join dinner or book club

Know your neighbors

Attend church/faith



***Chronic Stress Produces Free Radicals,
(molecules that damage DNA):***

Accelerated aging

Decreased immunity

Increased risk of cancer

Increased risk of chronic illness & dementia

Practice Stress Management

Exercise

Deep Breathe

Pray/Meditate

Socialize/Laugh

Engage In Meaningful Activity

Keep Perspective

Prioritize Sleep

Lack of sleep associated with:

Increased weight gain/illness

Increased depression & anxiety

Associated with dementia & AD

Get 7-9 hours sleep/night

Laura's Recommendations:

Be very physically active

Be social

Reduce sugar

Get sunlight

Wind down at night, low lights





Stay Mentally Active

Studies show we make new neurons into old age, & learning new skills maintains cognitive health:

Memory

Focus

Comprehension

Decision Making

Keep Learning NEW THINGS

Take a class

Join a study group

Read

Play cards

Play board games

Do puzzles

Play video games

Get a new vocation

Master a technology

Laura's Recommendations:

What have you always wanted to try?

To learn?

Read about it

Join a class or study group



Bronnie Ware “Top 5 Regrets Of The Dying”

#5 - “I wish I had let myself be happier”.

Great Quote

Eventually you will reach a point when you stop lying about your age and start bragging about it.

(Will Rogers)



Thank You!



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If you would like to learn more about working together,
call or email me for a **FREE 30 MINUTE INTRODUCTORY CALL**

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