

# THE ANTI-AGING SECRET



**EXCLUSIVE BONUS**

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# INTRODUCTION

When I was younger, I worked as a volunteer medic on an ambulance. I was an EMT. It took nearly six months of weekly training, but I had a dream to make the world a better place.

I was filled with the innocence of youth. I thought I could be like the little boy who held back the ocean by sticking his finger in a crack in the wall...as if my little bit could make a big difference.

I had some of the strangest encounters of my life back then. I saw a lot of insane things during my volunteer shifts, but one in particular really blew my mind. It occurred during a trip to help someone out at a "retirement community."

We were there to pick up a man who looked like he was in his 80s. But as it turned out, **he was in his 40s. And already living in a retirement home!**

He didn't take care of his body, and it wore out on him so early. He was massively overweight and no longer capable of taking care of himself.

That was twenty years ago. For all I know, he's living there to this day. But most likely, given the shape he was in when I met him, he is no longer alive at all.

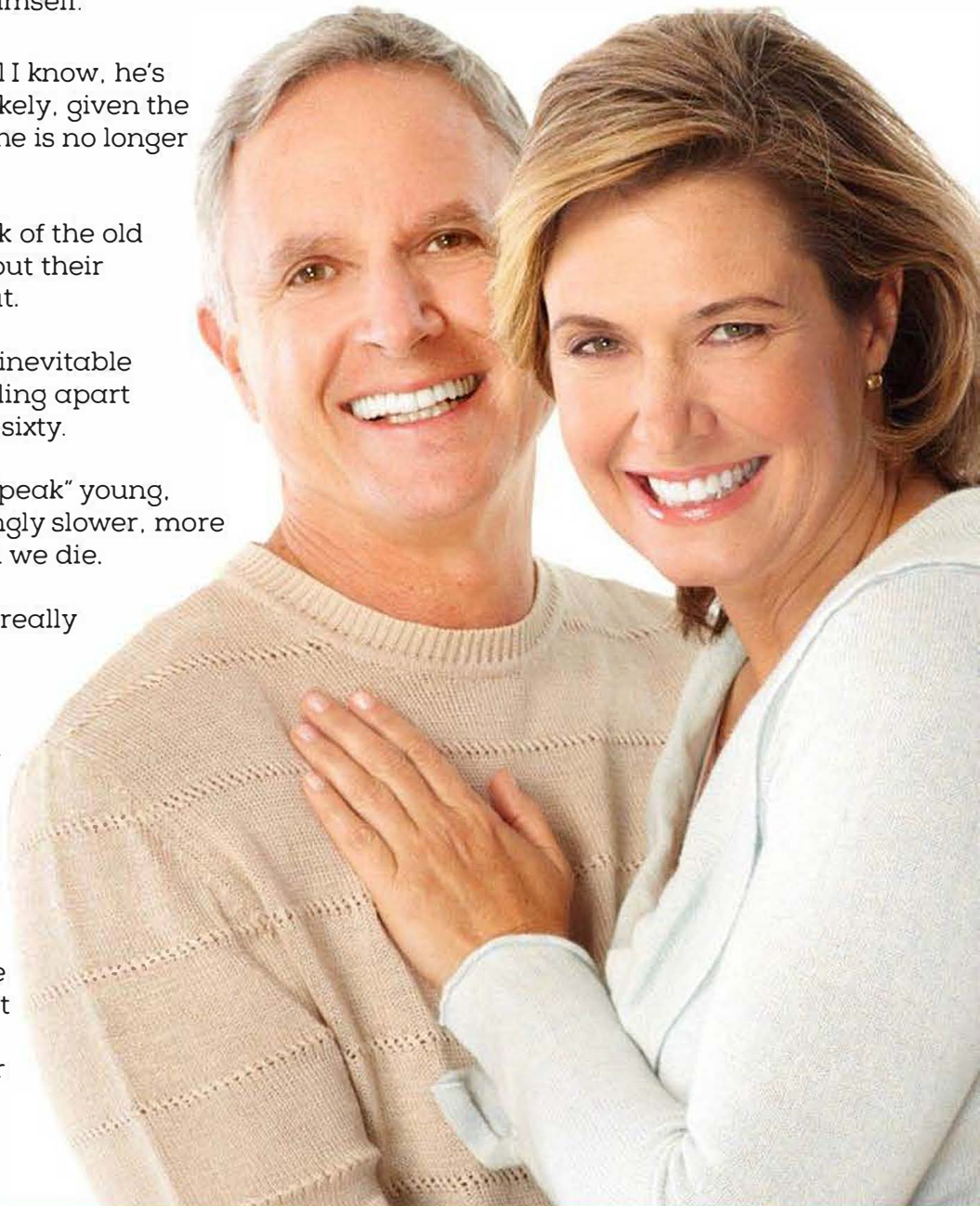
We live in a society where we think of the old as "feeble" and "weak." We talk about their hearing and their minds giving out.

There is this idea that aging is an inevitable force and that our bodies start falling apart as soon as we hit forty. Or fifty. Or sixty.

We are taught to believe that we "peak" young, and then we have to live increasingly slower, more painful and unhealthier lives until we die.

But the truth is that you can be in really good health until deep into your seventies or eighties. You can lift weights, play with your kids or grandkids, and enjoy pretty much any form of exercise or activity you enjoy for a very long time.

But we have built a society that leads people down the path of pain. And if you don't care take of your body...if you don't take care of your mind...if you eat terrible, sit down all day, and don't exercise, your body falls apart much earlier than it needs to.



We make a lot of excuses because we want life to be easy. Look at how the medical profession treats our problems...you get sick, you get pills, you get "better." Or maybe you get surgery. You just keep moving forward.

**But nobody ever talks about WHY we  
get sick so often!**

**What are the real behaviors that can keep you out of the  
doctor's office (or off the surgeon's table)  
for as long as possible?**

**There are so many books out there that are about fad diets and  
health & exercise trends. But ninety-five percent of diets  
fail. Because they're garbage!**

Well, this is not a book about diets. This is not a book about "quick fixes." This is a book about how to be in better shape than you ever thought possible.

This is a book about how to fall in love with living again.

This is a book about hope.

In this book, you are going to learn how you can reverse the effects of aging. We are going to focus on how our bodies were designed by evolution.

The closer we get to an optimal lifestyle—one that is sync with the way our bodies were designed to survive and thrive—the better and longer our lives become.

We are going to talk about some of the excuses and roadblocks that trip us up in life, too, and how to overcome them.

You will finally understand the right way to approach fitness, the gym and sports, so that you can build a regime that you actually enjoy.

Circulation is so important and it's the key to holding your body together. It's like the "roadway system" that energy travels through, to keep your body going.

Better roads leads to more energy.

Also, you're finally going to know how to prevent the loss of bone mass and muscle mass...

How to keep your heart in optimal condition...

How to do strength training the right way...

# INTRODUCTION

And how to avoid being one of the elderly who is always falling down.

Getting old doesn't mean getting "ugly," either. We'll talk about ways to keep you looking great deep into your twilight years!

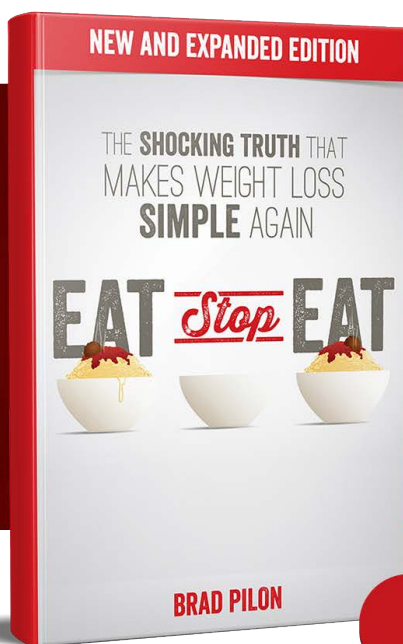
And of course, we'll talk a little about diet, too, but this part is really so easy you could write it down on a cocktail napkin.

We're even going to talk about how important it is to bring fun and play and friendship back into your life. Making friends will be so easy when you get to the end of this book.

Every single word here has a single purpose...

To help you live longer and get more enjoyment out of every moment!

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The standard thought about aging and living is that you peak physically in your thirties. Some would say that this “peak” occurs even earlier—as young as 18.

You are healthy, you can run around, and you don’t get sick that often.

But then...your body starts to slow down. First you can’t run anymore, and then you can’t jog anymore. Over time, even walking starts to become a challenge.

**How many people have you seen driving around on those motorized scooters these days? I see commercial after commercial for them.**

And the people riding them are getting younger and younger.

**People are hundreds of pounds overweight and we have developed a machine that allows them to continue that lifestyle!**

This is the direction we want to run from.

**In our culture, you are expected to die, or at least look like you are dying, by the time you hit seventy..**

And yet, we occasionally see the men and women over seventy who are bucking all those trends.

They are running marathons. Competing in iron man competitions. Playing sports that we think our bodies can’t handle during the golden years.

But they’re rare. Otherwise, people are dying younger and younger these days. Lifespans are getting shorter, not longer, for most of us.

**Do you want to be taking twenty or more pills a day?**

If you miss one pill you might die...

I have been on that regime, and it’s terrible. You start to feel like a prisoner in your own body. It’s a completely unnecessary way to live.

If you are reading this book then I know one **CRUCIAL** fact about you: You want to live a long and healthy life.



**You do not have to die young, and you do not have to suffer as your body begins to rapidly “break down” once you hit a certain age.**

You can minimize your risks for heart attacks, cancer and most of the other diseases that are killing us off in droves.

Most of the risk of disease can be pushed so low it's almost astonishing.

You do not have to get unhealthier each day of life as you march down the hill toward your grave.

Have you thought about that moment when you're “over the hill?” We work our way up life, and then when we get to the peak, we start going down the hill. But when exactly do we hit the top of that hill?

I bet most of this think it's somewhere between forty and sixty. But really, you shouldn't hit it until deep into your eighties. That's how our bodies were designed.

But now we age in the most depressing way possible. Getting unhealthier and unhealthier. Taking more and more trips to the doctor. Having heart attacks. Strokes. Cancer.

Taking pills and depending on others to take care of us and keep us alive.

But you can live a different way.

You can get healthier and healthier until deep into your sixties. You can stay in great shape into your eighties. You can be in better shape next year than you are today.

**Wouldn't that feel amazing?**

**How would you feel knowing that the scary trips to the doctor could stop? Knowing that you could run again? Play sports again? Turn your body into a healthy, well-oiled machine again?**

Our society has the completely wrong approach to aging and disease. We depend on science to fix all of what ails us.

How many different medicines have you seen recalled in your lifetime? Is there anyone that doubts that those big pharmaceutical companies are out to get you? They they are corrupt?

They are the most profitable businesses year after year. And they don't make money if nobody is getting sick.

Is your body a broken machine that needs science and pills and tests and surgery to keep you alive? Or is it the result of thousands of years of evolution and refinement?

It's actually a perfect machine that runs like a champion, as long as you treat it right!

**Your body is perfectly designed to keep you going until your nineties.**



The problem is not the machine. It's the fuel. It's the maintenance.

If you put vodka into your car instead of gasoline, what happens? The car might work for a while. After all, vodka is combustible.

But eventually the engine will seize. Everything will break down.

If you put garbage into your car, it will stop working.

If you put garbage into your body, it will stop working.

Garbage in, garbage out.

If you don't do proper maintenance on your body it will start to fall apart.

"Normal" aging, the way we've been taught to think of it, just isn't normal. You can be running all the way into your eighties.

Doctors are like the police. They are not there to prevent crime. They only show up after something terrible has happened. Doctors get involved on the far side of the emergency. They are there after you have the heart attack.

They show up only after you have the stroke. The "incident" or the mystery illness. They are there when it's time for the bypass. Or the double bypass.

It seems like every year, they come up with a higher number of bypasses. Double. Triple. Quadruple. **Where does it end?**

But most disease is preventable. And in the following chapters you are going to be armed with powerful knowledge. Knowledge which will help you keep the hounds of aging at bay for DECADES.

You don't have to start getting old for a very long time. It's never too early and it's never too late to start. **You can prevent the ravages of disease. You can put your doctor out of business!**

The first step to success is to choose this new path. Do not get caught up with what most of the world thinks of as normal aging. You are on the correct path now, and you can live like you are immortal.



Our bodies are the result of evolution. Thousands of different designs were tested and tweaked. Developed and discarded. Some design concepts succeeded, and some failed.

There were mutations that didn't work out, and there were mutations that became part of the standard human body package.

Body designs that failed were weeded out.

Only the best of designs continued to succeed.

There is no reason to think that you are riding around in anything less than a perfect machine.

Your body is the end result of the most brutal trial and effect research ever conducted. Nature tested each new idea on a living person. If it was a step backward, the person died young.

Weak bodies die. They don't reproduce. They are removed from the gene pool. The problem with your body is that it was perfectly designed for a time that no longer exists.

It was designed for a hunter-gatherer type of society. One where you walked ten miles every day and you lived or died based on your wits and your agility. Where every once in a while you had to sprint from danger, or die a violent death.

What happens when we don't use our natural skills and abilities? They start to atrophy. They start to fall apart, fade away and disappear.

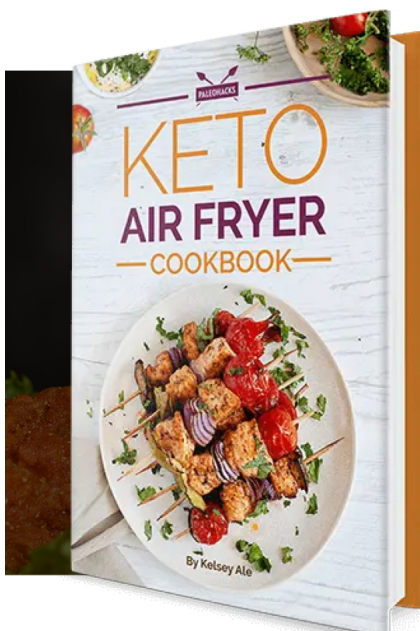
Our bodies were designed and perfected in a world without television. Without fast food. Without cars and planes and trains. Without chairs and couches and lounges and love seats and recliners.

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And without retirement!(That’s a modern invention, too...)

And these great and wonderful inventions of convenience are what is killing us off one by one.

Getting old is going to happen.Your hair is going to turn grey or fall out.You will age and slow down in some ways.

But falling apart? Well, that’s optional.

We all know most of the behaviors that are killing us.How many times have you said, “**If only I had more time to go to the gym...**”

“I wish I wasn’t so busy, then I would turn my life around...”

“I’m going to join a gym for my New Year’s resolution...”

It’s these excuses and lies we tell ourselves that get between us and using our bodies the way that they were intended.

### **Here’s a crucial tip:**

The more you treat your body the way it was designed, the better your quality of life.

**It sounds simple when you think about it, doesn’t it?**

Just use your body the way it was designed and it will last so much longer.It won’t break down.

You can actually train your body not to give up, and let it know that you need it to keep working properly the end.

Treat your body right, and it will do the same for you.

Our behaviors send key signals to our body.If we send lazy signals, the body becomes lazy.If we send active signals, then the body will stay active.

The first step is to make exercise and living right a core part of your identity.

If you see eating healthy food as a chore or a punishment, then you will fail on this path.

It has to be more than that.It has to become part of who you are.

This is how people succeed with vegetarianism.It’s not a lifestyle choice.That’s not enough of a mindset shift.

It becomes their identity.

They start wearing shirts about being vegetarian. They only go to special vegetarian restaurants. It becomes a centerpiece of their existence.

## MAINTAINING “THE PERFECT MACHINE”

Changing your identity is the key to success with this life- altering endeavor. The rewards are going to be worth it!

Let’s look at two identity choices and see who is more likely to go the distance.

Jack is a lawyer who goes to the gym three times a week because he wants to stay fit.

Janine works out nearly every day and only goes to work at the law firm to support her healthy lifestyle.

I think we both know that Janine is going to be there at Jack’s funeral. (And she’s going to look amazing!)

Healthy living can’t be an accessory to your identity. It has to be part of your core.

Remember, our bodies are designed for a specific lifestyle of walking, hunting, and foraging.

We obviously don’t need to go into the woods or trek through jungles every day to forage for food anymore, but we do need to live that physical type of lifestyle if we want to keep going.

We know what our machine was built for. So now we just need to act on that knowledge!

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We need to send the signals to our brain and body that tell them that we are on the right track. Once our minds and bodies are in alignment, some amazing things will start to happen.

When you lead a sedentary lifestyle, your brain goes into a “hibernation” mode. It thinks that if you aren’t moving around, something must be wrong. That maybe there is a drought or famine.

That’s why sedentary people have more issues of depression. The body is reacting to the signals we send it.

If you send these sedentary signals, the body will keep slowing down. And it slows down into a depression to slow us down even more.

Depression is that feeling like you don’t want to do anything. If there isn’t enough food, your body doesn’t want you burning energy that it needs to save to survive.

So it gives you a low-grade depression. To motivate you away from activity (and burning fat).

### Think about that for a moment:

the lazier you are, the more your brain tells you to stay lazy, because it thinks you need to hibernate, conserve energy, and store up fat!

But if you are active and live a life of hope, you can train our brain to send opposite signals. Signals that boost your spirits and motivate you to stay active and productive.

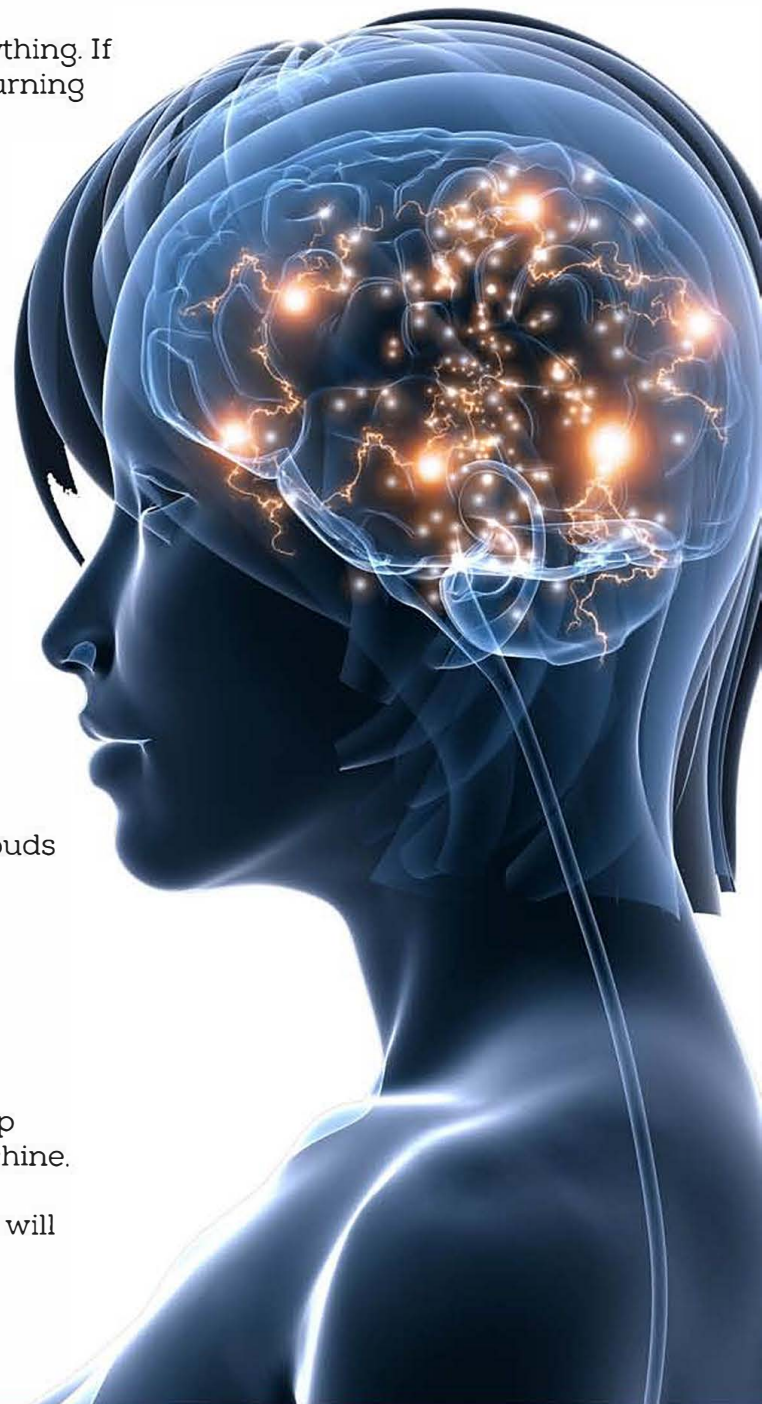
Your brain will respond to the life you lead, and the clouds will go away. The sunshine will come out.

Lack of exercise and a poor diet is what can trigger your brain’s depression reflex.

It will go into hibernation mode.

Being active and eating like it’s the Springtime will stop that, and keep your body running like a well-oiled machine.

If you act like it’s a time of abundance, then your body will respond by giving you more joy and energy.



You may be running into a hurdle right now. You are saying to yourself that you were no athlete in high school. You were terrible at sports.

Maybe you were in theater or chess club and didn't do any sports at all.

What are you experiencing is your first excuse. It's a way that we find an excuse for inaction. It's a terrible habit and it's a lie.

You don't need to be a champion athlete. Nothing in this book is about being competitive with your sports or lifestyle. Don't let this excuse be the reason you die early.

This is not a game. This is the quality and length of your life we are talking about here.

I was a terrible athlete in high school. I'm a far better athlete now, and in much better shape. I've found a variety of sports that I enjoy now, that weren't an option when I was in high school.

Don't let a bad past be the reason you throw away your future.

Also, being athletic and active as an adult can be a lot more fun than it was in high school. You had the stresses of puberty and growing up to deal with at the same time.

Now you are in complete control of your destiny.

It's so tempting to let the bonds of the past control us..

When we are younger, the words that adults spoke into our lives had so much power. I had teachers try to limit me all the time. One teacher told me I was terrible at art. Another one told me that I was a terrible athlete. That I should just quit.

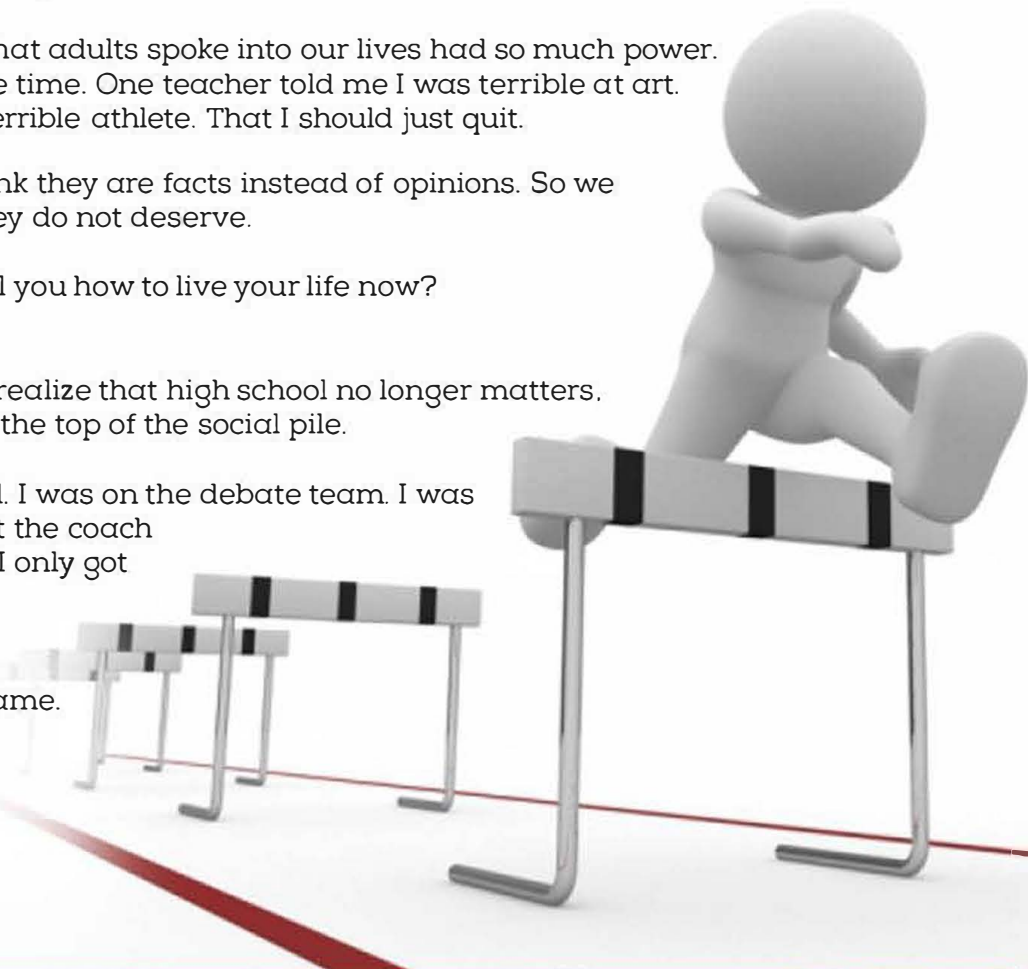
When we hear these things, we think they are facts instead of opinions. So we give power to these ideas, which they do not deserve.

Would you let that same person tell you how to live your life now?  
Of course not.

We have to take a moment now to realize that high school no longer matters, whether you were at the bottom or the top of the social pile.

I was a pitiful athlete in high school. I was on the debate team. I was in plays. I did try to play soccer, but the coach barely let me have any game time. I only got to play when BOTH of our team's goalies got hurt!

One time, I wound up saving the game. But the next day, the coach told a tall kid that he was the new goalie. Not me. That guy lost every single game he played in!



At first I got to play half of each game. And he was scored on four times more than me.

Think about that. I was four times better than this other guy. But he was taller and appeared to be more of an athlete, so eventually the coach stopped letting me play at all.

He made me feel like garbage. And our team lost every single game we played for the rest of the season.

As a child, I could look at that memory and see it as a reason to quit. Which I did. I quit because they wouldn't let me play.

But as an adult, I can look back and realize that the coach was the terrible one. He should have been fired.

He should have admitted his mistake, and put in the player that would cause his team to win.

So I had a terrible coach who killed my motivation. I wasn't a great player, but he put in someone worse, because he was a moron.

That's probably why he was so bitter and remained the Junior Varsity coach until he retired. He never coached the Varsity team.

So I had a great "excuse" about not being a great athlete--a lousy coach who killed my motivation. But I eventually realized that I wasn't going to let some Junior Varsity soccer coach determine how my life turns out.

I'm going to let one bad coach shorten my life span? I don't think so.

If my school had offered kayaking (a sport I enjoy immensely as an adult), I would have been able to bask in some glory.

When I went on to college, the only reason I didn't get into rowing in college was because they met at 4:30am.

Look, what I'm trying to get at here is, don't let whatever happened in your past dictate which sports or activities you try (or don't try) today.

You aren't here trying out for the Olympics. You probably aren't going to compete in any strongman competitions. You are just trying to live longer and become the strongest you possible.

To expand the quality and length of your life.

And that's way more important than getting caught up in some silly excuse.

When I show you how to measure progress later in this book, you're going to see that I'm right. You'll see that it doesn't matter that you aren't a "**born athlete.**"

Because you can achieve all the success you need, using the body and the skills you possess right now.

Living a healthy life is more than just an idea. It has to become central to your character. To your identity. It has to become who you are.

One of the biggest problems we face as humans is that we cannot focus on the long term. We often do things that are terrible for us in the long term, but that are full of pleasure in the short term.

Smoking. Drinking too much. Fast food. It's all fun in the moment, but it can shorten your lifespan by decades.

We have these terrible habits that we can't control because we ignore the consequences.

"I won't have a heart attack for at least another ten years, I'll worry about it then."



That's how we end up dragging around oxygen tanks, or collapsing at the office with a heart that suddenly gave out.

We are always looking for the shortcut. The easy path. We want to work out twenty minutes, once a week.

The problem with that is that you will still die young. It's horrible and terrifying and overwhelming, and that's why we ignore the problem.

It's the reason the majority of Americans are overweight and the rest of the world is not far behind.

We don't like talking about scary things. When a problem is too big and it feels overwhelming, we don't want to look directly at it.

We don't want to look the horrible monster in the eye. And we hate when we have to take action.

You can live a long time and have an amazing and healthy life. You just need to work out at least five days a week. Six is better. Seven is ideal.

I know that sounds tough. Maybe even like a prison sentence.

Some of you might think, "Hey, I'd rather enjoy my life and die at fifty, than have to exercise every day just to make it to ninety."



## YOUR HEALTHY NEW IDENTITY

I used to feel exactly the same way. But the thing is, it doesn't have to be the gym every day. We can find activities that we really enjoy.

I personally hate the gym. For some reason I can never get motivated to go. I have tried out dozens of different sports, from tennis, to golf, to mountain biking...

And right now, I love kayaking. Put me in a boat pulling on that oar, and I can easily crank for two hours, seven days a week. I absolutely love it.

I have a special pair of amazing waterproof headphones, so I can listen to music. Podcasts. Books on tape. This is the centerpiece of my exercise regime.

I found something that I really enjoy, and love getting better at. It makes me feel powerful and connected to nature. I even have a "tandem" kayak that I can put my wife and daughter in. I crank from the back, while everyone else is relaxing in the front.

It's more work for me, but that's a good thing!

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# THE REAL PURPOSE OF OUR BODIES

Our bodies are designed for a physical lifestyle. They were built to be used. But these days, most of our jobs are primarily mental.

## How many jobs even require standing up anymore?

I can only think of two off the top of my head: hairdresser and surgeon. (And maybe factory worker.)

With most other jobs, and we're just sitting on our butts all day. We don't move. We sit in ergonomic chairs with ergonomic desks and ergonomic keyboards. We use almost none of our bodies.

Believe me, I know what this is like. I write for a living. I sit down with my laptop and pound these keys to pay the bills.

I love writing books. It's my passion. But I could pretty much do it without ever moving my body at all.

Modern work no longer requires the use of our bodies, and that's what is killing us. We only use our brains, and that is why our bodies start to atrophy.

Then something even worse happens. Our body sends signals to our brain, telling it that it's time to decay.



Not using our bodies is one of the reasons our minds start to weaken as we get older. But we can break the cycle by becoming active the way our bodies intended again.

Or, we can make excuses until we will suffer crippling disease and die sooner.

There are serious consequences for the decisions we make, even when we try to pretend that we didn't make a decision at all. Like not going to the gym. Not being physical. These are still decisions!

Living healthy is a serious decision. Most people "lazy their way" to an early grave instead.

It's kind of scary to think about...but most of our population is overweight. As Americans, our "number one export" is unhealthy lifestyles and terrible food.

We used to be a nation of healthy, strong people. But those days have fallen behind us. We are looking more and more like the fat people in the movie "Wall-E."

In that movie, every single person lives their entire lives lying in bed. Getting fatter and fatter.

That might seem kinda nice at first...but it means a much shorter lifespan.

**Have you ever noticed how all the heavy celebrities die young?** That's not a coincidence. Bad lifestyle choices mean we burn out far too fast.

You need to make a serious decision to completely change your life. Forget trying a slow transition. That's just wasting time.

Imagine that you are starting a new job tomorrow. How would you act? How would your life change? We don't do a slow transition in other areas of our life...

Do we slowly transition into college? No. We show up on the first day, and suddenly we're "in college." There is no in-between slow, easy, friendly transition state.

So how would your life change if you had a new job? What if that job started earlier in the morning that you're used to? You would immediately start going to bed earlier. You wouldn't make excuses, hit the snooze button and say you're too tired.

Because we treat our careers as a priority. Well, that sense of priority is how you need to treat your new healthy lifestyle.

**How do you prioritize work over family and illness? How many times have you gone into the office with a cold or a headache?**

That's the level of dedication your body needs.

Your body was designed for a "scarce" society. If you wanted food, you had to chase it down. It's designed to keep going even if you're a little bit sick.

You don't have to give a lot up to become a healthy person. You could just give up television. **Is TV really that important, anyway?**

### Here's the great thing about exchanging television for a healthy lifestyle:

you will live so much longer that you can watch all those shows on Netflix during your twilight years.

Think about it. You'll have a couple of extra decades of life in front of you! Might as well hold off on binge-watching the latest season of "Game of Thrones" until you're in your nineties and actually do have to finally slow down! **Why waste your healthy years sitting on your butt at home?**

The secret is to make fitness a serious priority in your life.

I have a lot of hobbies just like everyone else. Unfortunately, a lot of the things I love to do involve sitting on my dumb butt.

So I put those to the side. I always make sure I get my kayak time in first. That goes to the front of my priority list. It's so easy to say that I'm so busy today, or that I need to finish writing a book on time...but I can't be late, because I have to support myself and my family.

**Are we ever really so busy that we don't have thirty minutes to get our sweat on?**

If you watch two hours of television a night, you are watching more than thirty minutes of commercials right there! Every. Single. Day.

Just give up commercials, and you can start on the path to health. That gives you thirty minutes you can spend moving around daily. **That alone would a huge step in the right direction!**

(And who the heck enjoys watching stupid TV commercials, anyway?)



# CONDITIONING YOURSELF FOR SUCCESS

We've all joined a gym, or started a diet, and wound up quitting and forgetting the whole idea. **But why are we really failing?**

Well, we usually let ourselves fail one tiny step at a time. It starts with a "reward" for working so hard. Or we take a day off from the gym.

What happens when we blow off one day? We end up missing a second workout. And then our rhythm is shattered. Suddenly, we find ourselves going a month without working out.

This is why you need to commit to changing your identity. If exercise is just a part of your personal life, but not really a part of your identity, it's easy to allow yourself to get off track.

Think of it this way...Every time you miss a workout, you shorten your lifespan.

That's how we can put things into perspective and maintain focus on the prize.

So the first step is to join a gym. Find a gym that you enjoy. For me, I don't particularly enjoy lifting weights or walking on treadmills. But I found a gym that has treadmills that let me plug in my headphones and watch a little TV screen while I do my cardio. And, they've got a steam room, which I enjoy sitting in for 15 minutes or so as my "reward" for completing a workout.



I love to kayak. I can talk about that all day long. It's a good workout, because it's cardio, but it also really strengthens my upper body.

I still hit the gym, though. You need to make sure that you are working out your entire body.

For one thing, a gym can offer some really important things—such as having access to machines that work out all the different parts of your body, and even better, classes that you can join. Those elements are really going to help you achieve the success that you are striving for.

Building a home gym is ok, but then you are working out in isolation. That's tough. I much prefer having other people around. That sense of community helps me stay motivated.

Isolation and loneliness can cause a lot of problems as we get older, and by going to a gym, you're creating opportunities for you to be more social. So there are two really powerful benefits to joining a gym.

Also, you want to make exercise a priority and set a fixed time to work out. Structure is the key to success here. If you work out at random times every day, you'll start missing days really quickly. You will keep saying that you will work out later today...just a little later...and then you will say that it's "too late" now. **Don't get caught up in this trap!**

If at all possible, do your workouts in the morning. It's an awesome way to "kick start" your day and get yourself firing on all cylinders. But whether your schedule requires you to work out first thing in the morning or after office hours, dedicating a specific time in your schedule to your workout makes it become a habit.



You'll know the moment you missed your workout. And it will gnaw at you. That's important. It makes you accountable for your actions. And your inactions.

Going to the gym, I know it's not always fun. Maybe in your case it's never fun. But you still need to do it. It's just a necessary step on the path of a long and healthy life.

It's like paying your taxes. **You don't want to do it, but it's better than going to jail for tax evasion!**

So go to the gym and you pay your "sweat taxes" so that you can outlive all of your friends. But you can go beyond that...

Because the way to find really massive success is to find a sport that you are passionate about. Something that you can do every week and truly enjoy.

Combining passion with a physical activity is one of the keys to maintaining and improving your long-term health.

Just find something that you can see yourself doing for decades. My father, for example, loves fencing. He didn't start until he was in his fifties, but it really added a lot of time to his life.

The physicality. The sweat. There is something really wonderful about it.

For you, it might be tennis, swimming or biking. It might be hiking or mountain climbing or running.

Like I said, for me, it's kayaking. I have a passion for all ocean sports. I love surfing and snorkeling and stand-up paddling as well. Those are all great, but kayaking is my primary passion.

I can hop into my kayak and actually go places. I can take my family with me on little adventures. I can listen to a book on tape or a podcast I really love. I can even kind of watch a movie on my iPad if I need to.

I don't have to go that far, because I love kayaking. But it's all possible.

Sometimes I even wear a GoPro camera and record my trips. Those are videos that probably nobody wants to watch. But I love making them.

When I was younger, I loved the movie "Endless Summer," which is about surfing. So I can imagine I'm recreating something similar.

I do all of these things to keep the fires of my passion burning bright.

The reason we don't work out is because we don't enjoy it. That barrier is a killer. And I know it's there...

That's why we need to focus on passion. Because that can get us over the hump. Over the pain barrier. Past the excuses...and into the victory lane.

There are some really great opportunities out there. There are a lot of great adult sports leagues and clubs you can join.

If you loved soccer when you were a kid, then you can join an adult soccer league. You can start out on a lower level team that matches your fitness level. As you get into better and better condition, you can switch teams or leagues.

There are ultimate frisbee leagues, softball leagues, and kickball leagues. You just want to make sure that it's a sport where your heart gets racing and you sweat.

(Don't get too caught up in golf, because you don't really exercise when you're doing that.)

The great thing about finding your passion is that the gym starts to make a lot more sense. At first, you go to the gym to live longer. **But that's such a long term goal, isn't it?** It's tedious...and I know that.

You need something right in front of your face...a short-term goal on the way to the long term.

I'm not going to pretend that going to the gym every day is my dream come true. But now, I go to the gym to support my passion. I want to make my arms stronger. My legs stronger. My heart stronger.

I want to be able to paddle harder, paddle farther and last longer. The gym gives me the tools to move my kayak faster and farther.

Your gym time should be training for your passion time.

If your passion is soccer again then going to the gym will give you the strength to kick the ball harder and score more goals. There is this amazing benefit right in front of you. That's a great feeling.

That removes the tedium from those trips to the gym, because now you have a more immediate goal right in front of you.

So you should enter an exploratory phase right now. To see what you really love to do with your body.

I would dedicate one day a week to your "passion hunt." Make a list of at least 52 possibilities. If you're struggling to come up with ideas, use Google to look up different sports and physical activities that regular people are doing as a form of exercise.

52 is the number of new sports and physical activities you can try this year if you just spend one day a week trying out something new.

You might find that you love rock climbing, hiking, caving or something that's less "out in nature."

When we are in high school, we have a limited selection of opportunities. If you don't like the sports your school offers, you're kind of stuck in high school.





But maybe you love martial arts, yoga or boxing. It's never too late to find that passion. You'll know when you find it because you want to do it again, immediately.

Like, I wish I was in my kayak right now instead of just writing about it. That's how I know it's my big passion sport.

There are a lot of other sports that I actually really like. I love hiking. But I'm not fast enough, so other people hate to hike with me.

"Liking" something doesn't make it your passion. If it's something you "kinda wish you did more often," that's just a bit of a hobby.

You're going to find a sport out there that just hits the button for you. That you really enjoy and you get locked in to.

Like I said, my father got into fencing when he was in his fifties. It happened so randomly. He was talking to someone about playing tennis, and she said to him in an offhand comment that he should try fencing.

The idea of fencing appealed to him, and he was a member of a fencing club the next day. Today, he has like a dozen swords. Fences all the time. **Totally loves it!** And he never even considered it until later in life.

So remember, it's **NEVER** too late to find that passion sport. **And by end of this book, hopefully we can find it together!**



Your body is a living machine. Every day, cells are dying and being replaced. Essentially, your entire body is “replaced” every three years or so. It is constantly renewing itself. **Some parts are completely new every few months!**

And yet, we have this false idea that our bodies are frozen. That our body is pretty much “locked” in whatever condition it’s in.

**But it’s not!** It’s a living machine that is constantly changing. And remember, the signals you send your body tell it what to do more of. If you are living in a chair, then you are sending your body signals that it’s time to shut down. To go into hibernation mode. This is the path to decay and aging FAST.

But if you exercise, if you find your physical passion, then you can reverse those trends. Even if you are in woeful shape right now.

Maybe you can’t run. Walking up a flight of stairs makes you wheeze. Well, you can retrain your body and start replacing weak cells with strong ones. You can rebuild yourself this way. You can replace all of your decaying cells with younger, stronger versions.

By becoming active you are sending very important signals to your brain. So that it knows that you need active cells again. **This is a great thing!**

It’s how we can reverse the effects of aging so quickly and powerfully. The exercise signal tells the body to be strong and repair itself.

When you don’t exercise, your body stops sending this repair signal. That’s when your cells and your body start to decay. In the simplest terms possible...

**The fitter you are, the lower your odds of death.**

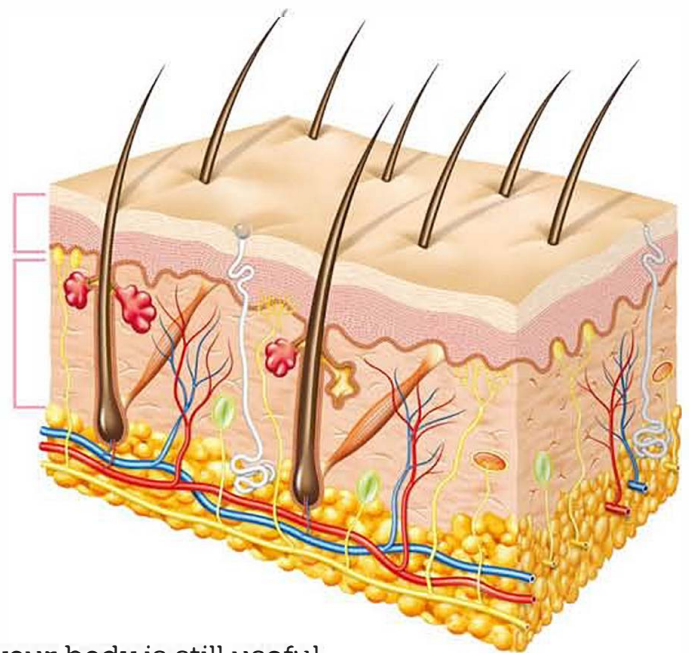
**That’s a powerful motivator!**

You can tell your body that you want to keep living. That your body is still useful. This is why being active is so important.

Your body responds to how you treat it on a cellular level. So we can control that response by living in a way that shows our body we want to keep living.

Stress and “burst exercises” inspire our body to push itself to the limit. If we never run, then our body slowly lets that ability disappear. So send signals to your body to let it know that you are active, and amazing transformations are possible.

**Haven’t you seen the overweight person who becomes super fit?** It seems like their muscles came from nowhere. We know this is possible. We have seen the evidence.



Now that you understand what's happening, you need to take action. You want a body that is capable of fast movement. That still has the flight part of the "fight or flight response."

When you give up that ability, you are telling your body that you don't care if you die. It's an extremely negative signal. Even if you don't think you've given up, your body will.

That's why at least once a month you want to really push yourself. Run as fast as you can. You can increase how far and how fast you can run.

There are so many people preparing for the end of the world these days. They have hidden bunkers and weapons and food supplies that will last for years.

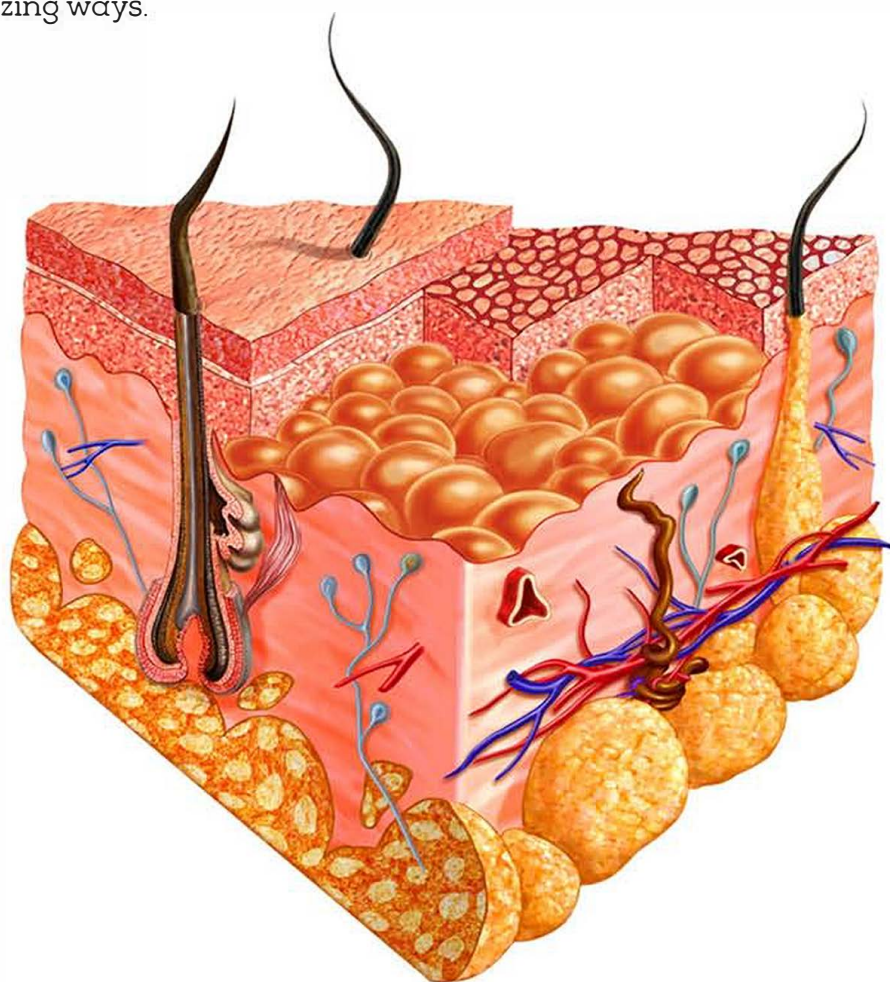
I saw one guy being interviewed on a TV show who was preparing to be ready for a "zombie apocalypse."

But what would be the actual number one key to surviving in that (absurdly unlikely) scenario? Cardio.

You would need to be able to run. And when I say "run," I mean really run!

I certainly do not foresee us needing to be able to outrun hungry zombies. But I do think it's pretty ironic that the folks who are prepping for these "doomsday scenarios" don't seem to the least bit concerned about their physical fitness.

So push yourself and keep your ability to run honed. Hopefully you'll never have any need to run for your life. But you'll be sending powerful signals to your brain that you need your body to keep working properly...your joints, muscles, heart, lungs, and everything else. And your brain will respond to these instructions in amazing ways.



Bad circulation is slowly killing many of us. Most people think that a heart attack is caused by a failing heart, or that a stroke is caused by a failing brain. Well, they're wrong.

There is something you need to know: it is bad circulation that causes heart attacks and strokes.

Your circulation is the transport system of your body that falls apart and causes heart attacks and strokes.

Sitting a lot for work is considered a major risk factor for heart attacks and circulation problems. That's what it says in the medical journals. If you have a sitting job, then you are already in a high risk category for heart disease.

And you haven't even done anything wrong yet! But it's the "not doing anything" that is the problem.

On top of that, so many of us smoke or have a terrible diet and have super high cholesterol. Those factors multiply and multiply. Smoking and sitting isn't twice as bad as just sitting. It's ten times worse.

Believe me. I smoked for years. One day I finally realized that I was going to die if I didn't quit. So I just stopped smoking one day, and never looked back. I changed my identity on a core level.

Now I look at smokers, and it's so gross to me. I'm the one complaining if I'm too close to a smoker in a bar or somewhere else.

I changed my core identity from smoker, to someone who thinks it's gross. That's how I was able to put that demon down.

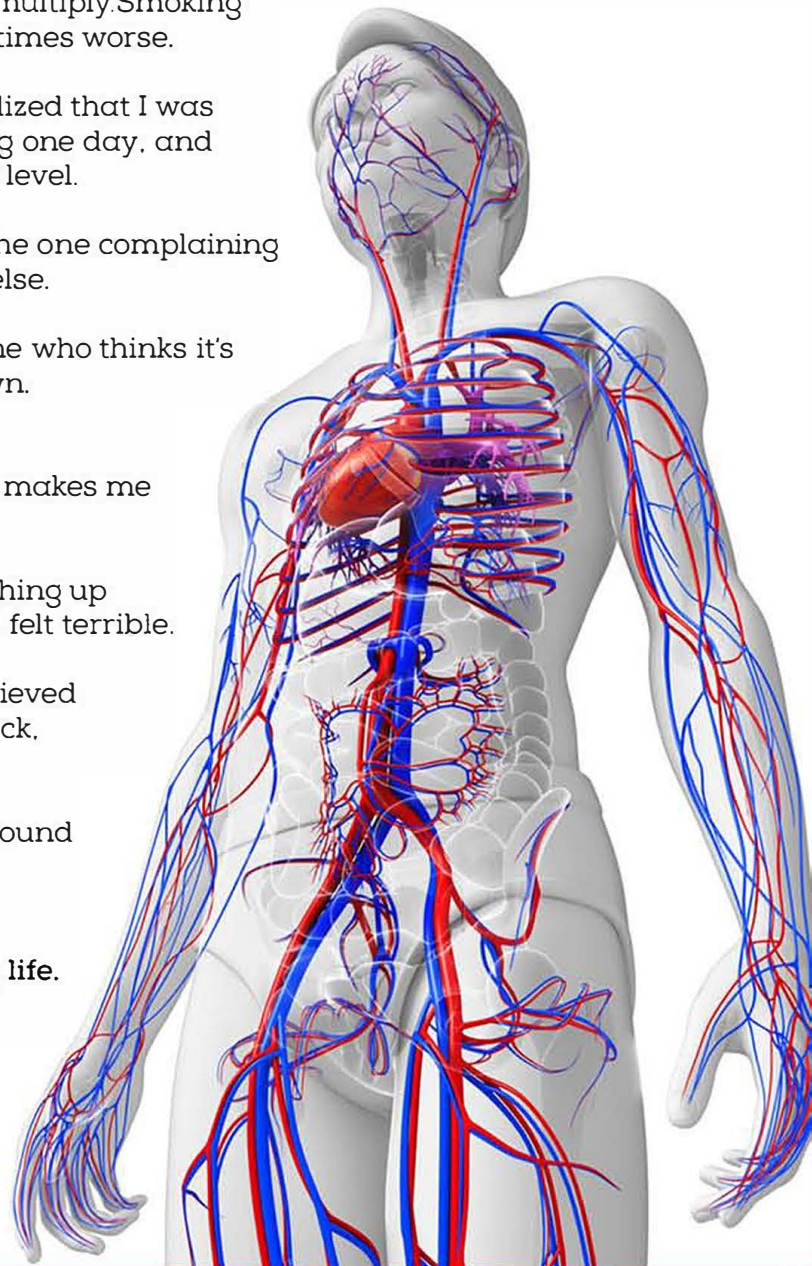
I have zero temptation to pick that habit up again. The thought of picking up one of those death sticks makes me want to throw up.

That monkey was on my back for years. I was coughing up blood in the mornings. I smelled like garbage. And I felt terrible.

I wanted to quit, but that wasn't enough. I only achieved change when I shifted my core identity. Looking back, it's shocking to me that I ever smoked at all!

Exercise cuts your odds of death in half. Does that sound too dark and depressing? How about if I say it another way...

**Exercise doubles the odds that you will lead a long life.**



Most Americans have massive circulation problems. And our blood is what fuels our entire living machine. The problem with bad circulation is that you don't notice until you are dying. There are no big obvious symptoms to warn you.

Nothing "tells you" that you are six months away from a heart attack. And when you have a heart attack, it has nothing to do with the heart.

It's not the heart "attacking" you. The heart is actually the victim in this crime, not the perpetrator.

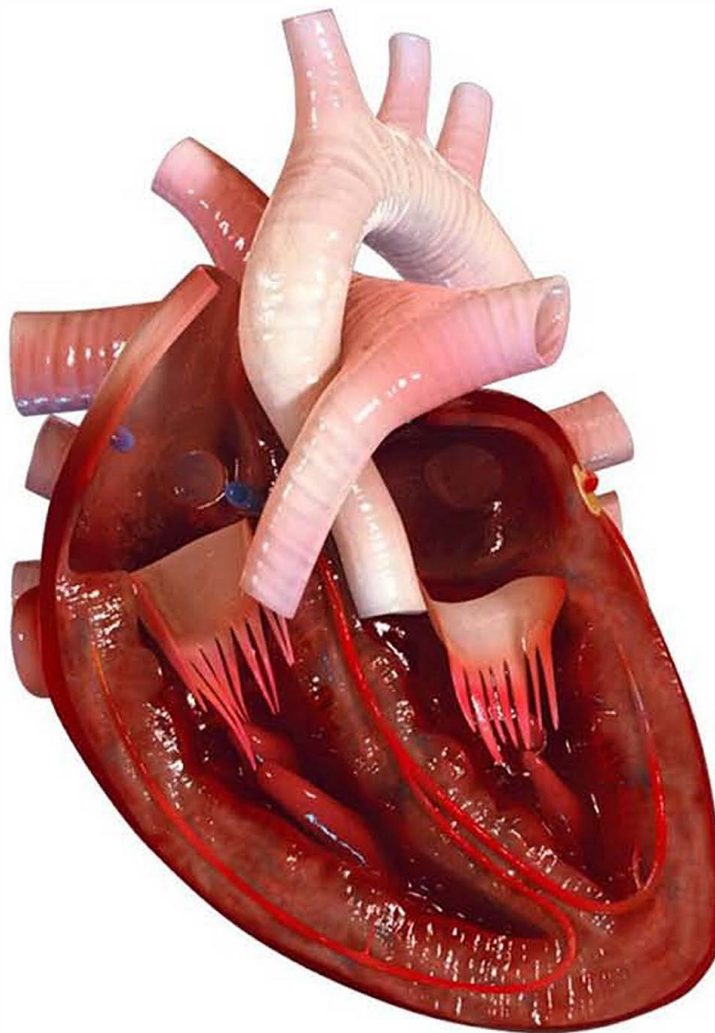
There are a few tiny arteries that feed blood to the heart itself, and keep the machine running. Plaque starts to build up on the walls of our tiny, tiny arteries. Then it's just a matter of time before something goes wrong.

The artery gets clogged, or a clot forms, or something else terrible...and we all know what happens next.

There is no signal that your body gives you when you are full of plaque. It's such a recent development that evolution hasn't kicked in.

Your doctor can only try to help after you have an "incident." And by that time, it's often too late...

So let's get you on the right track **TODAY**, shall we?



**Here's a simple breakdown that pretty much sums how, and why, most folks die before they should:**

**Chronic Stress + Bad Diet = Death.**

We need to take actions that minimize our risk of death, right?

Well, one way is to get a handle on your diet. I'm going to make fixing and controlling your diet so easy that you are going to love me in a few chapters.

Another way is to improve your circulation. This is mainly accomplished through exercise, because it keeps the heart strong, and keeps our entire machine working perfectly. Otherwise, we just start to decay.

**But there's another huge factor here:**

happiness. Happy living is a key to avoiding circulation problems. Happiness is so much better than stress.

So much of the stress is artificial in our lives.

When I exercise, something really amazing happens. My stress starts to disappear. I get happier. I feel good about myself.

So exercise cures both causes of circulation troubles. It's like this magic potion that can extend your life for decades. Even better, it extends the quality of your life. These factors decrease many causes of death, including cancer.

Study after study shows that exercise and happy living decrease all these different killers. So why ignore them?

If there was a tiger in the street eating people, would you leave your door unlocked? Would you run into the street? Of course not.

Don't ignore these warnings. Exercise reverses the signals of decay in your blood and brain.

It tells your body to stay strong. To stay healthy. To stay young.

Don't worry, I haven't forgotten about happy living. That is all coming later, when we get to the amazing sections on the importance of "play," and filling your life with great friends.

You are going to know exactly how to remove all the stress from your life. Step by step. We'll even talk about why dogs are so amazing, and can actually extend your lifespan!

Most of us are so caught up in our day to day lives. We're just trying to get the kids to school...get to work on time...pay our bills...

We rarely look up from today to look at the paths of our lives. We have our eyes aimed squarely between our feet as we trudge through life. And that's not the right way to live a long life.

Many of us think that if we sacrifice until our 65th birthday, we can just start "living" then. But by then, your machine is worn out and it's just way too late.

We have to play to make it to the end. We have to play now.

It's tempting to live fast and hard...and to die young. That may seem somewhat appealing, until the "die young" part actually comes around.

People talk about the rat race, and putting your head down, or paying your dues. This has become a common approach to life, but it's totally the wrong direction.

The key to living long, really, is to enjoy the journey. Approach life like a long distance race. Stop taking it one day at a time. Think about how you want your life to continue and where you want to end up.

You need to take care of your body so that it can go the distance. You are training for a race that will actually last a lifetime.

Taking care of your circulatory system is crucial. This is why you need to do aerobic exercise at least four days a week.

That's where your sweat is flowing and your blood is pumping. This is about hitting 65% of your maximum heart rate. That's the sweet spot that you want to target.

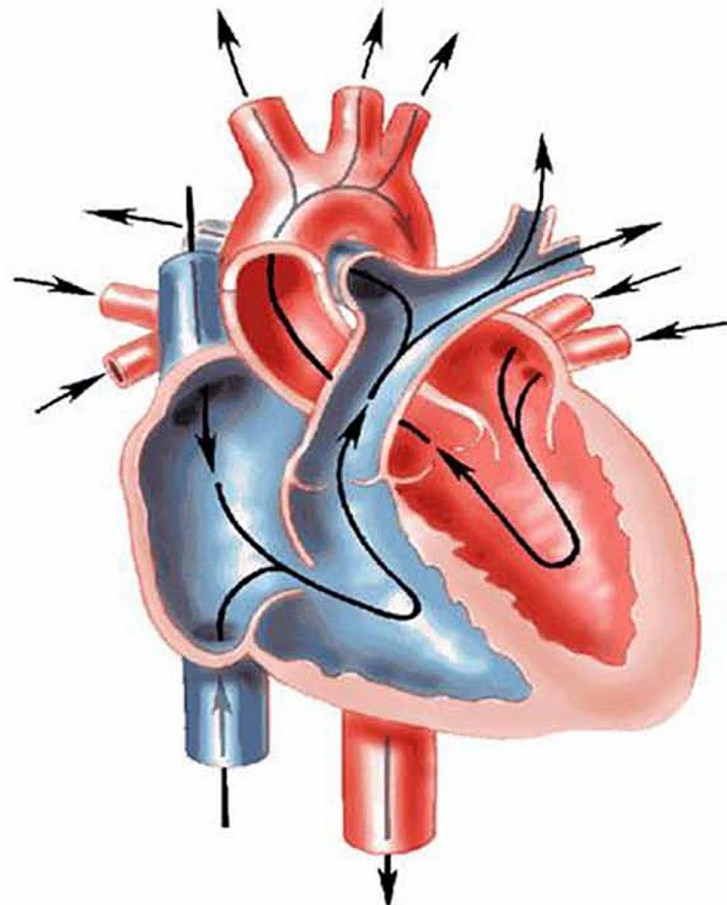
We will break down the math later, but just remember that one little number. That's what you are striving towards. One little magic number.

There are some great exercises and fun activities that will help you get there.

Biking, jogging, hitting the treadmill, and speed walking are all great activities that will work here.

Some people just love lifting the heavy weights and having huge muscles. Those are great, and that type of exercise is awesome. But you need to be doing your cardio as well. These activities are all crucial to adding longevity to your life.

Remember, it's your circulation that is one of the main keys to keeping your machine running. Big muscles don't help that part.



You can find ways to make aerobic exercise a fun part of your life. There are running and jogging clubs and power walking groups in every city. Take a look at [meetup.com](https://www.meetup.com) and see if there is a group that you would enjoy joining.

You want to start out your workouts based on your current fitness level. If you can't run, that's ok. You can start out with walking. As long as your pulse is pushing 65% of your maximum heart rate, you are going to get the workout you need.

Start off with simple aerobics that get you a workout. You need to build up your circulation so you can do harder workouts. You are **"training for your training."** You are training for your passion sport. You are training for your life.

One of the things that can crush us as we try to improve our lives is getting stuck looking at the competition. Don't look at what other people are doing. The only person you want to compare yourself to is yourself.

It's ok to start slow. If that's where your body is, then that is where you want to start. Just commit to a daily routine now. A daily exercise routine. This will put you on the path to success.

It's a road built of a thousand bricks. And you can only lay one brick each day. Just do what you can. If you can only walk for five minutes, then start there. Tomorrow, go for ten minutes or even just six minutes.

That's improvement, and that number will grow until you're able to run five miles a day. You can become ten times the athlete that you were in high school. Your goal is to push yourself and build up as fast as you can. You want to find a growth path that you can maintain.

There is no need to start hard, like you are shot out of a cannon. Remember, we need to start taking the long view on life.

If you just improve your walking time by one minute per day, in a year you can be walking for more than five hours straight! That's a huge amount of progress, and will reverse so many of your health problems.

You will start to feel like the movie character Benjamin Button. **Your friends might even ask if you are aging backwards!** That's how powerful just taking one step at a time is.

And of course, you are going to see a lot more progress than just one minute a day. Your life is going to change, and you are going to feel vibrant and powerful again.

It's important to talk to your doctor first to design your exercise plan. But don't worry. Your doctor is going to be supportive...at least until he realizes he might lose you as a patient, because you're getting so healthy!



Some sports wreck your body over time. Look what happens to old football players and boxers. There are some sports that just knock you around. There are also sports that pull your body apart. They put a lot of wear and tear on this machine that is your body.

It's great to play sports and do exercises that you love. But tennis, football, running...they're all hard on your body. They're especially hard on your joints and ligaments.

But some sports actually put your body back together. They heal your body and actually make it stronger. These are sports like biking, rowing and swimming. They involve circular motions that make your body stronger and heal it.

Cross-country skiing is another wonderful sport. The rhythm of it makes your body much stronger and it holds everything together. (As I said earlier, don't get caught up pretending that golf is one of these healing sports. I know how crazy some people are about golf, but there is just too much standing around.)

And if you are walking, instead of driving a golf cart, you are putting all that weight on your back or shoulders, and that will wear your body out.

So find a healing sport that you can mix into your exercise routine. Swimming is an amazing workout, and can be a great joy. There are now waterproof headphones so you don't even have to swim in silence.

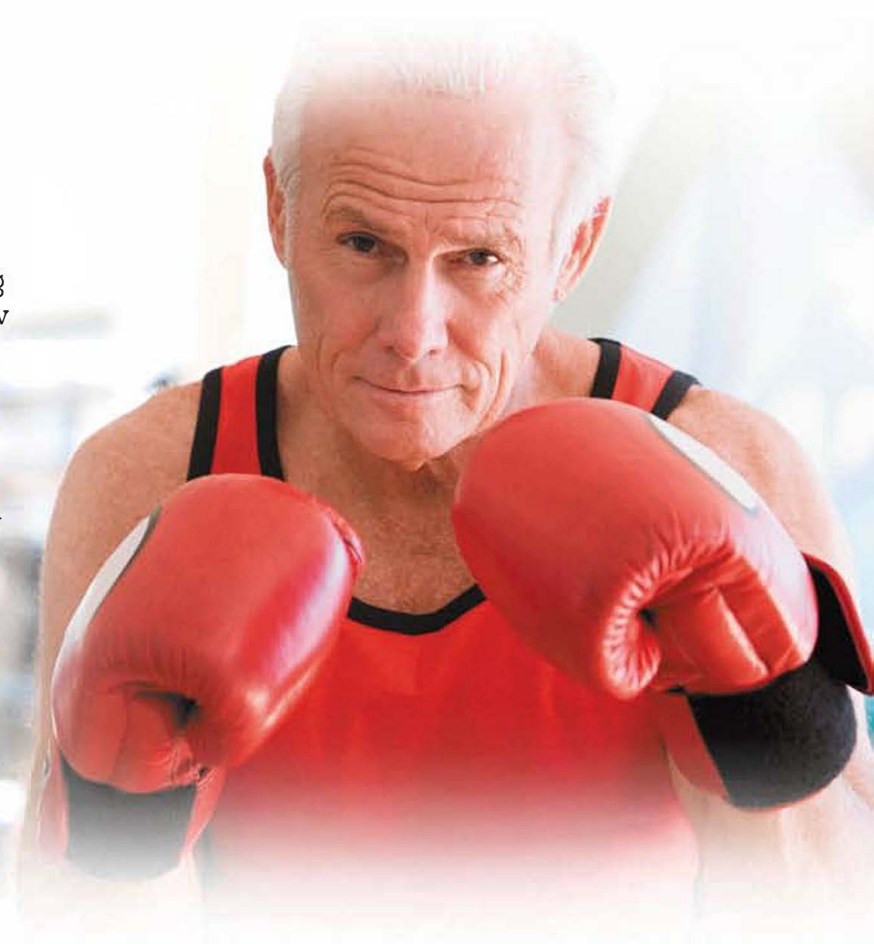
As you know, I love to kayak. I'm pulling on those oars and it makes me stronger. Next, I want to get a proper skull so I can row another way to make my body even healthier.

Once you find that healthy sport that you love, you will never look back. I always hated working out when I was younger. I wanted to be out living. But now, I found a form of exercise that I love. You can do the exact same thing.

Plants sit still. Animals are designed to MOVE.

It seems kind of crazy that I have to say that, but so many people these days are living like plants. We sleep in bed. We get up in the morning and sit in a car on the way to work. Then we walk to our desk and sit down in front of a computer. We sit there all day, like a plant.

If we go out for lunch, we drive there. We finish the day sitting in that same chair, and then we drive home. Then we sit on the couch in front of the television, or in a chair in front of the computer. Then it's time for bed. We are like plants that just move a little bit.



It can be even worse for someone like me. I write on my laptop for a living. I could very easily just lie in bed all day. **I don't even need to sit up to earn a living!**

But remember, being sedentary is a high risk factor for heart disease. Living like a plant can kill you. Our bodies are not designed to hold still. They're designed to move and live free and be active.

It's like people who have amazing car collections. You can come and you can look at the cars. But you can't touch them. And you certainly can't drive them.

Those cars are not enjoying their purpose. **A car is meant to be driven, not looked at!** And we are meant to run around. Not sit still.

Our society, however, has shaped us into chair people. (How long until someone invents a pair of pants with a built-in chair?)

When I was a child, my parents would come to watch my soccer games. All the parents would break out their foldable lawn chairs. They just sat there, while we ran around and they complained about the heat. What a waste. **We can't even stand around for an hour anymore!**

Do you want to be a "chair person?" No. That would be like reversing our evolution. You start off standing. Then you are sitting. And then you just lie down in your coffin.

**Our bodies are not made for this!** They were designed to be driven, and that's exactly what you are going to start doing.

One of the big barriers for many people is that they don't have enough energy. I know it. I hear it all the time.

**I used to say it:**

**"If I just had more energy, I would work out all the time."**

That's a lie. It's not reality. Exercise improves the machine. The reason you are tired is because your machine is running inefficiently. Your heart is working harder than it has to. It's working harder to get the blood and nutrients to your organs and muscles.

Exercise improves circulation. It makes fuel and energy travel more efficiently. Exercise improves the highways that transport energy from your heart to your body. When you have better highways, you have better transportation.

So, one of our goals is to improve the infrastructure of your body. If it's easier for energy to get to your muscles, and to your organs...then you will have more energy. Your body will run more efficiently.

This is about long-term change. Your energy might dip at first. It might take you a few weeks or months to improve your circulation. But once you do, you will have a whole new lease on life. You will never want to look back.

YOUR BODY'S  
"EXERCISE SETTINGS"

Your body has two exercise settings. Fast and slow. Walking and running. You need to be able to do both, so it's important to have a good mix of workouts in your routine.

Our exercise patterns program our brain and blood chemistry. If you walk every day, you will become excellent at walking. This is a really great slow exercise.

The more you walk, the better you will get at walking. But if you only walk, your body won't build up its "fast exercise" abilities, because you aren't sending those fast signals to your body.

Your body is constantly responding to the way you train it. If you lift heavy weights, then your body makes you bigger muscles.

If you walk all day, the same thing will happen. But you will develop a body that's only good at one of the key types of exercise.

**How can we measure which type of exercise we are getting?** There is a simple method to measure which type of exercise you are performing. You just check your pulse.

You want to start out by knowing your maximum heart rate. That number is 220 minus your age. So just subtract your age from 220 to get your maximum heart rate.

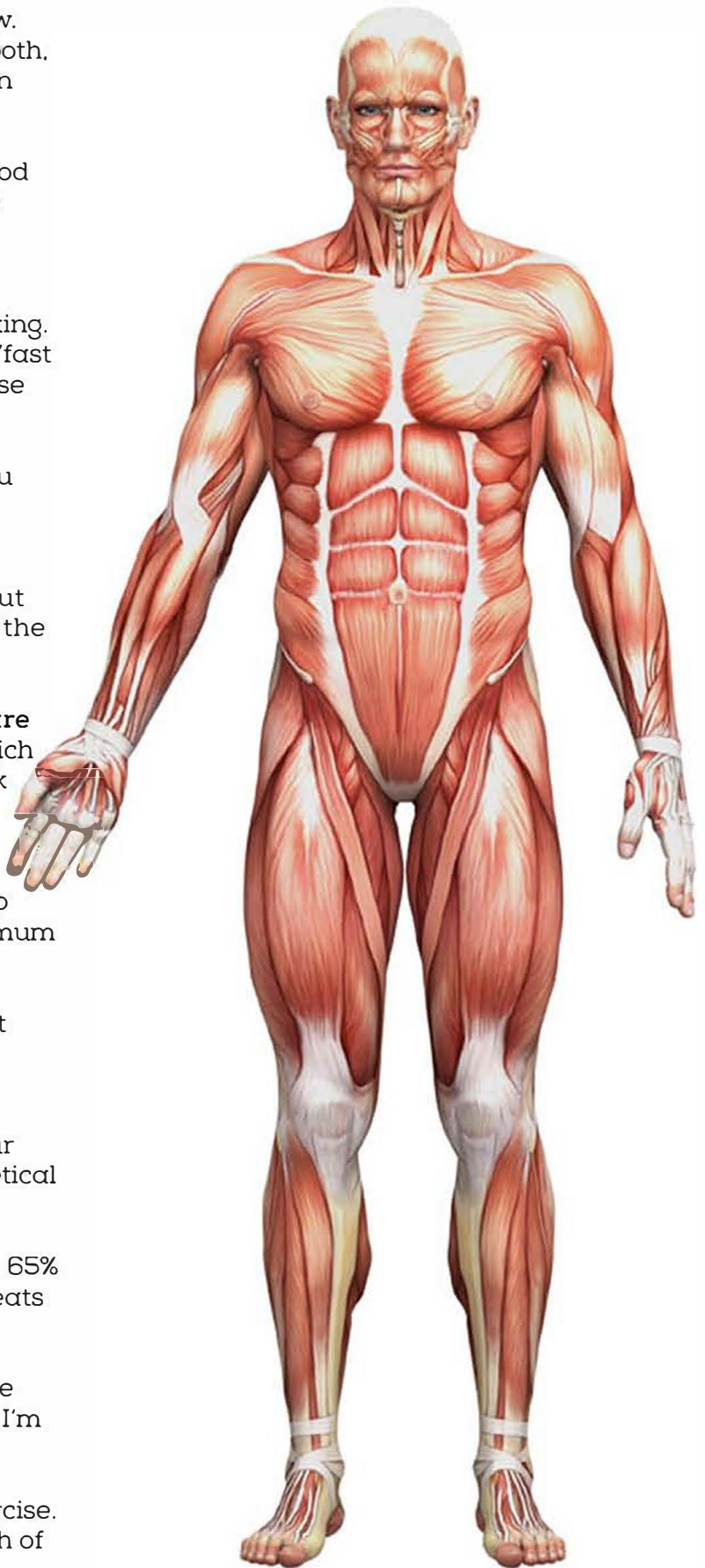
I am forty-seven years old. So my maximum heart rate is 173.

That's actually a theoretical maximum. Later on, when you are in better condition you can find your actual maximum. But not yet. For now, the theoretical is more than enough.

The line between fast and slow exercise comes at 65% of your maximum heart rate. For me, that's 112 beats per minute.

If my pulse is below that number, I know I'm in the slow exercise zone. When I'm above that number I'm in the Fast Lane.

You have to push yourself to do both types of exercise. You want to build a machine that can handle both of these key speeds.



It's really tempting to fall into a rut with a single workout routine. I could easily become a lazy kayaker. **That's better than not kayaking at all, right?**

I could go out and just paddle slowly and have some very casual adventures. But that's not good enough. This book is not about just being "good enough." This is about winning at the game of life.

Some days I paddle in the slow lane, and some days I paddle in the fast lane. **How can I tell which lane I'm in?** I have my hands full, so I can't keep sticking fingers on my neck to take my pulse.

I wear a heart monitor. And you should invest in one as well. It's a great investment that will add years and years to your lifespan.

You can find tons of great heart monitors on Amazon and it only takes ten minutes to find the one that's right for you. You need one that you strap around your chest.

With those activity monitors that you wear as a bracelet, the technology just isn't there.

Every year I read all the reports and reviews and I study them. If they ever do become good enough, I will update this guide and I'll send you an email. I'm just not sure it's possible. So make sure you get a strap to put around your chest with your monitor.

When you are working out, you can look at the wrist display and see your pulse. This is so crucial. Just see if you are below or above your 65% waterline.

If you are doing a slow workout, stick with it. On fast days, resist the temptation to slow down. Slow workout is all about distance. If you are a runner, on slow days you might walk or jog ten miles. On fast days, you run three miles.

That's ok. In fact, that's great. You have a rhythm, and you will keep improving.

On slow days, really go for the distance. Fast days are about maintaining that higher pulse and about power.

You want to push yourself and stay around that 65% line. Stay below 90%, because you don't want to go too high, either.

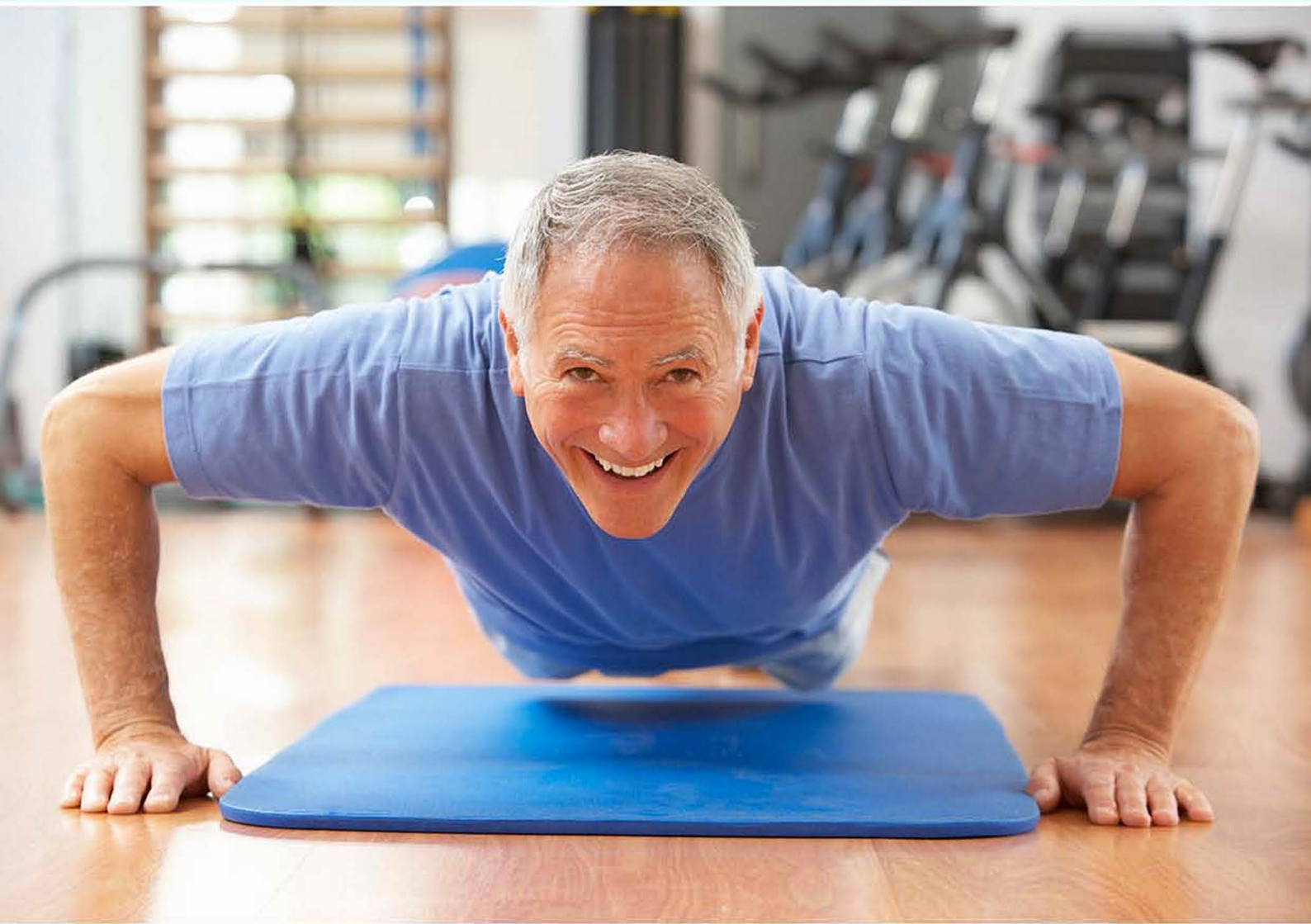
This is running, **not sprinting for your life with a zombie behind you!** That's a different kind of workout that we'll talk about in a moment.

Your body is designed to walk all day; to hunt and to forage. You can do a slow workout for a very long time. You can do wonderful hikes or pleasant bike rides. Working out doesn't have to be horrible.

It's better to have mixed routines than to do the same workout every day. Kayaking might be my favorite sport, but I also mix in surfing, stand up paddling, biking and hiking.

All of these work my muscle groups in different ways and keep my body in great condition.

You want to develop a routine that has a good mix of fast and slow. You want workouts that are fun and that keep your different muscle groups strong.



The key to everything is focusing on showing up no matter what. Just like you are going to change your life with that first workout TODAY.

Don't wait until you finish this book to hit the gym. You don't need to be more inspired than you are right now. Just like you start on the path to health with one step, the path to failure starts the same way: by missing a day of exercise.

It's the first step on the path to failure. To ruin. To poor health and an early grave. So make a commitment right now. Focus on your long term goals: your desire to live a long life, and to enjoy that life to the very fullest!

How often do you hear about people getting bypass surgery these days? It's become way too common. We all seem to know someone who has had a bypass.

The days of the single bypass seem to be long behind us, don't they? There was the double bypass. Then the triple. Then the quadruple.

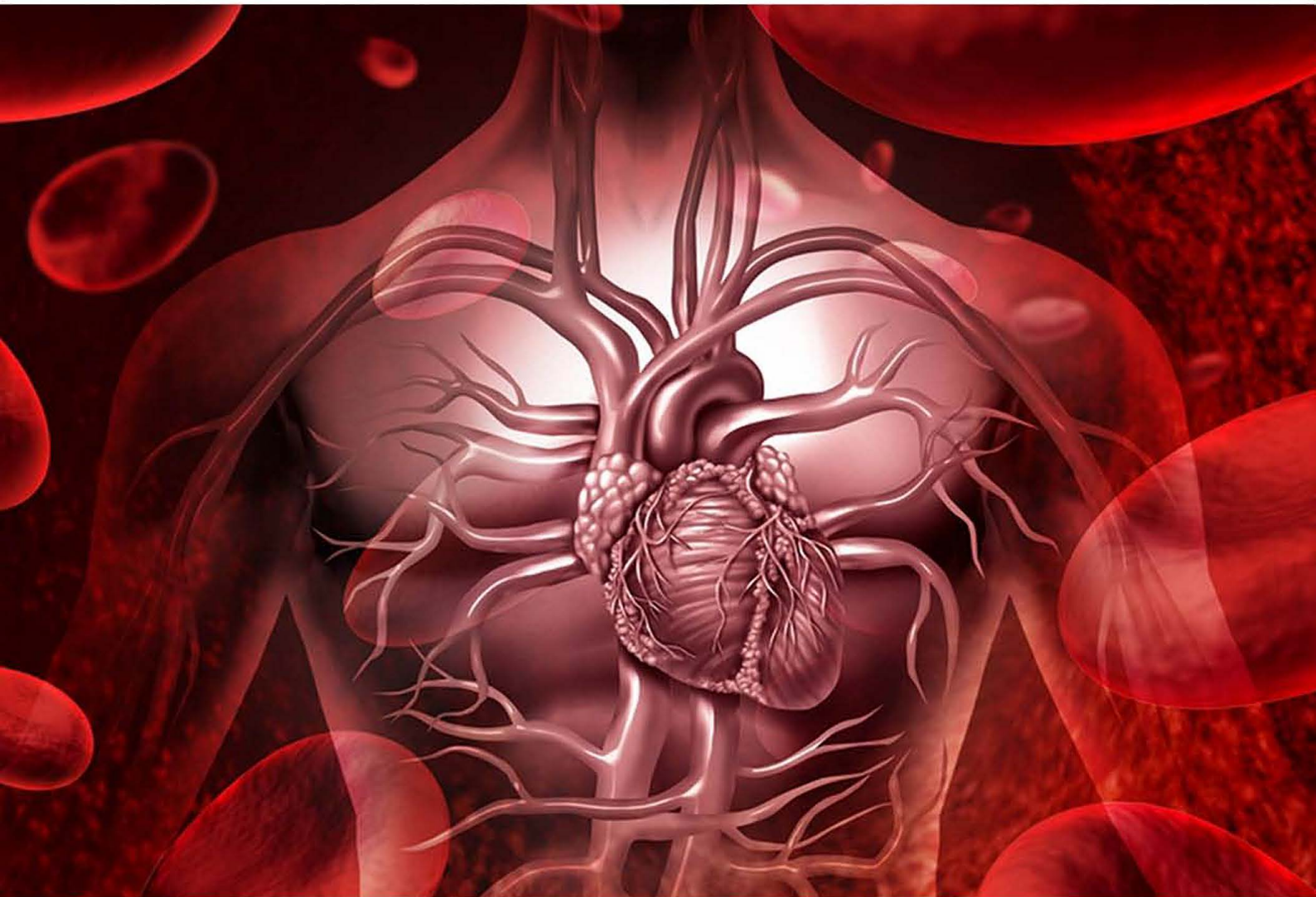
Men and women who are only in their forties and fifties, comparing heart surgery scars like they are war wounds... is that really something to be proud of?

Heart surgery is fairly easy nowadays. It's so common now that most surgeons have tons of practice.

Well, you have two choices in this life - exercise or open heart surgery. Most of our society is making a conscious decision to have that surgery.

How crazy is that? What is happening to us?!

When I was younger and living like a maniac, I just didn't care about the consequences. I figured I would die young, but have a great time doing it.



That was my actual plan. I never expected to live past 30.

When I had my 30th birthday, I was overwhelmed. I felt like my life was in overtime. Now, looking back, I can't believe that mindset. But hey, at least it was a conscious decision on my part. Most of us are doing it passively. We are using the excuse of inaction. We want to pretend that there is not punishment for bad living.

**What choice do you want to make? Do you want someone to slice open your chest, crack open your ribs, and cut up your heart?** I sure don't. And yet, most people these days seem to be choosing open heart surgery.

You don't want to be like them. All of these bypasses are just dangerous excuses. They are an excuse to keep on living horribly.

We want to pretend that there are no consequences for bad living. But that's just not true. We might live longer now, but the life we end up living will be slower and far less enjoyable than it should be. You will suffer so many other health complications, and so much unnecessary pain.

### **Endurance exercise prevents open heart surgery.**

Study after study proves it. That's a good enough reason for me to push my body.

If you are anything like me, then you like specifics. You don't want to know that you should do endurance exercise. You want to know what that means and exactly how much.

So let me write it in stone for you: once a month you should be able to do three solid hours of exercise with your pulse at around 65% of your maximum. This is something you should be able to physically do all the way into your eighties.

Maybe you are feeling overwhelmed because you can't even do that right now. That's ok. At least you're starting to see just how far off the mark you actually are.

But also, look at the possibility of you being in amazing shape before long. All the way into your eighties. That just gets me so excited. Yes, you can operate at a high physical and mental level well into your eighties!

You know when you are pushing yourself and you are panting. You can only say a few words and you are huffing and puffing. That's the level of workout I'm talking about. Where you are between 80 and 90% of your maximum heart rate.

You should be able to exercise at that level for one hour. That's how your body should operate.

There's a reason I'm not giving you distances to run or feats of strength to perform. Your body provides the only accurate index of what you are capable of.

Your heart rate is the key measurement. That's why grabbing a heart monitor is going to really take you to the next level.

Then there is the highest level of performance. The full out sprint. The moment of truth. This is where your body is truly in survival mode.

It was made to run from the danger that you cannot fight. The saber tooth tiger is after you. But in today's world, you don't have to be faster than the tiger. You just have to be faster than your friend.

## HELPING YOUR HEART

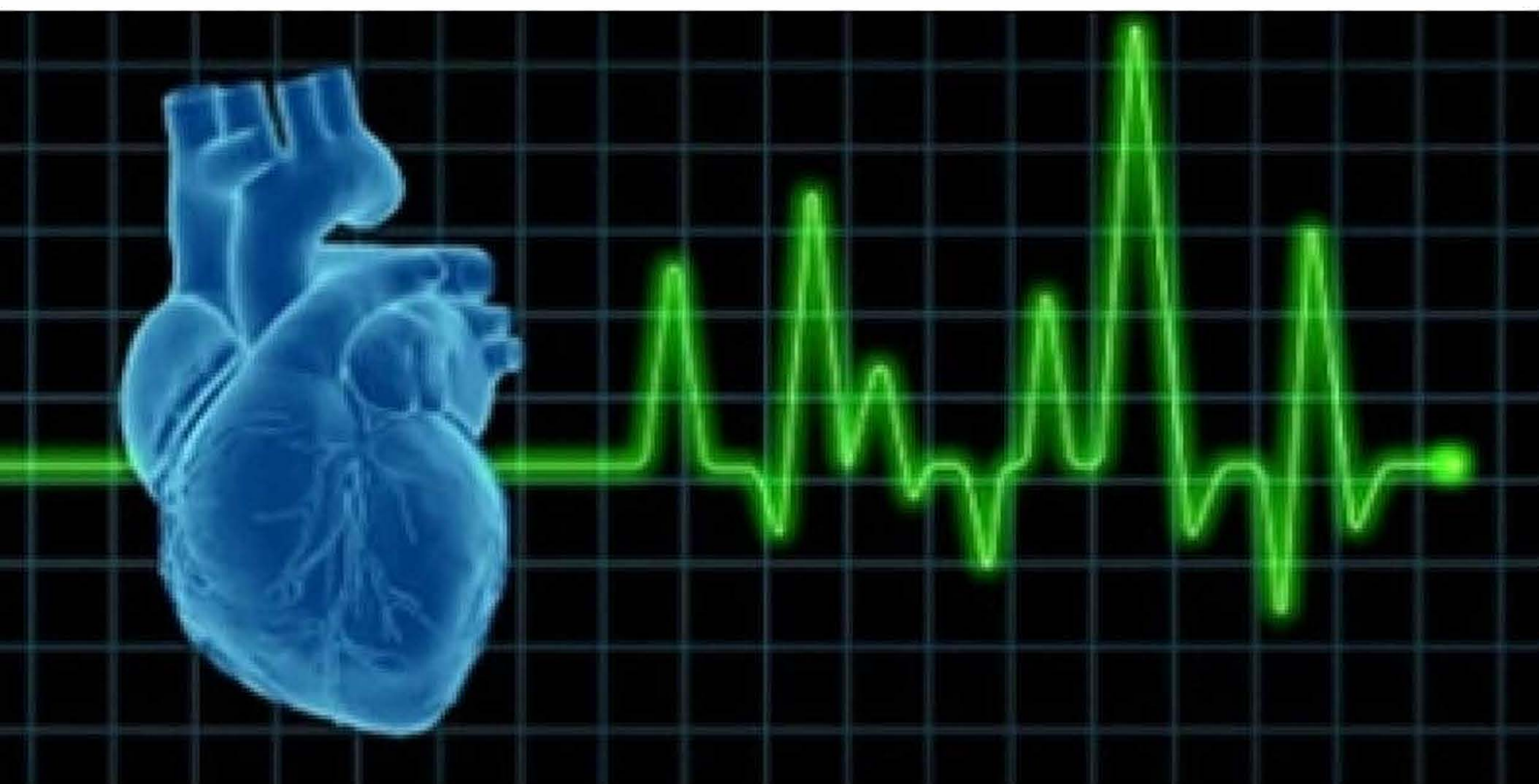
So you should be able to do a full sprint with maximum power for one to two minutes. That's something that your body can do when you are in peak condition. That is what we are striving for.

To keep on top of your game you need to track your progress. Can you imagine driving a car with no gauges? No way to tell how fast you are going or more importantly, if the engine is redlining?

That's the purpose of your heart monitor. It tells you how you are doing, and which level of exercise you are performing. It's the key to tracking your workouts and your efficiency.

Measure your resting heart rate, too. The lower it is, the better. If it's in the 80s or even higher now, when you start working out you can move that number down into the 60s. That will extend the life of your heart. And we all want to live longer.

Every time you workout, you'll want to wear your monitor. It will help you get connected with your heart and your physical condition. You will start to see how hard you are actually exercising.



Once you are in a higher level of condition, it's time to find your maximum heart rate. The best way to do this is by taking a stress test with a doctor. He can put you on a treadmill, and you'll push yourself as hard as you can and find your true maximum. Then you can recalibrate where your true 65% is. This tiny tweak will improve your condition and give you some really wonderful long term gains.

I can't recommend rowing enough. It's so good for your body, and for your heart. I know every gym has a rowing machine, but how often do you actually sit down in that monster? It's really hard for people to stay consistent with it. In a real boat, it's just so much easier.

With all of your workouts, it's important not to cut corners. As you get older especially, there is no reason to have inferior equipment. (My kayak is really wonderful.)



You can get a cheap boat, and they even have inflatable kayaks. Personally, I wouldn't use one of those. **I kayak in the ocean and I don't want to be stranded if some fish pops my boat!** I want a boat that's fast in the water and is designed as perfectly as possible.

Some people want to keep using old equipment like they have to prove something. You don't need to use a wooden tennis racket. There's no point. You deserve the best gear that you can afford. It will really improve your workouts.

Realize, at times you are going to fail. You are going to stumble. I would be remiss if I pretended that reading this one book meant you would never miss another exercise again.

I'm not crazy. I have met the real world before. We all slip up and skip a day...or a week...of exercise.

So what we need to do now...what we need to do before you slip up...is plan a strategy for how you will get yourself back on track. It's crucial to have a Plan B. That's how we can adapt and overcome.

There are a couple of great ways you can jump back into your groove when you feel like you've temporarily lost the path.

The first thing you can do is get some new gear. Sometimes all you need to get you back out there is a new bicycle or tennis racket or pair of shoes to motivate you.

That is our first line of defense when we start missing workouts.

But maybe you already have the best gear. Or maybe can't afford to spend your way back to the gym. That's why I have developed another line of defense for you: **try out a new sport.**

This is how I've discovered some amazing sports that I now love. I got really into wake boarding last year. It was a sport that I disliked when I tried it in my younger years, but I rediscovered it recently. It's in keeping with my whole "water sports theme," and it's a really strong workout.

Wake boarding requires a lot of balance, and I love balance workouts.

And here's one more option—something to do when you are losing your motivation. If you started a new exercise routine but then you drop it for a couple of weeks or longer. I suggest you take a fitness vacation.

This is where you go away on a trip that involves a lot of exercise. This can be a 3-day ski weekend. Or a week of hiking in the Smokey Mountains.

This is the right way to break up your routine. You want to do something that is physical and that you really enjoy. That's the secret to a great fitness vacation.

When you start up a new sport or go on a fitness vacation, you will start using a whole new set of muscles. This is why cross training is so important. I am in great kayak-shape, but the first time I went wake boarding, I thought my arms were going to fall off—because it worked my muscles in a totally new way.

Now, I mix up my exercises. I am careful not to get stuck in a rut at the gym.

Just because you find a great routine that doesn't mean you have to do it forever. You want to train your body across the board, so you can pick up new sports and go on amazing fitness vacations with ease.

If you don't cross train you have to start a new sport at zero. That's not fun at all. I never want to feel like a total beginner ever again.

When we fall or slip up or lose our rhythm, our first instinct is to aim negative feelings at ourselves. To think of ourselves as a failure or a loser.

What you are doing here is negative reinforcement. You are attaching a negative feeling to the entire process.

There is no benefit to this. You just end up feeling bad. And it's a poison.

Next time you want to try, you won't. Because you are afraid that if you try you might fail, and that when you fail you will feel really bad. So that shame and guilt about failing, it's even worse than the failing.

You want to always get back up on that horse. Focus on being proud of yourself for how hard you tried.

If you focus your emotional energy on attaching positive feelings to trying instead of negative feelings to failing.

The sky is the limit. You will reprogram your brain. It will start to be excited by trying again.

Because now, trying is associated with a positive emotion. We can actually reverse the downward spiral of diets and failure and guilt. Turn it into the joy of trying...or the great feeling that comes with knowing you will never give up.

So now you know what to do if you falter. You know you just need to get a new bicycle or tennis racket. Or you need to try a new sport. Or go on a big exercise vacation.

**Do whatever you need to, to break out of that slump!**



It's time to talk about strength training. I'm talking about "sweaty metal" here. Pushing and pulling some serious weights.

It's going to hurt a bit at first. The first time you lift heavy weights, your muscles are going to be stiff and they are going to hurt. Even if you lifted weights when you were younger, you have to go through this pain barrier.

It's what separates us from the rest of our couch-based society.

There are some crucial medical reasons why strength training must be a part of your new fitness regime.

After you turn 40 years old, your body start to lose a little more bone mass every year. If you don't do anything about this, your bones start to weaken and weaken. This is why older people suffer so many broken bones.

Your hip bone is one of the biggest bones in your body, but I bet you know someone who has broken one. This is one of those areas where inaction has consequences.

At first, you won't even notice the loss of bone mass. It's just a little bit at a time. That is why it's so insidious.

Then your muscles start to disappear. Your bones are thinning and your muscles are vanishing. Your body just starts to waste away when you cross this age line.

But there is hope. You can stop both of these from happening. Strength training stops your muscles from shrinking. It keeps your bone mass.

You should take this part of your routine very seriously, because it protects you.

Cardio-aerobic exercise-is what keeps your circulation in great condition.

Strength training is for your bones and muscles.

You need to do both to hold your body together!

You can think of your bones as the wooden poles that we string power lines from. You can have great wiring, but if one of those poles collapses...falls over...or breaks...

Then the whole system can shut down.

We don't want that. You want your entire system working perfectly.

So when you start weight training, take it seriously. You should either get a really great weight lifting book or start out with a personal trainer.



Form is more important than anything else right now. People get hurt in the weight room when they make those mistakes.

You don't want to just try to teach yourself by watching other people in the gym. This is a terrible approach and it can risk injury.

Don't focus on hoisting the weights you can, or trying to impress people in the gym. This is a time to focus solely on yourself. You can only measure your own progress internally.

You need to strength train at least two days a week to maintain your body at it's current condition. If you want to get stronger or improve bone and muscle mass, then you need three days a week.

I'm a big believer in three days. Think of this as preventative maintenance.

Broken bones are the worst. I broke my wrist when I was in sixth grade. All I can remember is the screaming. Then you're stuck with this awful, itchy cast on for six weeks or longer.

Well, as you get older, it takes longer to heal. If you have lower bone mass because you don't strength train, then you are going to wind up with some broken bones at some point.

But it gets worse. You will then heal slower because of the lower bone mass. It's a problem that manages to keep making itself worse.

If you've ever seen an older person with a cast on for a really long time and wondered what was going on, now you know.

So pound those weights. Push those bars. Protect your bones.

The gym really becomes more enjoyable when you know what you're doing in there.

You want to have a routine that you follow. I see all these people that are kind of wandering around from machine to machine aimlessly.

**Don't do that.** Getting through your routine quickly actually increases the benefits and will give you better results.

**I know some people that get all chatty and they are in the weight room for two hours.**

That's why some people stop going to the gym, or find excuses not to go. Because they feel like it takes forever...

But that's because they're being inefficient. A good routine should really only take you between 20 and 40 minutes.

**That's not nearly so bad, is it? That's one third of a two-hour workout!**

If possible, get a personal trainer to design a workout routine for you. Even if you can't afford to have them there for every workout, have them design a program for the next month. Something that you can follow.

You can have them join you once a month, to have them watch your workouts. They will notice any issues you have with bad form.

Doing exercises wrong is the main reason people get injured lifting weights.

You don't want that to happen to you. So at least once a month, do a session together. Have them watch your routine. Then get the next month's program. It can be just as effective as having them there with you every week.

Or, if you need to, you can just follow a routine from a magazine or website.

But make sure you really track your workouts in the weight room. This will allow you to measure progress and make sure you are lifting the correct amounts.

It's impossible to try and remember how much weight you lifted on a certain exercise two weeks ago. Don't try. Just keep good records.

Focus on form and slow growth. This will keep your body in peak condition. You will get stronger as you get older. Your bone mass won't disappear. And you will look, and feel, **far younger than your friends your age!**



The most important exercise in the gym is the squat.

This is the one exercise that works the foundation of your entire body. The centerpiece. Your core.

Squats are a magical exercise that will literally extend your life. They reverse the signs and pains of aging.

As you get older, it can feel like a catch-22. Your body hurts too much to want to go out and hit the gym. You have arthritis or back pain.

But if you push through that pain barrier...

You will make your body stronger. More efficient. And it will start to pay off massive dividends.

That stiffness that was holding you back will start to disappear. Your balance will even improve.

One of the worst things about getting older is that something happens to your balance. You start falling down for no reason. It's embarrassing. It's one of the main causes of injury for the elderly.

Doing strength training will help with your balance. Putting in the hard work will help your body last longer in all sorts of ways. Think of it, among other things, **as bone insurance: it keeps your bones thick and it prevents the main cause of broken bones - falling.**

Lifting heavy weights, and especially squatting, maintains the connection between your brain and your body. These two parts of you need to get used to working together a lot. They need to work in tandem. This practice can prevent so much tragedy later in life.

As you get stronger, you can start to move past just going to the gym. It's time to find a sport that is all about strength.

I really recommend yoga. (Yes, we can consider it to be a sport. I'm not just talking about activities that involve a ball...)

You can't start until you have a little bit of strength and balance to work with. But I can't recommend yoga enough. There are so many classes for all ages and levels of ability.

Start off in a beginner class and just put in the work. It's so good for your body and it will make you so much stronger.

I find yoga so relaxing and I feel really in tune with my body. Whether I'm doing hot or cold yoga, I get an amazing workout. Your gym should have an introductory class to get you started.

Yoga is all about strength and balance. These are two abilities that we want to add to our repertoire. They protect you from external injuries such as slips, falls and broken bones.

Combined with a strong circulatory system you can start to see how your life is extending, right?

As I started to get older, I would look in the mirror and see things I really didn't like about my appearance. The years can be so unkind...

**It seems like nature has added one more indignity to the pain of aging:**

we get ugly. It's true. One day I looked in the mirror, and I did not like what I saw. All the shine of my youth was gone, and I was starting to really show my age.

That was one of my biggest motivations for changing my lifestyle. I could almost accept dying early, but no way did I want to spend my last years ugly! That was just too much for me.

Fortunately, you don't have to get ugly when you get older. You can fight and reverse the ravages of time.

Most people fall into this state of acceptance or even a perpetual depression. You can avoid all of that.

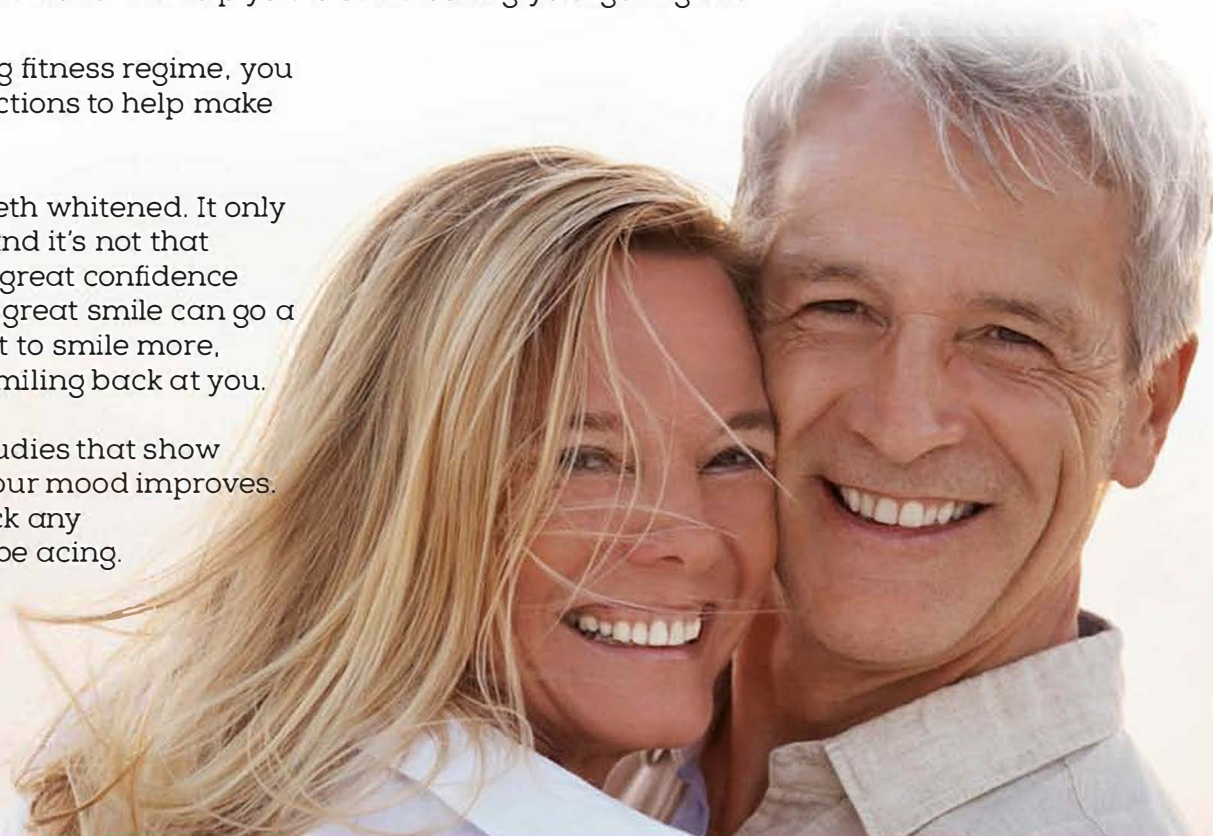
The first phase is to stick to the workout plan we have been developing. Lowering the amount of excess fat your body is carrying will do wonders for your body.

You will stop putting so much wear and tear on everything. All of that excess skin around your neck will start to fade away. That alone will help you to start looking younger again.

On top of your amazing fitness regime, you can take some other actions to help make the years melt away.

Go out and get your teeth whitened. It only takes about an hour, and it's not that expensive. It's a really great confidence booster, and having a great smile can go a long way. You will want to smile more, and people will start smiling back at you.

There are extensive studies that show that when you smile your mood improves. This will help push back any depression you might be acing.



Another study found that when you smile at people they automatically smile back. This puts both people in a better mood. So now you will have a nice sunny disposition, because your teeth are so white and everyone is smiling at you.

For the guys out there, after a certain age, there is a temptation to stop shaving. You think you look like George Michael or Jack Bauer or even Sonny Crockett from "Miami Vice..."

Unfortunately, that's not the case. You end up with this scraggly half-beard that makes people start wondering if they saw you on the news last night.

Or, you start to look like a cartoonish villain. You don't want that.

It's important as we age to be fastidious. Just having a regular grooming regimen can do wonders for your appearance.

For women, sometimes the grey comes way too early. You want to dye your hair to fight back the early signs of aging. And that's ok. For a while, you can get away with it.

Just realize that at a certain point, it's better to own your real color than to do something that everyone can tell is fake.

That's a sign we look for when determining someone's real age. And that's the reason most men shouldn't dye their hair. Or even worse, their beards.

Most men fail when trying to dye their hair and it's terribly obvious. We wait until our hair is really grey and then we dye it super black or way too blonde.

When it comes to changing hair color, the key word is subtle. And there really is no way to dye your beard or mustache without it looking obvious.

**That hair grows so fast that you have to dye it almost every day!** Much better to just keep shaving.

If you have a mustache or beard, just shaving it off can make you look years younger.

Next, pay attention to your skin so you don't damage it, or develop a skin growth that needs to be removed. You are changing your entire lifestyle in this process, and you are going to be getting a lot more sun these days.

Hiking, bike riding, kayaking....it all involves hours in the sunlight. You want to get that Vitamin D, but you also don't want to overdo it. Sunburns can turn into something much worse as we get older.

I've had to get a lot of things cut off my skin. It's not pleasant. You'll want to see a dermatologist at least once a year just to make sure you haven't missed anything.

Some forms of skin cancer can be quite insidious. But when you take care of your skin, it will protect you for a lifetime.

I wear a hat when I'm out on the water. Remember, when you're doing ocean sports or snow sports, you get twice the sun.

You get all the sun pouring down from the sky onto you. Then you get a second dose of it, when it reflects off the water right into your face.



Although snow is cold, many people get winter sunburns for this reason—the sun is reflecting off of it, onto you.

You really want to be careful while you are out there. A little sun is great. Just pay attention to the signals your body is giving you.

Now, when it comes to fashion, it seems like we do the same thing we do with music. We are locking into whatever was cool the day we turned eighteen.

Every single generation, the parents tell the kids their music is garbage. It's like this eternal cycle that cannot be broken.

My parents hated my music, and my kids only listen to garbage. And one day they'll be saying the same things about their kids' music choices.

Don't let this happen to your fashion sense.

**There are two big fashion mistakes that we can make as we get older:** we continue to wear what went out of fashion years ago, or we try to copy the style of much younger people.

If you are a man in his sixties and you suddenly start wearing mixed martial arts tee-shirts, it just doesn't work.

The same goes for a woman wearing sweatpants that say "Juicy" on the bum. You are going too far in the other direction.

As we get older, our fashion sense should mature a little. It can be hard to go through a fashion makeover, and honestly, most people get it wrong.

When we go into a store in search of a new "look," most of the time what happens is that the store clerk makes recommendations based on how we looked when we walked in.

If you look like a fuddyduddy walking in, **you will look like one on the way out too!** I know, because it has happened to me more than a few times.

The store clerk will advise you based on their impression of you, not based on what will make you look good.

Just focus on fashions that look good for your age or just a little bit younger. When you do that, you'll wind up with a look that really works for you, and start to feel fresh and youthful again.

It's the same idea when you buy glasses. My uncle was a really successful hairdresser in Europe and he talked about this all the time.

People go into the store and buy the glasses that they think look good. But you should buy the glasses that make you look good. Just because the glasses look good on the shelf, does not mean they will look good on your face.



The same goes for clothing. I know most men hate trying stuff on. That's how we end up with ill-fitting clothing that makes us look older instead of younger.

Another important aspect is grooming, and in particular, maintaining a consistent grooming regime. You should get a haircut every six weeks.

Even if you have long hair, you want to get it cut every six weeks. This is the key to avoiding split ends.

After six weeks the ends of your hair start to dry out and they can break apart. Just trimming your hair every six weeks will make sure this never happens to you again.

You don't have to try and look like a runway fashion model, just focus on being neat and tidy. Don't use age as an excuse to be a slob.

### One last thing about avoiding looking ugly is this:

Drink eight glasses of water a day. As we get older that signal in our brain that tells us when we are thirsty starts to disappear. Your body is craving water, but your brain doesn't know about it sometimes.

Just develop a regimen of drinking water and your skin will stay flush. When you are low on water your skin will start to sag. The best thing to do is start every day with a glass of ice cold water.

This gets your first hit of water out of the way and it has the added benefit of kickstarting your metabolism.



This is not a diet book. I know that coming up with the next miracle diet would probably make me millions and millions of dollars, but that's not why I'm writing this.

Diets are trendy and you get the masses screaming your name, and I don't care about all that. We all know the names of dozens of fad diets, but honestly most of them don't work.

The reality is that 95% of all diets fail. If the diet industry was as good as they tell you they are, then country wouldn't have an obesity epidemic.

We want the quick and easy solution. I would love to offer you that, but it's just a dream. It's vapor in your hand. It doesn't work and it leaves you in worse shape.

### Here's the simple truth:

Tracking your weight is a waste of time. It's a terrible measure of the condition of your body, and will only cause you to get discouraged.



When I was on a diet I would start weighing myself multiple times a day. I would become obsessed with seeing the tiniest change in diet. I'd even weigh myself every time I used the bathroom.

That's insanity.

And it is part of why dieting is so stressful and terrible. You know how it goes. You start a new diet full of excitement and enthusiasm. That lasts for a week, maybe two, and then you start getting discouraged.

You feel like a failure. Like you have no self control and you are worthless as a human being. You get fatter, and the cycle repeats with the next fad diet.

**It's this merry-go-round from hell and there seems to be no way off of it!**

This book is not about putting you back into that spinning death trap of insanity. I don't advocate that because it doesn't work. Diets don't work.

If ten diets haven't worked, why would I think that an eleventh one is the one that will work? The definition of insanity is doing the same thing over and over again and expecting a different result.

**Let's keep it really simple, shall we? Here's the one simple rule to remember: If you eat garbage, your body will turn into garbage.**

You aren't a child. You know what food is bad for you without me having to tell you. We could walk through a grocery store right now and I could point to every item and say "good or bad." You'd be right at least nine times out of ten.

Don't pretend you need a list of what's bad, that is insulting to both of us. All it really does is provides an excuse for unhealthy eating.

You say "well nobody said I can't eat X, so I don't know for sure it's bad." That's how diets start slipping.

You deserve better so I'm going to give you better. Nobody thinks fast food is healthy, so why do we constantly eat it?

It's convenient and kind of cheap and you can eat in your car and a million other reasons, but all of them are bad. Stop doing that to yourself.

If you know something is bad for you stop doing it. The first step is to ignore fad diets. That's just noise in your ears that is designed to distract you from what you should be doing.

Instead, keep it simple and you might actually succeed. Most diets are fads and not backed up by science.

**But where are the studies of people six months after the diet? Two years later?** They don't publish those studies because everyone is fatter than before the diet.

**So just ignore that garbage. Here is a simple formula:**

**Eat less calories than you burn and you lose weight.**



## NO MORE "DIETING"

That's it.

Just stick to that simple sentence and you can lose all the weight you want.

If you don't exercise your metabolism slows down. What that means is, even if you eat the same as you did when you were younger, you will start to burn less calories each day.

End result? You start gaining weight.

Exercise is really the key to longevity and healthfulness. You only need a few simple rules that will change your life. Don't drink any calories. Only drink water.

If you make that one change, you will start to loses weight.

I see all these people I went to high school with who are now dealing with terrifying health complications. Stuff I thought didn't happen until your seventies. My friends are mostly in their forties. That's terrifying.

Of course, most of them are guzzling soft drinks, all day, every day. Sometimes a two-liter bottle (or more!), every day. That's nuts!

Sure it's sweet, but most soft drinks don't even contain real sugar any more. It's full of toxic chemicals and corn syrup that are just awful for your body.

So the bottom line is: So don't drink sodas. Don't drink juice. Just drink water. Your system will run so much more smoothly.



Limit or eliminate white carbohydrates from your diet. Here, we're talking about things like white bread, white rice, pasta, potatoes and sweets.

You know that stuff is bad for you. I don't have to tell you, but these two simple diet adjustments are all it takes. Oh, and don't eat fast food. I shouldn't even have to say that.

So you could call that a diet, but it's a diet you could write on a cocktail napkin. Don't put garbage into your body.

And here's something really wonderful...

When you stop putting bad stuff into your body, the good stuff starts to taste better.

When I was younger I used to hammer back cans of soda. Just drink four or five or six cans a day. I used to despise water. But now that I only drink water, it's so refreshing.

I've gotten to the point where I actually crave it. **In fact, I'm getting thirsty just writing these words!**

The same thing happens for food. Your body will adjust to a healthier diet and after a few weeks you'll never look back.

The last thing I will leave you with is that eating fish is really good for you. You might hate the taste at first, but after you remove the garbage from your diet that is messing up your taste buds, you will start to really like it.

That's it. That's the perfect basic diet plan. If you need something a little more complicated and structured, you should consider the Paleo diet. That one is all about trying to eat the way our bodies were designed to.

It's all about eating only foods that we had access to thousands of years ago when the design for our bodies was perfected, which basically amounts to just meat and vegetables.

That, and drinking lots of water. If you stick to that you don't have to play portion control games. You won't feel like you're chasing a dragon.

Honestly, I think this is why so many of the fad diets fail. They're too complicated, with long lists of what you should and shouldn't eat.

The reality is that if a diet is hard, nobody's actually going to use it, and it will fail. Make it simple and you will succeed.

**Here's one last tip and then we're done talking about food: Your sense of taste is relative not absolute.**

That's a vitally important point. Your definition of "sweet" is only based on the other sweet things in your diet.

So if the sweetest thing you eat is a sweet potato....if you don't drink soda or eat sugar, then you will think it's sweet.

The same thing goes when you start eating mostly fruit. The less bad foods you eat, the better fruit tastes, **and that's a phenomenal benefit!** It's why people can eat things that we think are horrible and they find it just delicious.

Just realize that it takes a few weeks to recalibrate your taste buds. For instance, since I drink only water, if I were to take a big swig of juice right now, I'd be stunned by how sweet it was.

My taste buds would simply reject it.

Anyway, the point is, you can actually train your taste buds to love the taste of the stuff that's good for you, and begin rejecting the stuff that isn't.

Our memories are imperfect.

If you go online now, you can probably find a picture of your old high school sweetheart...And he or she will probably look nothing like you remember.

This is one of the reasons that the internet is so much better than memory. When you are working on a project like this you need to keep track of everything.

If you just kind of “plan on remembering,” you’re setting yourself up for failure, and will only succeed in stressing yourself out.

When I was six months into my great fitness transformation, I started getting depressed. I only kayaked for three hours and I felt like I wasn’t as powerful as I should be. I felt like I was in this terrible slump.

Then I looked at day one in my notebook. On that very first day, **I was trembling with exhaustion after just thirty minutes of light paddling!** I was barely able to do anything and I had to rush home with my tail between my legs.

The truth is that we are often blinded by the present moment in time. The place we find ourselves in now, and it prevents us from seeing how far we’re really come.

When I looked into my past and saw where I started, I could see my trajectory clearly. I could see that I started at the bottom and now I was much further up the mountain than I had been on day one.

Our bodies cannot detect velocity.

**The Earth is spinning at about 1,000 miles per hour, but you can’t feel it, right?**

When you are in an airplane, the only part you feel is the takeoff. Once the plane has reached its cruising altitude, we feel nothing.

It’s the same for how we track our bodies. We need acceleration to feel progress. If we are just going fast, we feel like we aren’t moving.

You want to have a little journal, or a blog or an app on your phone. You want to track three things and be able to always answer these questions:



**What did you eat**

**What exercise did you do**

**What did you do that mattered**

Just keeping track of your actions will alter your behavior.

Now when you want to sneak a snack, it becomes more real. Sure, you can eat that cookie or those chicken nuggets, but...they’re going into the book! They are going into your permanent record. There is no hiding your little crime anymore.

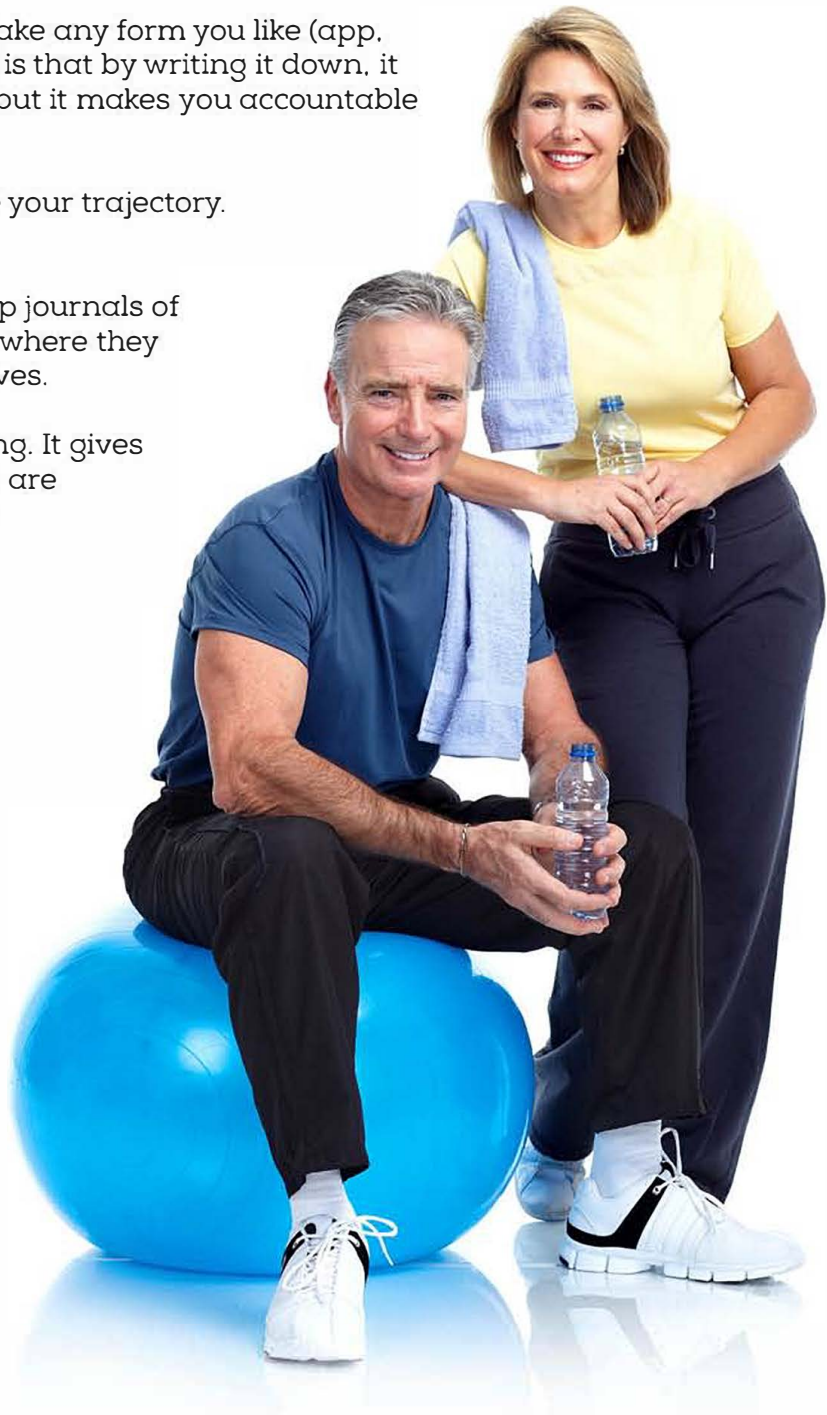
## TRACKING YOUR PROGRESS

You don't have to show it to anyone, and it can take any form you like (app, pen and paper, whatever). The important thing is that by writing it down, it not only gives you a roadmap of your progress, but it makes you accountable to yourself.

It makes your progress real. You'll be able to see your trajectory. The marks of your progress.

All the great weightlifters and body builders keep journals of everything they do in the gym. They want to see where they are making progress and keep pushing themselves.

Keeping good records will give you the same thing. It gives you a baseline so you can see exactly where you are today. This will keep you honest and it increases the odds of success. You will become more invested in this life change, and that is a very good thing.





A lot of us expect to work like crazy our whole lives. This used to only be the case with men, but now that women have joined the workforce en masse so they are enjoying the same surprise ending...Dying at your desk!

The sad reality that most people get a big part of their affirmations in the workplace. We don't have outside friends or a strong social circle, so we just work and work until we die in the office. **Why do so many people die right after retirement?** They lose all the structure in their life.

That same network of affirmation and social support is gone. If we don't have a strong life outside of work, when we leave work our bodies just give up.

Both of these are terrible endings. That is not how I envision my life ending. I don't want to be sitting on my couch, working on a book with my laptop, and having it fall to the floor as I keel over. How depressing.

When we lose the structure in our lives...when we transition from childhood to adulthood in our society, we do something terrible. We decide that "play" is forbidden.

You can test this right now. Call your best friend on the phone and ask them if they want to come over and play. They won't know how to react, and probably, they'll think you have lost your mind!

That's a shame, because this is one of the reasons our brains start to wear out. If we lead a life of pure seriousness, the stress starts to build up on our brains. That's why our faces get redder and eventually we explode. Or spring a leak up there.

What you need is a release valve.

We don't want to send signals that we are older or mature to our brains. We want to send anti-aging signals. Play is the key to that, because it reverses these negative trends.

It becomes the release valve for all the pent up stress and seriousness in our lives. It's a much better way to deal with stress. Much better than having a stroke or aneurysm.

Now you might be thinking that you don't really want to go back to playing the way you did when you were a child. You don't want to get a bunch of new action figures or dolls and set them up all over your living room.

**Here's the thing though: we don't have to play in the same way (though you can if you wish!)**

When I was really stressed in high school, I took up coloring books. Everyone looked at me like I was insane, but I was the one who got a massive scholarship to a good university.

I was the one who skipped a grade in college and graduated in three years instead of four.

Just because other people don't understand what you are doing, doesn't mean that you are wrong. Or crazy. Following the herd isn't always the right thing to do.

Look at how everyone around you is living. They are all obese. They are all in the hospital all the time, and they are dropping like flies.

That's what following the herd gets you. It's time to stop being a lemming. Everyone else may be jumping off the bridge, but you don't have to!

Here is an easy way to bring play into your life that nobody will judge you for.

Get a dog. If you are single, you will instantly become more attractive.

Dogs are wonderful because they love to play. You can throw a stick, frisbee or tennis ball for your dog all day long.

You can take your dog with you on many of your outdoor activities. He can come with you when you are bike riding, running or canoeing.

My dog loves to ride in the front of the boat when I'm out on a kayak trip. If I don't have the family with me, I can still use my tandem kayak. It's great having your best friend there.

If your dog can't swim, you can get a hilarious doggy life jacket.

Dogs increase the survival rate for both heart attacks and cancer. That alone is reason enough to get a dog. They are life savers. They provide you with a sense of society.

Every city has amazing dog parks.

You can go there and meet other dog people and start forming new friendships outside of work.

One of the mistakes people make is getting a dog and then paying someone else to be its friend. Paying a dog walker and a doggy day care.

That reverses all the benefits of having a dog. It's like paying someone else to have your dog save their life. That's definitely crazy.

If you are too busy to spend time with a dog, then reassess your life and your schedule.

You need to build a life where you have time to play and workout with a dog. It's a great way to get your sweat on, because let's face it – **working out is always more fun with a buddy!**



The way to extend your life and reverse the aging trends in your brain is to have meaningful emotional connections.

You need a circle of friends that is not related to work. Work buddies are not going to cut it.

**What happens to your work buddies when you change jobs? Do you still hang out or see them?**

Nope. Most of them disappear the day one of you changes jobs. A few might last a little while before you fade away.

We have to form social bonds that will last. We need friends who will visit us in the hospital. Who comfort us when a loved one dies, and actually come to our funeral.

That's where we find meaningful friends and true bonds.

When you retire, all your work buddies will disappear. It's like spending time with a dead person for them. A ghost.

Everything that holds you together is the office, and each day your knowledge becomes a little more outdated. All your jokes become weeks, months and then years old. There is no glue holding people into your life.



Most people have this strategy for a hobby they are going to pick up after they retire. They are going to start building a ship in a bottle.

Or they are going to take up gardening...

Or start to travel...

...but by the time you actually retire it might be too late.

You start to garden but then you die a few weeks into retirement. What a waste! You need to start while you are younger.

Just like fitness, you need a strong social structure and sense of play in your life if you are going to go the distance. You need hobbies and activities that will last beyond retirement.

In short, you need a network outside of work.

Social isolation increases disease and death vectors. In other words.

Loneliness can kill you.

How terrifying is that?

When we hear those stories about somebody who was dead for weeks before anybody noticed it's so sad. But then to realize that the loneliness is WHY they died too?

I hate that. I don't want that to happen to me.

When you are preparing for retirement you can turn your hobby or passion into a job. If you love reading novels, you can start writing them. That's an easy way to transition a hobby into a mini career.

With the ease of self-publishing these days, you can guarantee that people will read your novel.

Think of it as developing a second career. Something not as serious or stressful as the first one. It will extend your life. Joy is one of the hidden keys to longevity.



Maybe you haven't made a new friend since college. Or even high school.

Once we turn about thirty, it's like we deactivate this part of our brains. We seem to forget how, or lose the skill to make new friends like we're trying to make room for something else in our brains.

As with any other skill, if you don't use it - you lose it. So how can you go out and make new friends again? You don't remember how, do you?

That's ok. I'm going to share with you a few powerful techniques that will reopen that door for you.

The first thing is to find out where potential friends are. We have spent a lot of this book talking about play, passions and hobbies.

You want to find friends who one of these three areas in common with you. Let's say your hobby is wine tasting. You want to become a wine connoisseur and you love talking about it. Your dream vacation is biking from winery to winery in Napa Valley.

That's great, and what a workout!

You should become friends with a bunch of people who like wine with the same passion that you do. Talking to them will be easy because you have something you actually like in common. **So where can you find wine-friends?**



Well, where do wine people all intersect?

There are a couple of really great choices. Start by looking for wine tasting and wine appreciation classes in your community.

I don't care if you are rich or poor. At this stage that no longer matters. You just want to find passion friends.

Take a class at the learning annex. Even if you have a pretty good knowledge of wine or you could teach the class. That's ok. Be the star student.

Now you're in a room with twenty to thirty other people who all don't know each other, but who all have one thing in common. They are interested in the exact same hobby as you.

You can also find amazing friends using [meetup.com](https://www.meetup.com). There are groups there that are focused on just about every hobby you can imagine.

Do a Google search and see if your town has a wine appreciation society. Keep your eyes peeled for wine tasting events. These places are where people who have the same hobby as you intersect.

You might go and meet twenty people, and wind up hating nineteen of them. But that twentieth person becomes your friend. A new arrow in your quiver, and that friendship might just save your life.

That's wonderful.

I'm not actually a wine person at all. I almost never drink, but I figured by now you didn't want to hear more kayaking stories, so I wanted to give you something fresh.

I meet people all the time who tell me that they can't meet interesting people in their towns.

They can't find anything to do.

**And you know the number one reason that most people say that? They are too lazy to do an Internet search.**

They will watch four hours of hilarious cat videos, but when it comes to improving their lives, the thought never crosses their mind.

I'll make it even easier for you.

**Use this search formula: HOBBY + group + CITY**

So you would search "wine tasting group Perth" if you liked wine and lived in Perth.

**You know what?** I just did that exact Google search. I've never been to Perth. I've never even been to Australia, but guess what?

**First result: There is a wine tasting group on [meetup.com](https://www.meetup.com).**

Wow.

I clicked the link, and found out I was wrong. There's not just one group, there are six! SIX wine tasting groups in one city on one website. All fighting for your attention. How great is that?

Took me three seconds.

Turns out there are a ton of vineyards in Perth too. You could go to the local vineyard and just start chatting to the people who work there. Meet the owner and become friends with him.

Ok, I know, now we have the next roadblock...**how do you turn a conversation into a friendship?**

There is a simple formula for friendship. If you give people value, they will want to be friends with you.

You might think this is a mercenary thing, but nobody will ever complain if you tell them that you are nice to them because you want to be friends with them.

Let's start with the idea of value.

Value just means that something has worth. There are millions of ways to give value, but one of the most important is the idea of having a good time. If you meet someone and make sure they are having a good time, they will love you.

Imagine.

You walk up, and her first thought is, **"That's Sarah. Whenever I'm around her I have a good time."**

That's great. You can also provide value by sharing knowledge or resources.

If you know a lot about wine, you can share cool and interesting knowledge with the people in your wine tasting group. If you do it with the eye towards sharing knowledge they will love you.

**About ten years ago I was writing a short paper about the Michael Jackson song thriller, and I said to myself: The song isn't that old. I bet the guys who worked on that song are still around.**

I found an email address for the drummer who now teaches music in Los Angeles. I emailed him.

He wrote back a really awesome reply.

You can do something similar.

You could email the owner of your local winery and build a little connection. Then you invite your whole wine tasting group for a field trip. How much fun would that be?

Or let's say you are financially well off. The wine tasting group is alright but most of the wines are cheaper than your collection.

Bring in a bottle that's from your level. Something the other students couldn't normally afford. Just bring it in as a special treat and let everyone sample it and discuss.

Do you know how awesome an experience that is, **for people who can't afford the fancy stuff?** They will really appreciate it.

Here is a secret to life.

**Favors are a muscle.**

They don't sit in a jar on your desk. The more you do favors for people the more they will WANT to do them for you.

So you are meeting new people now that have a shared interest with you. Whenever you do a favor make sure that you do it without expectation. Don't have any hidden agenda.

That's how most people mess this process up.

On our first day of school we formed friendships because we liked the people, not because we wanted something from them. Just do favors because you want to be great at performing favors.

When I was in my mid-twenties I had a great friend. He was so poor it was insane. He lived with his mother in government housing and she had massive psychiatric problems. He was in a situation where he couldn't really escape.

She needed him. He was stuck. He was one of the greatest friends I have ever known.

I was doing alright at work at the time, and when we'd go to the movies together, I'd pay for the movies and even the snacks (Of course I would never eat a movie theater snack now!)

**I never expected him to pay me back or owe me anything. Here's why:**

I wanted someone to go to the movies with. He wanted to go to the movies. We both got what we wanted and had a blast.

Even though I paid for all our trips it's one of the fondest memories of my entire life.

If you treat people the way you want to be treated you can build a strong social network. You want to be surrounded by people who want to spend time with you.

You can do other types of easy favors. Maybe you know about an amazing jazz cafe that has amazing wines. Just telling people about that great venue will make your new friends love you.

Or maybe you even know the owner of the bar and he let's your group in one time with no cover charge. These small things, but they mean so much to people. It makes them feel valued and important.

All you're bringing to the table is a little research, knowledge and effort.

Let's dig a little deeper. You are about to taste a new wine from some special winery next week in your class, so you email the owner of the winery and tell them.

Just say that your wine group is going to have a big session on their wine and ask if they have any advice on pairing, decanting etc.

That's a really simple email.

They will probably answer. Why? Because they want to encourage customers, plus, they work hard. Grinding in a winery, there is a lot of sweat that goes into those grapes.

Imagine if someone emailed you and said next week a bunch of their friends were getting together. They were going to have a meeting, **just to discuss their appreciation for your work!**

**That would make you feel really good inside, right?** So now you are doing something nice for the winery owner.



## THE VALUE OF FRIENDSHIPS

As a result, maybe they write you back and share some really cool insider knowledge. Or they invite your group to visit the winery, which then turns into a favor from you to your group.

**Do you see how your favor muscle is just getting stronger?** With one meetup group, a couple of bottles of wine and a few emails you might have a dozen new friends! And it's fun seeing how easy it is to make the people around you have a good time.

It's not malicious or tactical. Everyone around you is having a good time, and as a result, they want to spend more time with you.

The bonds of friendship are born. The decay in your body is reversed. You live longer, **and guess what?**

**They do too, because you are forming bonds of friendship with them, too. Everybody wins!**



Is the sun good or bad for you?

How often does the news change on that? Someone tell you "Don't get enough sun, and you will die of vitamin D deficiency."

Then someone else says "Take vitamin D pills, the sun is trying to kill you." Followed by "Skin cancer! Skin cancer!" "You need more sun, you need less sun."

Stop listening to all of those idiots. Let's keep it simple and focus on the facts.

We were originally outdoor people. Remember, our bodies were designed to be hunter-gatherers. That's what we are optimized for.

**And guess what?** That involves a lot of walking around under the sun. Vitamin D is good for you. You know when you have had too much sun exposure, just like you know what foods are good for you and which are bad.

Spend time out in the sunlight. This is the one time that it's ok to be similar to a plant. Let the sun shine down on you, but don't overdo it.

If it starts to hurt... If your skin burns, that's your body's way of telling you that you're overdoing it.

You don't need to become like dark brown leather, you just need to find a good balance. If you take a few basic precautions like wearing the right clothing and a hat, a few hours of sun a day is fine in most areas.

Just spend time outdoors pursuing your passion hobby or sport, and calibrate your level of sun protection using your brain.

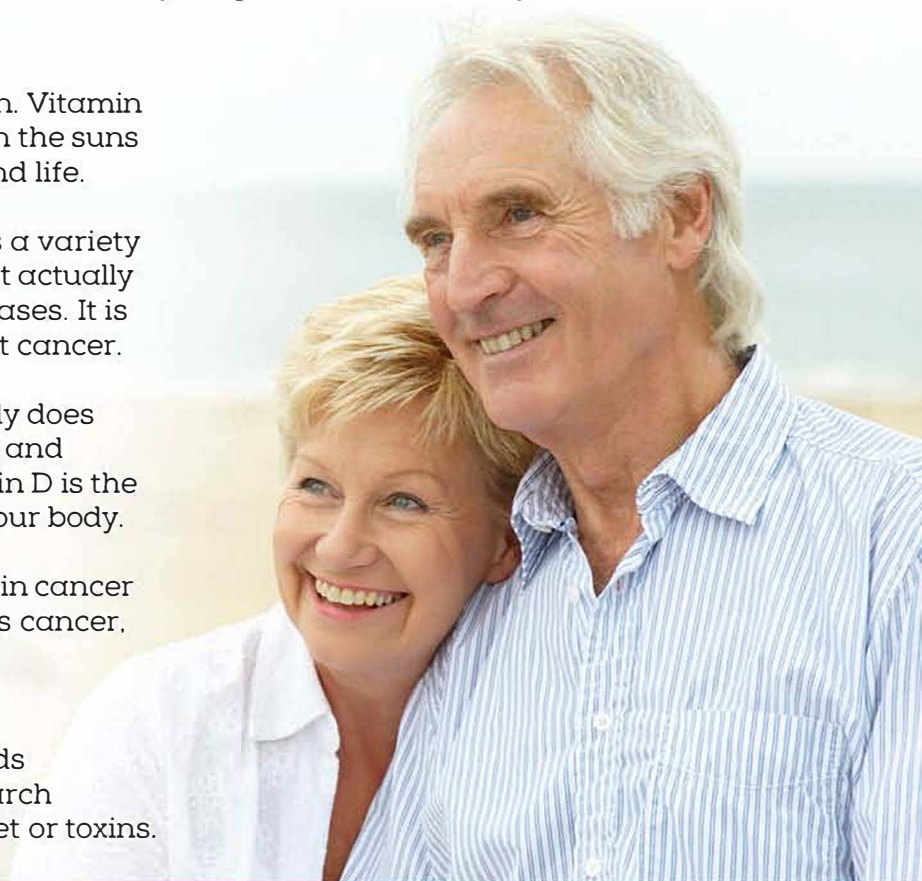
The bottom line is, don't be afraid of the sun. Vitamin D is good for your body. Like a plant we turn the sun's rays into something that gives us energy and life.

Vitamin D is good for strong bones and has a variety of other benefits. Studies have shown that it actually lowers your chances of catching awful diseases. It is the first line of defense in your body against cancer.

There is a system in your body that basically does quality control. It checks for defective genes and mutations, the precursors to cancer. Vitamin D is the fuel for the quality control department in your body.

These people saying that the sun causes skin cancer are exaggerating. The sun actually prevents cancer, because sunlight synthesizes Vitamin D.

We grew up outdoors, if the sun was so bad for us we would have died thousands of years ago from cancer. More recent research shows that skin cancer is caused by bad diet or toxins.



The same bad diet and lack of exercise that can cause other types of cancer also causes skin cancer. That makes sense.

And let's talk about toxins for a moment.

Think about a typical day at the pool. We want to go for a swim, so we sit by the pool in our new swimsuit. We don't want to get burned so we slather on the sun screen and then we hop in the pool, **but what are we really doing to ourselves here?**

Have you looked at the ingredients of sunscreen. Some of them are pure poison. If they get through your outer layer of dead skin and actually get into your body, your liver can't fight them.

They are horrifying. We put things on our body that if they get inside of it will kill us. **Better not get any sunscreen on a cut!**

Before you put something on or into your body just do five minutes of research. One ingredient in many sun screens is called titanium dioxide, and yes, it's a carcinogen.

That means it causes cancer, don't get it in your mouth! That took me five seconds of search on the internet. I literally just looked on a bottle of sunscreen and typed it.

Here's the other thing...

There are two types of UV rays. One type causes burning, and one type causes cancer. Most sunscreen just stops the burning kind, so yet again we have this modern cure to a problem. It stops sun burn, which is really our body warning us we need to get out of the sun. **It doesn't protect us from the actual problem!**

If you are tempted to try and get your vitamin D somewhere else, don't bother. **You know that vitamin D milk?** You would have to drink 40 glasses every day to get your needed amount of Vitamin D.

That's a lot of milk. I think if you actually try to drink that much in one day your body will not be happy.

You know that it's better to spend time in the sun than to try and drink that much milk, and supplements just don't work as well either.

Where supplements are concerned, you are getting vitamin D in the wrong format so it gets diluted on it's way to you and you don't get enough. Pills are not the answer.

It's worth seeing a skin doctor just once a year to make sure everything is ok, and you should be fine. A little prevention is all it takes to make sure that nothing terrible happens to you.

When I was younger, I experienced heart problems.

You don't expect your first trip to the emergency room when you are in your early thirties. But a combination of stress and poor exercise and diet had me facing my mortality at an early age. It was terrifying.

I faced that particular elephant and was lucky enough to survive the encounter. It turns out if you have enough stress, your stomach freaks out. It pumps acid up your esophagus and starts eating away at it, causing your esophagus to spasm.

Of course, your esophagus is near your heart, and they can't tell that it's not a heart attack until they take your blood in the hospital.

I was lucky. Well...kind of. It was still a terrible experience. I ended up having heart palpitation issues. I had to wear a heart monitor for twenty-four hours one day. All of this was just one big, terrible experience.

It turns out I did have heart issues, just not heart-attack worthy quite yet. My doctor gave me a bottle of pills and told me that I needed to take three pills a day for the rest of my life.



I was terrified! I thought that only happened to people in their sixties, seventies or eighties!

But then I made a decision...

I was going to make my heart so strong that I wouldn't need those pills. Sounds crazy, right? After all, the doctor never suggested that exercise would get me off of those pills, but that is what's scary.

You are taking these pills and if you miss one or you lose the bottle...something terrible might happen. It's like you're tied to this little bottle of pills and it's the only thing keeping you alive.

I hated that feeling.

So I started sweating. It motivated me to hit the gym like a maniac. **I had one goal: I wanted to make my heart as strong as iron.**

I got some of those videos where you work out at home in front of the TV. It took some time, I'm not going to lie about that, but in the end, I did it.

I was able to throw those pills away one day. Now, I'm not a moron. I went in to the doctor and showed him my progress. We ran some tests, and he said I was right. I had earned my freedom. That's what this book is all about.

You can exercise your way to freedom. Freedom from illness. Freedom from death, and freedom from prescription medications.

Most of the time the pills our doctors give us just mask the problems. They give them to us because they have given up on even trying to get most of us to take care of our bodies. The problem is that they all have a list of pretty terrifying side effects.

You know how that pain reliever you take says to take 2 pills every six hours, and no more than six pills a day, or something similar? Well, what happens if you take too many, because your back is really hurting?

If you take 10 pills that day, your liver could shut down, and by the time you have symptoms from it, it's too late. It can be fatal!

Have you ever even read the side effects thing on a bottle of over-the-counter medication? You don't want to because it is so scary.

Even the most innocuous of medication can have heart stopping side effects, and I mean that literally.

When you are really sick, like you have cancer or something else terrible, you are on one set of medications to save your life.

Then a second set to fight the side effects from group one. Then a third set to fight the side effects from group two. It's a brutal juggling act. I watched my sister go through it.

**When you're that sick, of course you should go to the doctor...but pills? They're a business.**

Pharmaceutical companies are in the business of selling you pills, not curing you.

Imagine for a moment that this company that makes pills. They have two pills for acid reflux.

That's the one that we used to call "heartburn." It happens after you eat, and some of your stomach acid splashes up and burns your esophagus. It's not going to kill you. But it hurts for a few hours.

A company discovered two pills for this. One of the pills is an instant cure. You take the pill once, and your stomach muscle heals. That little gate at the top of your stomach heals itself. The broken seal on that doorway is repaired.

That's great for you, but not great for the company, so they get busy designing a second pill. This one doesn't cure you, but instead, focuses on keeping the symptoms at bay.

They design this one so that your stomach only makes about eighty percent of its usual amount of acid. Less acid, and there's less chance of an overflow. No more pain, but the catch is that you have to take a pill every day.

That's the pill they want you to buy, because that's the one that puts your money in their pockets, month after month. And what do you think happened to the guy who invented the first pill? Is he on a beach somewhere sitting on a big pile of hundred dollar bills?

Nope. He died mysteriously, his lab was burned to the ground, and all his notes went missing.

Actually that's not true - I'm just kidding, but you wouldn't be all that surprised if that was the case, would you? Really they probably just made him sign a paper swearing him to secrecy, then paying him enough money to make him go away.

But they would keep the whole "burning the lab to the ground" thing as a backup plan.

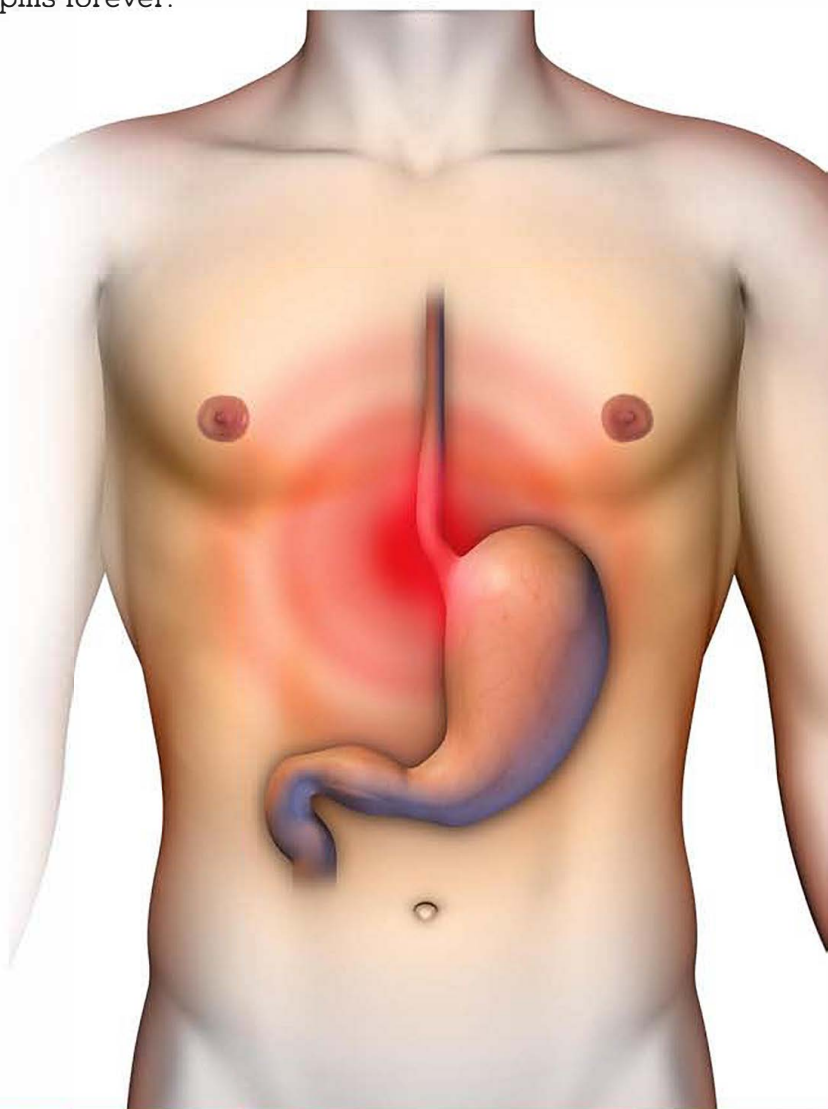
Pharmaceutical companies are companies. They are in the business of making money. The bottom line is that they make more money if you need to take pills forever.

So if you learn one thing from this chapter, it's that you should never trust one of these companies ever again. Pills have a tendency to mask your underlying problems and lead to complicated side effects.

I'm not anti-medicine. Sometimes when you are sick, those pills can save your life. As much as I know those big companies are in it to make money, they did save my sister's life, and I've got no problem paying for that.

What I am saying is that we often ignore the underlying cause of our condition, and we use pills to mask the issue. They are like this half measure that allows us to ignore that actual underlying root cause of disease.

You might get a minor warning from your body. Your blood pressure spikes, so your doctor puts you on blood pressure pills. Sounds simple, right? Cause and effect.



Have high blood pressure. Take pills to lower blood pressure. Job done, but wait! What about asking that crucial question. **"Why is your blood pressure high to begin with?"**

Maybe it's your body sending a warning that you are on the way to a heart attack. It's like you are working in a nuclear power plant. The red emergency lights start flashing. **"Warning. Warning. Meltdown imminent!"**

The solution is NOT to turn off the alarm, and taking pills to mask your symptoms has exactly the same effect.

I'll share with you one more personal example. When I was in high school I suffered from depression. I went through five different shrinks, counselors, physiologists and psychiatrists.

They tried everything and eventually they put me on pills. **"Take this pill every day and you will be happy."**

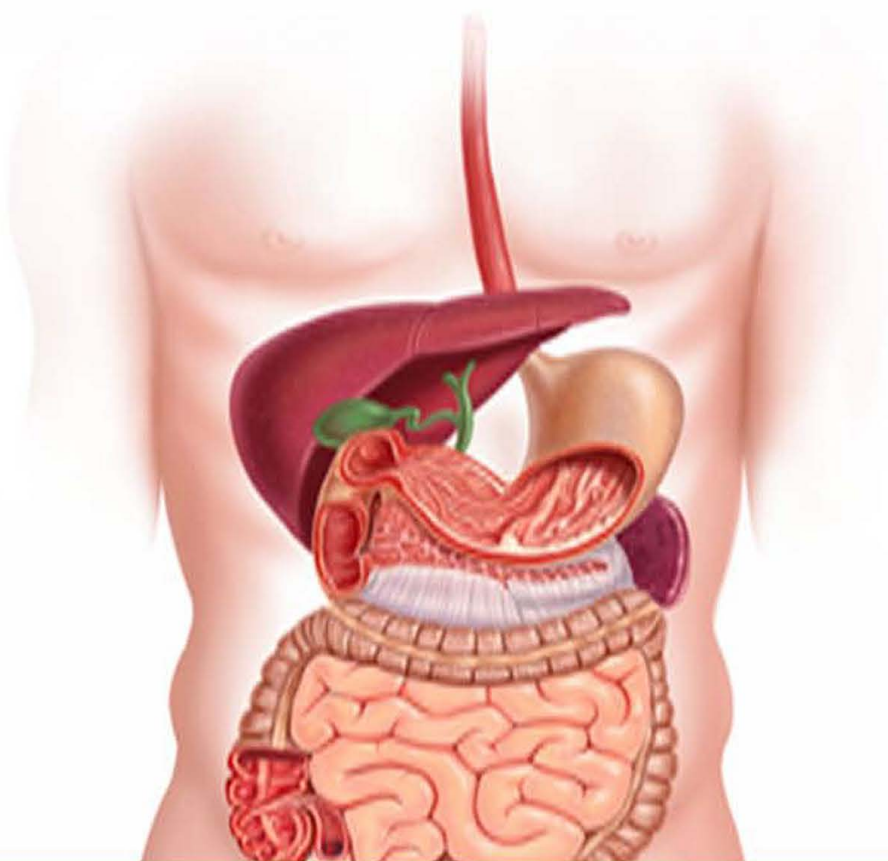
**This is more and more common these days isn't it?** Our kids aren't acting the way we want, so we put them on the pills. How do you think it worked out for me?

They messed with my brain chemistry. It's like one of those scary movies where the person is happy against their will. It wasn't dealing with the underlying cause.

Now, this is not a long book about depression. That's a totally different book and to be honest it's a bit of a downer to talk about, but the point is that I was able to fix the issue by figuring out what was causing and dealing with it directly.

The main causes of illness in our society are being overweight, being lazy and eating garbage. That's what we really need to fix. Don't use prescription pills to mask those problems. That's not a real solution.

And if you do get sick when you are in great condition to start with, your illness won't be nearly as bad. The pills will work much better, and you'll have much higher odds of actually getting better.



Our bodies were designed for a world without electricity. Thomas Edison patented the electric lightbulb in 1879, which really isn't all that long ago, when you think about it.

Our bodies and our sleep cycles were established long before that invention. Back when we were living in the world as hunter-gatherers. The sun determined our waking and sleeping patterns in a process called the circadian rhythm.

The sun tells us when to sleep at night, and when to get up in the morning. Now, of course, our world has changed. We're "always on," twenty-four hours a day, seven days a week. Everywhere you go, it's just so loud and bright.

Have you ever gone deep into nature? Far enough away from a city that you can't hear any cars on the roads? You look up, and suddenly all these stars that you normally can't see are there. We make so much light at night that we block the stars!

My house is actually brighter at night, when the lights are on. Technology has given us the ability to work longer hours, but that isn't necessarily a good thing.





We let all these new confusing signals mess up our brain. It's never dark, so now the brain doesn't know when to send the sleep signal.

Harvard University did a sleep study recently and they discovered that nearly half of Americans get five hours of sleep a night! And that the majority of us have sleep problems.

**How many people do you know who take sleeping pills?** That's a big warning that something is wrong.

Recent research shows that we need about nine and a half hours of sleep a night. I bet you're groaning right now. **If you sleep that long, then you'll never get anything done!**

I bet you're doing the math right now on how much time you will have left in the day if you sleep that long. Nine and a half hours of sleep, then eight hours of work. Then there's that hour commute to work...

Stop thinking that way.

It's about quality of life here. Sleep is not the same as when you power down your computer. You are not a robot that gets turned off at night for a few hours.

It's more than just plugging you into the wall to recharge your batteries. Sleep is an active state. You've heard this before. We have different kinds of sleep. REM sleep and deep sleep and sleep cycles.

I don't want to rehash all of that. I like to keep things simple.

When you're asleep, your brain is performing important functions. Your sleep is broken up into 90-minute cycles. That's why you want to sleep in multiples of 90 minutes. Six cycles is nine hours.

**We need to set the timer for nine and a half hours because let's be honest, who actually falls asleep within ten seconds of turning off the lights?** So we build in a thirty-minute buffer to be sure we get the six sleep cycles that our bodies need.

We have pushed sleep down on the priority chart now. Instead of going to bed and getting the sleep we need we stay up to watch late night television.

**How important is it to watch movie actors wax on with little stories about their lives? Are you willing to exchange your crucial sleep for that?** And yet every night millions of Americans do exactly that.

We choose entertainment over sleep. Sitting on the couch in front of the flickering light of the television. A light that just confuses our brain.

See, when it gets dark our brain releases a chemical that tells us to go to sleep. No darkness, no chemical. No chemical, no sleep.

Let's think back to the last section. Should we take a pill that makes us sleep or should we try to fix the root cause of bad sleep? **Have you seen the side effects of sleeping pills?**

Sleepwalking. Saying things you don't remember. Diarrhea. That last one alone gives me pause. Now I have trouble sleeping AND going to the bathroom? That feels like things are getting worse not better.

Let's make a few minor life adjustments to actually get your sleep back on track. You need to make sure your bed is only for sleeping. Really your bedroom should be a sleeping chamber.

Consider changing the name of the room. Just calling it your sleeping chamber will change how you think about it. There should not be a television in there. There should not be a home office in there.

I don't have any chairs in my bedroom. I want my body to know that if I am in that room it's time to sleep. My body will appreciate the consistency.

Do not eat right before bed. Your last meal should be a few hours before you go to sleep. You should be a fixed schedule. Go to bed and get up at the same time every day.

You might have a crazy work schedule that forces you to sleep at odd times. That's ok as long as you are consistent.

If you work at night and must sleep during the day, consider getting blackout curtains for your bedroom. Sleeping in absolute darkness can be very refreshing.

If you have kids and a hectic work schedule, then getting the full nine each night might not be possible. That's ok. I know that sometimes life interferes. That's why we have the twenty-minute power nap.

This nap is short enough to reset your brains sleep rhythm but not long enough to cause problems. If you take a longer nap you will have problems waking up. You will feel tired and lethargic. **But a 20-minute power nap?**

You will wake up feeling energized and refreshed. Take care of your sleep, and your body will take care of you.



We've covered a lot of ground in this book. I want you to know that I'm proud of you for making it this far. You purchased this book. You made a decision to read it, and you accomplished that goal.

I know that the majority of people who pick up this book will never finish it. We are a society of short-cutters, slackers and lazybones. It's a shame because our bodies punish us for that.

We get unhealthy early on. We die sooner. We live shorter, more painful lives, but there's good news. We are not trapped on that path. There's a way out. A different direction we can take.

Right now it's time for you to take action. Start by joining a gym right away. **Plan out a new life schedule. What time will you go to bed every night? What time will you wake up every morning?**

Build in six days of exercise. Make sure that you have a nice mix of cardio and strength training. Assess your current body condition and get a heart monitor.

Start keeping track of everything. There are tons of great computer programs, apps, websites and notebooks. Just pick one system that works for you and stick to it.

Find a sport or some type of physical activity you're passionate about. You might have to try a bunch of sports out before you find one that you truly love. That's alright.

You are at the beginning of a great adventure in your life and now you are going to live long enough to enjoy it. Right now you should be really excited.

You completed this entire long book. You are now armed with the knowledge and tools you need to change your life. To live long. To live healthy.

I'm so excited that you have taken the journey this far.

Now you can go out and start building new friendships, too. That social network is going to be there to catch you when you stumble or fall.

There is nothing worse than feeling isolated or lonely. As humans we are designed to be social creatures. **We need to be surrounded by friends and strong emotional bonds, so get out there!**

Find sports and physical activities that you love. Make sure you get enough sleep. Stop putting toxins in your body.

If you treat your body right, it can last a really long time. None of the things in this book are really that shocking or amazing. You already knew on a core level what kinds of things you need to do to live a long and healthy life.

There is nobody who thinks not exercising is somehow good for you, or who thinks that getting enough sleep is bad. Sometimes though, we just need a bit of inspiration.

Confirmation from somebody to let us know that we are on the right path, and I am here to offer you that confirmation.

You are on the right path. You have all the tools and knowledge you need to go out and get healthy. To feel better about yourself. To reverse and slow down the effects of aging.

## CONCLUSION

You don't have to worry about those things anymore. You don't need to buy ten more books that will all tell you the same thing. It's action that will change your body and your life.

What I want you to feel right now is hope. That feeling can help you get through the pain barriers, weather the storms, and get back up when challenges knock you down.

This is not about taking action next week or next month or next year. You should take action today. Talk to your wife or husband or girlfriend or kids or whoever is important in your life.

Tell them about this massive change you are undertaking. They will support you. They will want to live a long time too.

Plan your first fitness vacation. That's exciting. Plan a vacation that will leave you stronger and refreshed...that's going to really turn things around for you.

The first fitness vacation I went on was eye-opening. If it's winter maybe now is the time to try skiing again. Or snowboarding. If that's too big a leap, try hiking somewhere beautiful.

Your body was meant to be used. It's been feeling neglected and alone for a long time.

Get off that couch. Get out there. The more actions you take now the better your odds of success.

Don't wait for next month or next year or some arbitrary holiday starting point. You don't have to start on a Monday or the first of the month.

I don't even know the day I quit smoking. I have no idea what day of the month it was. I tried to quit on special days so many times, but the moment I decided to change my identity, I threw away my cigarettes, the lighters and the ash trays. I knew it was over.

It's about taking action. Not making some special calendar that is easy to remember. Forget all of that.

Get online and look at gyms. Head over to [meetup.com](https://www.meetup.com) to find fun sports groups. Look for an adult sports league in your area. That's what you should be doing right now.

I'm proud of you for making it this far. You have proven to me that you can finish something that you started. Pat yourself on the back, and then - go take the kind of massive action that will change your life for the better, **and never look back!**

**Here's to looking and feeling forever young,**

**Jordan Baker**