

“Three great truths which can change our lives”

Professor James Goodwin PhD

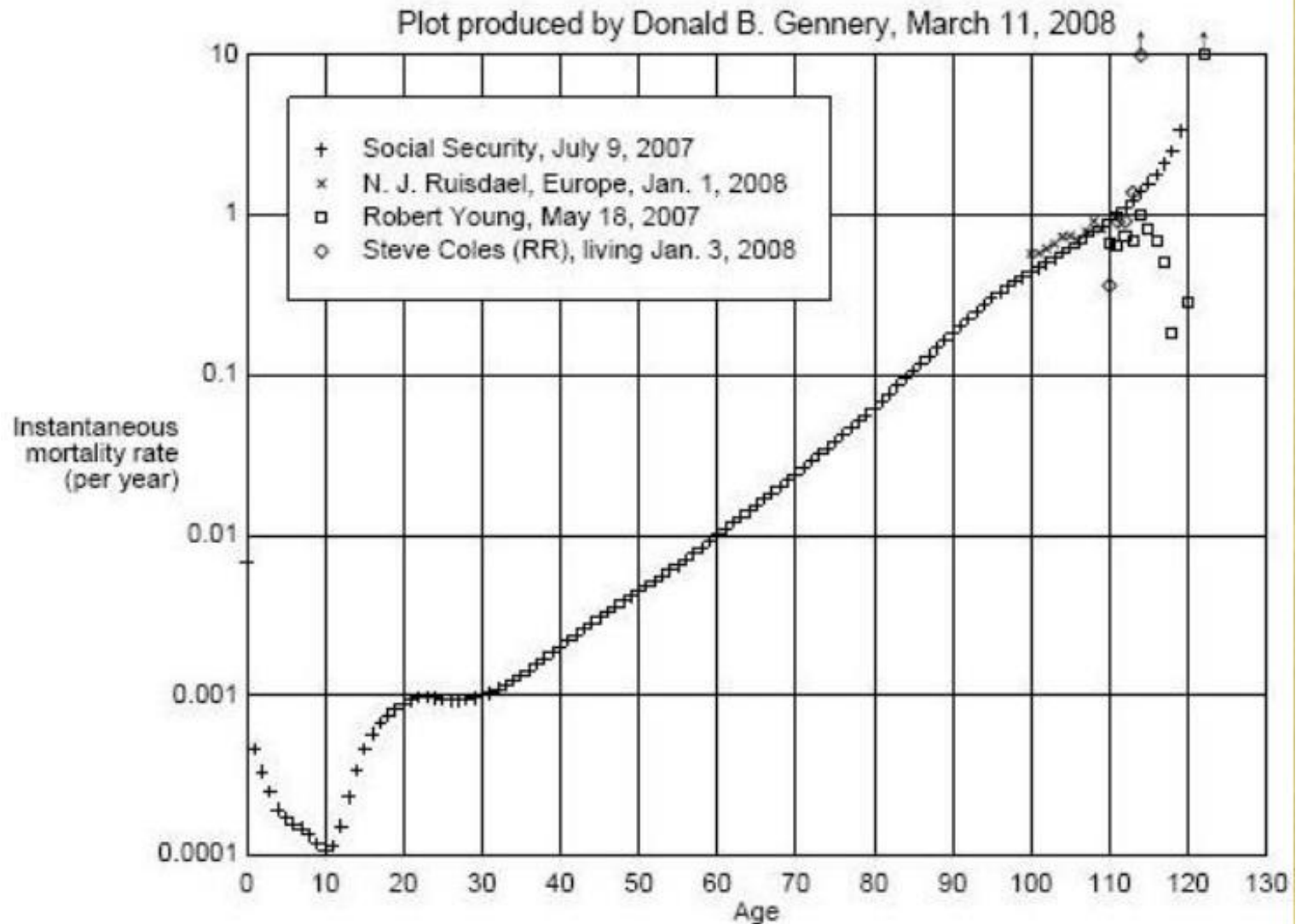
Chief Scientist



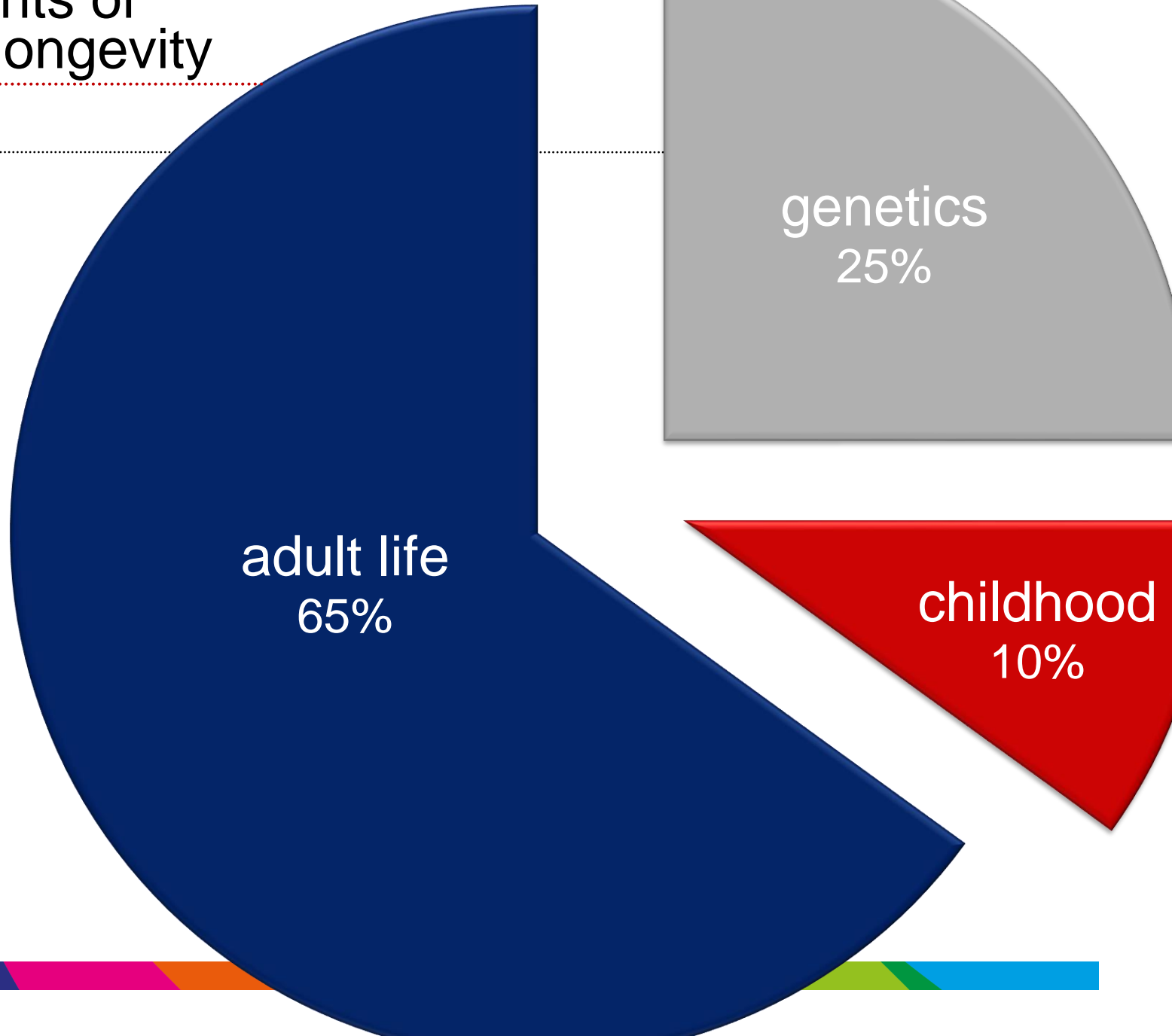
Truth Number One

We have control over how we age

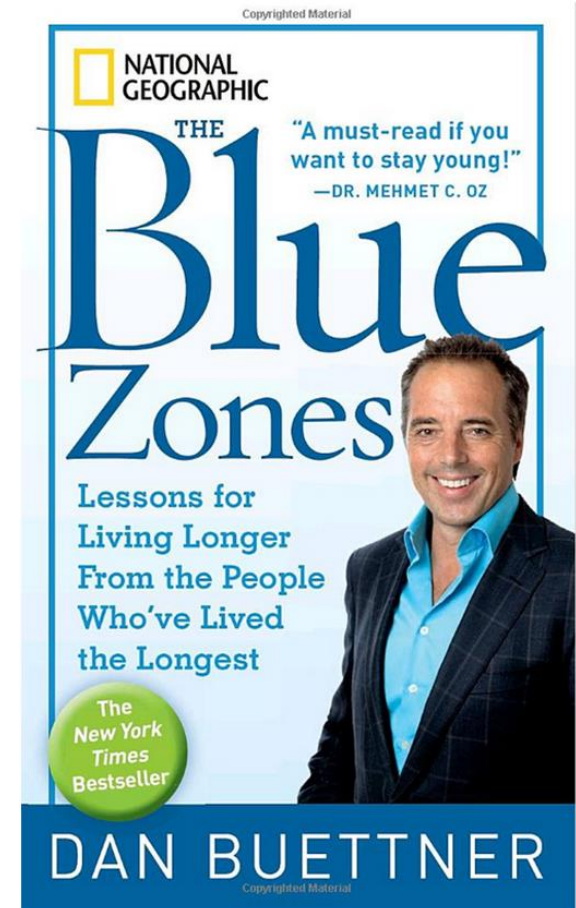
Ageing across the life course



Determinants of individual longevity

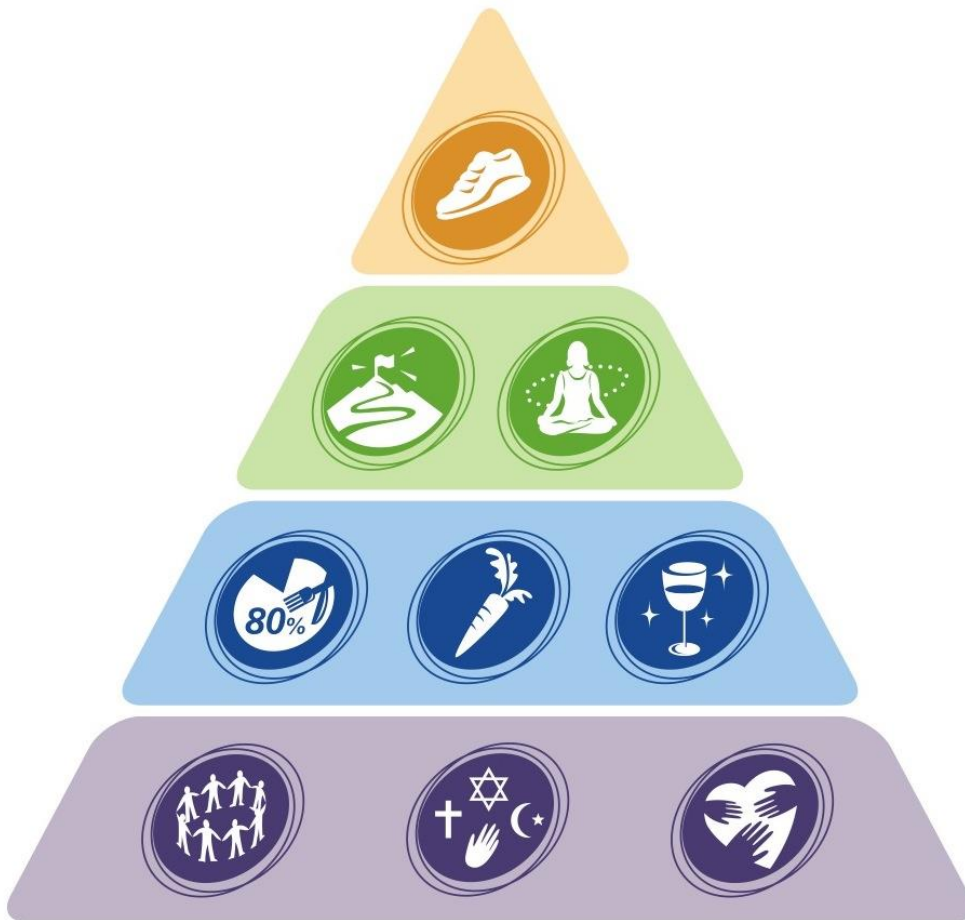


Do we know how to extend longevity?



What the Blue Zones Tell Us

The Power 9

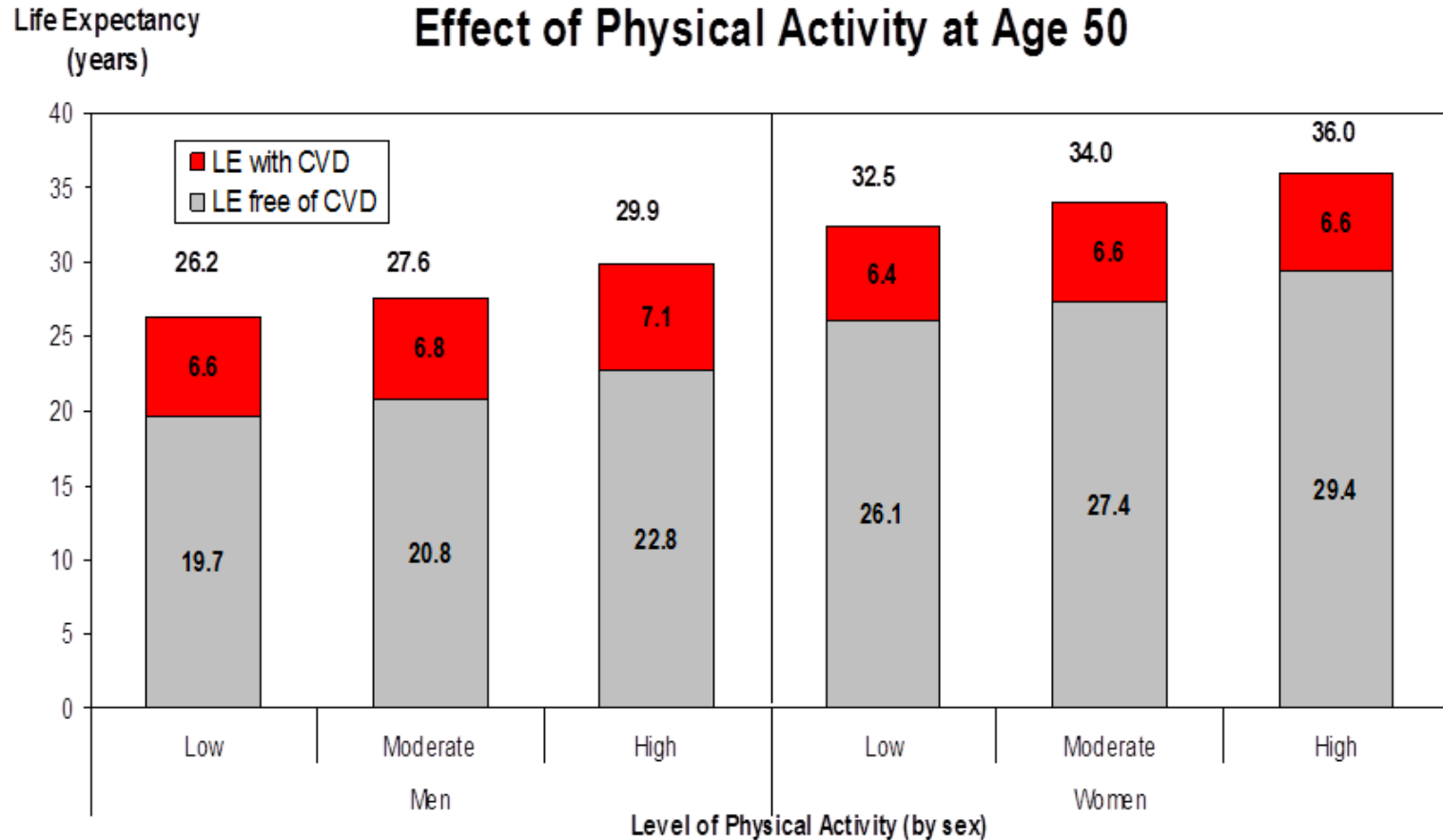


- Move naturally
- Have purpose
- Shift down
- Eat 80%
- Plant slant
- Drink wine
- Belong
- Affiliate
- Family first

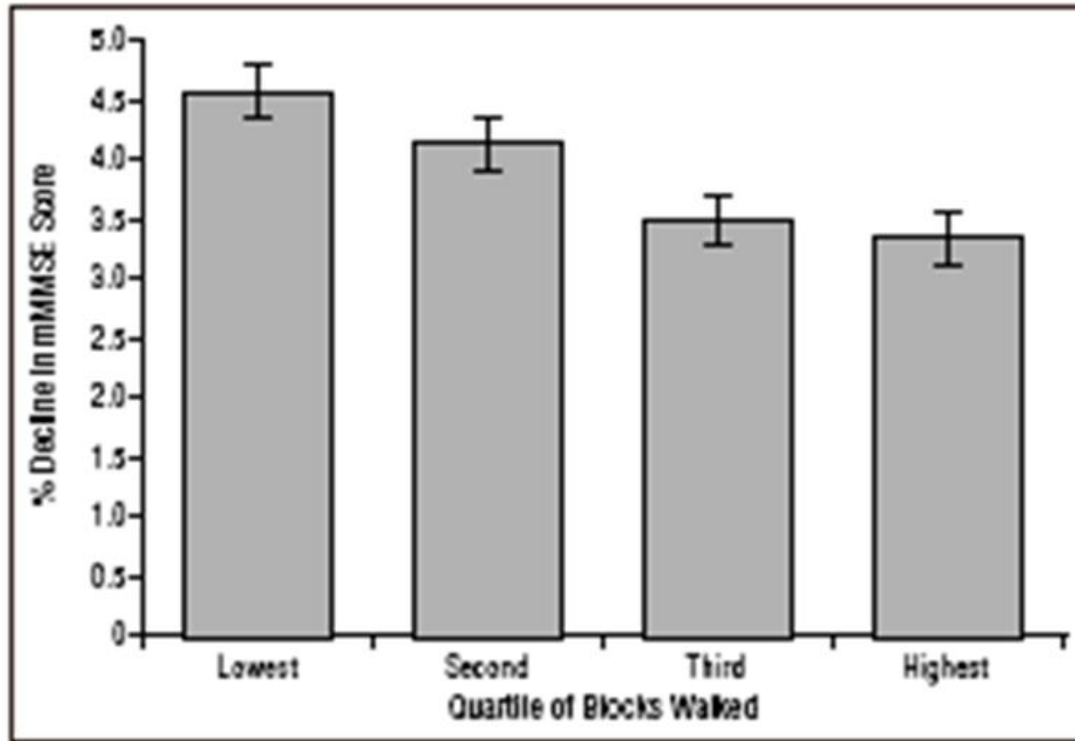
Truth Number Two

Exercise is a silver bullet

It Improves Life Expectancy



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 \approx 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



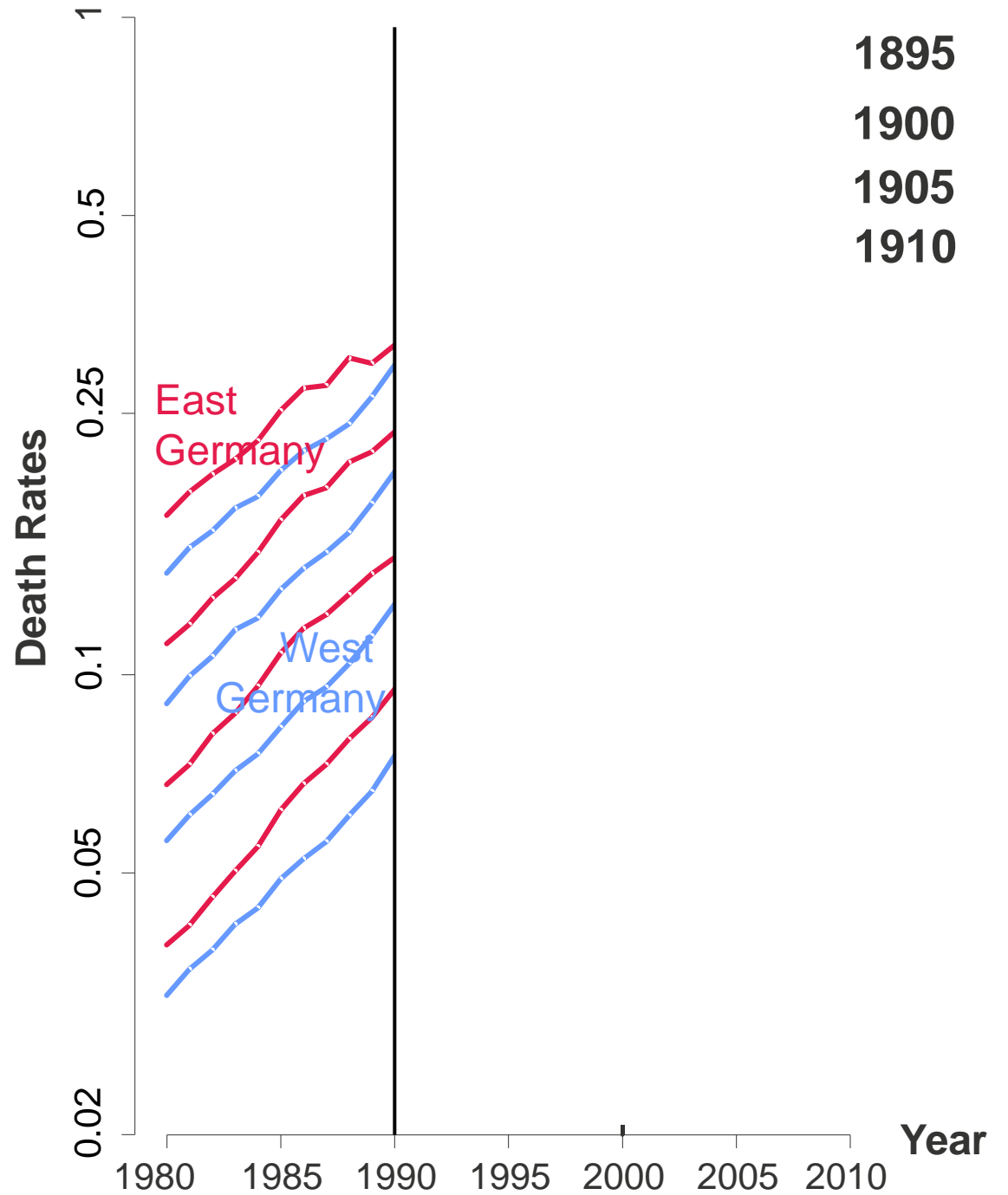
Age 75: hypertension, COPD, diabetes



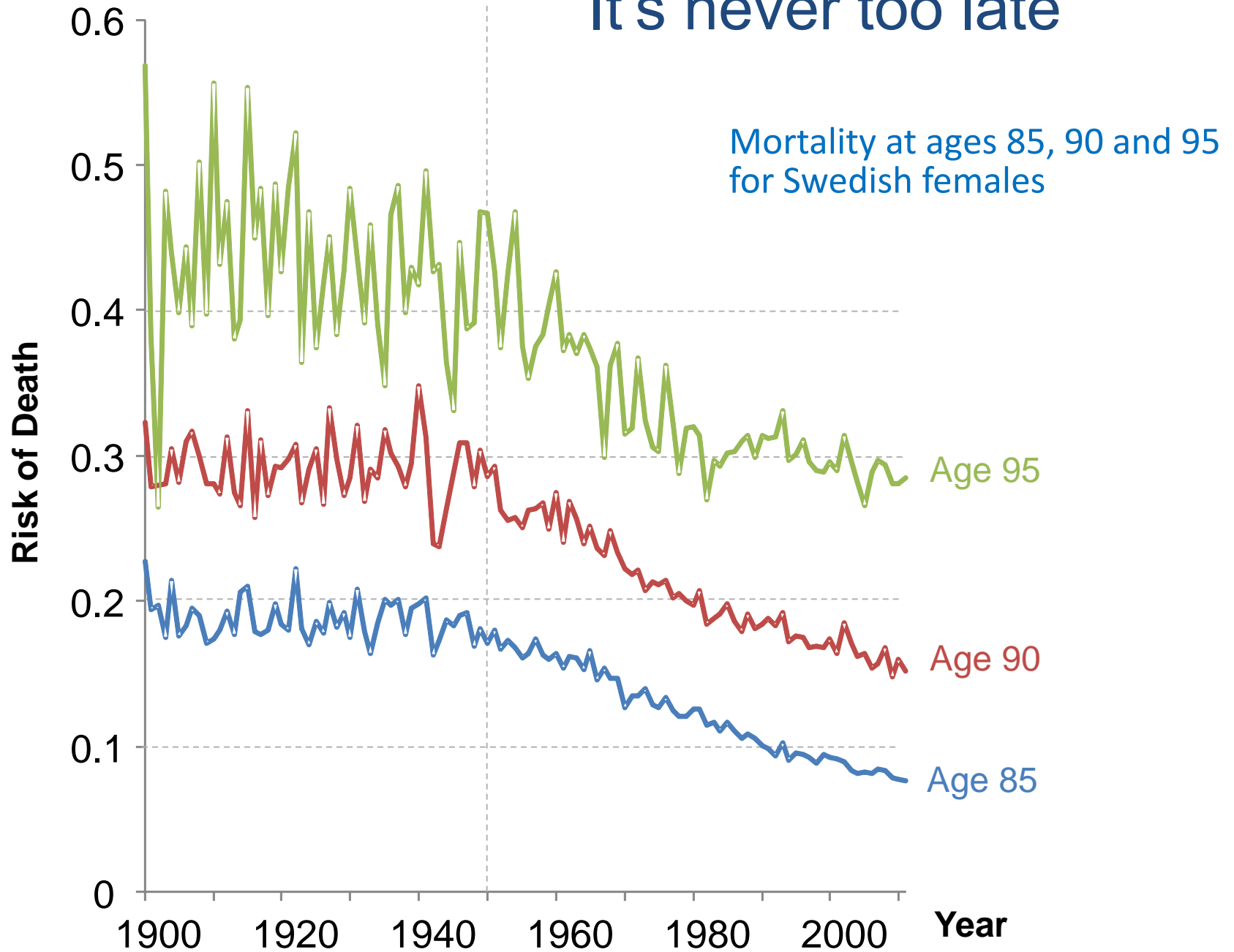
Truth Number Three

It's Never Too Late

It's never too late



It's never too late



Finally.....

“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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