
10 Longevity Resolutions for 2022

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Happy 2022!

Nothing is more important than your Mindset in the new year....

Today I'm going to share my **Top 10 Longevity Resolutions** to keep you healthy and thriving in 2022.

During this decade of extra-ordinary biotech breakthroughs, your goal is to live healthy enough, to intercept those age-reversal technologies heading our way.

There are important things you can do *right now*.

Let's dive in...

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TOP 10 LONGEVITY RESOLUTIONS

1. Prioritize Sleep: Don't underestimate the importance and positive impact of sleep. Make a goal of 8 hours of sleep each night. Get to sleep early, wake up early and get a jump on the day!

2. Exercise & Build Muscle: Muscle mass is one of the most important predictors of longevity and speedy recoveries from injuries. Even a small amount of weekly resistance or weight training can stimulate growth hormones and increase muscle mass.

3. 10,000 Steps Each Day: You're never too busy to get moving. Resolve to take at least 1 hour of Zoom or phone calls while walking. I do it every day. It's easy and fun (well, especially in Santa Monica).

4. Minimize Sugar: It's simple... Sugar = poison. It causes inflammation, cardiovascular disease, and fuels cancer. Go on a 10-day sugar fast and cut it out of your diet completely for several days. It's possible, especially if you do it alongside friends.

5. Upgrade Your Community: The people you spend time with shape who you are, what you think and what you do. Hang out with young or young-minded individuals who care about their health! Spend time with friends who are optimistic and those who actively pursue longevity.

6. Do an Annual “Full-body Health Upload”: Most of us have *no idea* what is really going on in our body. Every year, I visit either [Fountain Life](#) of Human Longevity’s [Health Nucleus](#) to do a full body MRI, an AI-driven CT, Genome, microbiome, and much more. A key to longevity is proper screening and preventative medicine.

7. Drink 2-3 Liters of Water Every Day: If there’s a magic fuel source for the human body, it’s water.

8. Eat a Whole-plant-based Diet: I avoid red meat (which can result in cancer, heart disease, and diabetes), and focus on a Mediterranean plant-based diet and fish rich in vitamins, minerals, and antioxidants.

9. Intermittent Fasting for 12+ Hours: I do my best to fast between 7pm and 12 noon the next day, providing me a 17-hour fast. It gives me extraordinary energy during the day and helps me remain fit. Give it a try! (Remember: drink lots of water!)

10. Read Longevity Enabling Content: Be the CEO of your own health and stay up to date on the latest advancements in medicine. Consider reading my AI-enabled longevity newsletter (www.longevityinsider.org). It’s free and will give you a daily dose of insight and optimism.

I hope you’ll challenge yourself to adopt some (or all!) of these.

Tomorrow I’ll be sharing my **Top 10 Mindset Resolutions** for 2022!

Happy New Year once again.

Peter

What other New Year Resolutions have you made? Tweet at me [@peterdiamandis](#).

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Then consider joining my year-round [Abundance360 Mastermind and Executive program](#) and participate in our A360 Summit February 2-4, 2022.

My mission is to help A360 members ***obtain mastery in four specific mindsets***: an Abundance Mindset; an Exponential Mindset; a Longevity Mindset; and a Moonshot Mindset. Together we will actively select and reinforce your preferred Mindsets.

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