EVOLVE · LONGEVITY CONCIERGE

The Longevity *Guide.*

10 simple habits that add years to your life.
5 places in the world to reset.

BEFORE YOU START

Health is the new *luxury.*

Medicine has added years to our lives. On average, people now spend close to a decade of them in poor health. Longevity is not about living forever. It is about more good years: more energy, deeper sleep, a body that moves easily, a clear head.

This guide keeps things simple. Each habit is explained like you're five, with one thing to do this week. Pick two, not ten. Small habits, repeated, beat big plans you never start.

Source for the healthspan gap: Garmany et al., JAMA Network Open, 2024 (183 countries).
This guide is general information, not medical advice. Talk to your doctor before changing your training, diet or medication.

10 HABITS · PART 1

Habits that add *years.*

1 Sleep is a dishwasher.

At night your brain washes away the waste of the day. Wake up too often and the dishes stay dirty.

Do this: same bedtime every night, 7 to 9 hours.

Xie et al., Science, 2013

2 Morning light sets your clock.

Light in your eyes in the morning tells your body the day has started, so you sleep better at night.

Do this: 10 minutes outside before 10 a.m.

3 Walk after you eat.

Your muscles are sponges: when they move, they soak up the sugar from your meal.

Do this: 10 minutes after lunch and dinner.

Buffey et al., Sports Medicine, 2022

4 Grow your engine.

Low fitness is linked to a higher risk of early death than smoking. Your VO2 max is the number to train.

Do this: 3 easy sessions a week + one Norwegian 4×4.

Mandsager et al., JAMA Netw Open, 2018 · Helgerud et al., 2007

5 Muscle is your pension.

Strong people stay independent longer. Grip strength alone predicts health as we age.

Do this: lift something heavy, twice a week.

Leong et al., The Lancet, 2015

Habits that add *years.*

6 Protein at every meal.

Muscle needs building blocks, and we need more of them as we age.

Do this: a palm-sized portion of protein, three times a day.

7 Stop at 80% full.

In Okinawa, where many people pass 100, they stop eating before they feel full. They call it hara hachi bu.

Do this: put the fork down one bite earlier.

8 Friends are medicine.

Strong relationships are linked to a longer life, on the same scale as quitting smoking.

Do this: one long meal a week with people you love.

Holt-Lunstad et al., PLOS Medicine, 2010

9 Alcohol steals your sleep.

It helps you fall asleep, then wakes you up in the second half of the night.

Do this: last glass at least 3 hours before bed.

Ebrahim et al., Alcohol Clin Exp Res, 2013

10 Heat, then rest.

In a large Finnish study, frequent sauna users lived longer.

Do this: 2 to 4 sauna sessions a week, if your doctor agrees.

Laukkanen et al., JAMA Internal Medicine, 2015

PUT IT TOGETHER

Your longevity *day.*

7:00	Outside for 10 minutes. Daylight in your eyes.
9:00	Coffee, with a protein breakfast.
13:00	Lunch, then a 10-minute walk.
14:00	Last coffee of the day. Caffeine stays in you for hours.
18:00	Move: an easy session or your weekly 4×4.
19:30	Dinner, at least 3 hours before bed. Stop at 80% full.
21:00	Dim the lights. Screens down.
22:00	Cool, dark room (around 18 °C). Same time every night.

WHERE WE'D SEND YOU

5 places to *reset.*

Ras Al *Khaimah*

Best for: burnout · 5 to 7 days

Desert silence and the sea, 25 °C in winter, an hour from Dubai. Sunrise walks, early nights, a full health check-up.

Thailand

Best for: detox, sleep · 7 to 14 days

The home of integrative medicine. A medical check-up in Bangkok, then the islands to recover.

Madeira

Best for: fitness, clarity · 6 to 8 days

20 °C all winter, mountain trails above the clouds, Atlantic swims.

The Swiss *Alps*

Best for: medical check-ups · 4 to 7 days

Some of the world's leading longevity clinics, mountain air and slow days.

Ikaria, Greece

Best for: slowing down · 7 days

One of the world's Blue Zones, where an unusual number of people live past 90. Walking, long meals, siestas.

KNOW YOUR NUMBERS

8 numbers worth *knowing.*

Ask your doctor about these at your next check-up. A longevity clinic can test all of them in one morning.

ApoB
A clear marker of cardiovascular risk.

HbA1c
Your average blood sugar over three months.

Blood pressure
Simple, and one of the most important.

hs-CRP
A sign of inflammation in the body.

Vitamin D
Often low, easy to fix.

VO2 max
The size of your engine.

Body composition
Muscle and fat, not just weight.

Grip strength
A quick test that says a lot.

General information only. Your doctor will tell you what applies to you.

WANT HELP?

We organise *all of it.*

Evolve is a longevity concierge. Tell us what you need and we book and organise it, with places and people we trust. No membership: you commission us one stay at a time.

Longevity retreats
Rest, food, movement, the sea.

Clinics & biomarkers
Full check-ups, results explained.

Detox & nutrition
Clean food, supervised fasting.

Sleep & reset
For burnout and jet-lagged lives.

Sport & movement
At your level, in beautiful places.

Coaches & follow-up
During the stay, and after.

Hotels & transfers
Door to door.

A longevity home
Light, air, natural materials.

Plan my stay

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