“Three great truths which can change our lives”

Professor James Goodwin PhD
Chief Scientist
Truth Number One

We have control over how we age
Ageing across the life course
Determinants of individual longevity

- Adult life: 65%
- Childhood: 10%
- Genetics: 25%
Do we know how to extend longevity?
What the Blue Zones Tell Us

The Power 9

- Move naturally
- Have purpose
- Shift down
- Eat 80%
- Plant slant
- Drink wine
- Belong
- Affiliate
- Family first
Truth Number Two

Exercise is a silver bullet
It Improves Life Expectancy

Effect of Physical Activity at Age 50

Level of Physical Activity (by sex)

- Low
- Moderate
- High

Life Expectancy (years)

- LE with CVD
- LE free of CVD

<table>
<thead>
<tr>
<th></th>
<th>Low</th>
<th>Moderate Men</th>
<th>High</th>
<th>Low</th>
<th>Moderate Women</th>
<th>High</th>
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<tbody>
<tr>
<td>LE with CVD</td>
<td>6.6</td>
<td>6.8</td>
<td>7.1</td>
<td>6.4</td>
<td>6.6</td>
<td>6.6</td>
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<tr>
<td>LE free of CVD</td>
<td>19.7</td>
<td>20.8</td>
<td>22.8</td>
<td>26.1</td>
<td>27.4</td>
<td>29.4</td>
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Total Life Expectancy:
- Low: 26.2 years
- Moderate: 27.6 years
- High: 29.9 years
It Improves Cognitive Decline

Percentage decline in age-adjusted modified Mini-Mental State Examination (mMMSE) score during the 6- to 8-year follow-up as a function of physical activity (blocks [1 block ~ 160 m] walked). The median numbers (ranges) of blocks walked per week in the lowest, second, third, and highest quartiles were 7 (0-22), 28 (23-49), 77 (50-112), and 175 (113-672), respectively. The difference between women in the higher quartiles and those in the lower quartiles was significant (P<.001).
It improves the management of disease

Age 75: hypertension, COPD, diabetes

Age 75: hypertension, COPD, diabetes
Truth Number Three

It’s Never Too Late
It’s never too late
Mortality at ages 85, 90 and 95 for Swedish females

It’s never too late

Mortality at ages 85, 90 and 95 for Swedish females
“If you can’t fly, then run....

“If you can’t run then walk.....

“If you can’t walk then crawl......

“But whatever you do,

You have to keep moving forward”

Martin Luther King
Thank you for listening

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