

BEN GREENFIELD

L I F E



Waterfront Restoration
Wellness Challenge
2023 Kick Off

Longevity Decoded

How To Earn Points

#1 - Watch the weekly video

1 point/week

#2 - Weekly point tracker survey

1 point/week

#3 - 10K steps every weekday

1 point/day

#4 - Weekly SPECIAL action item

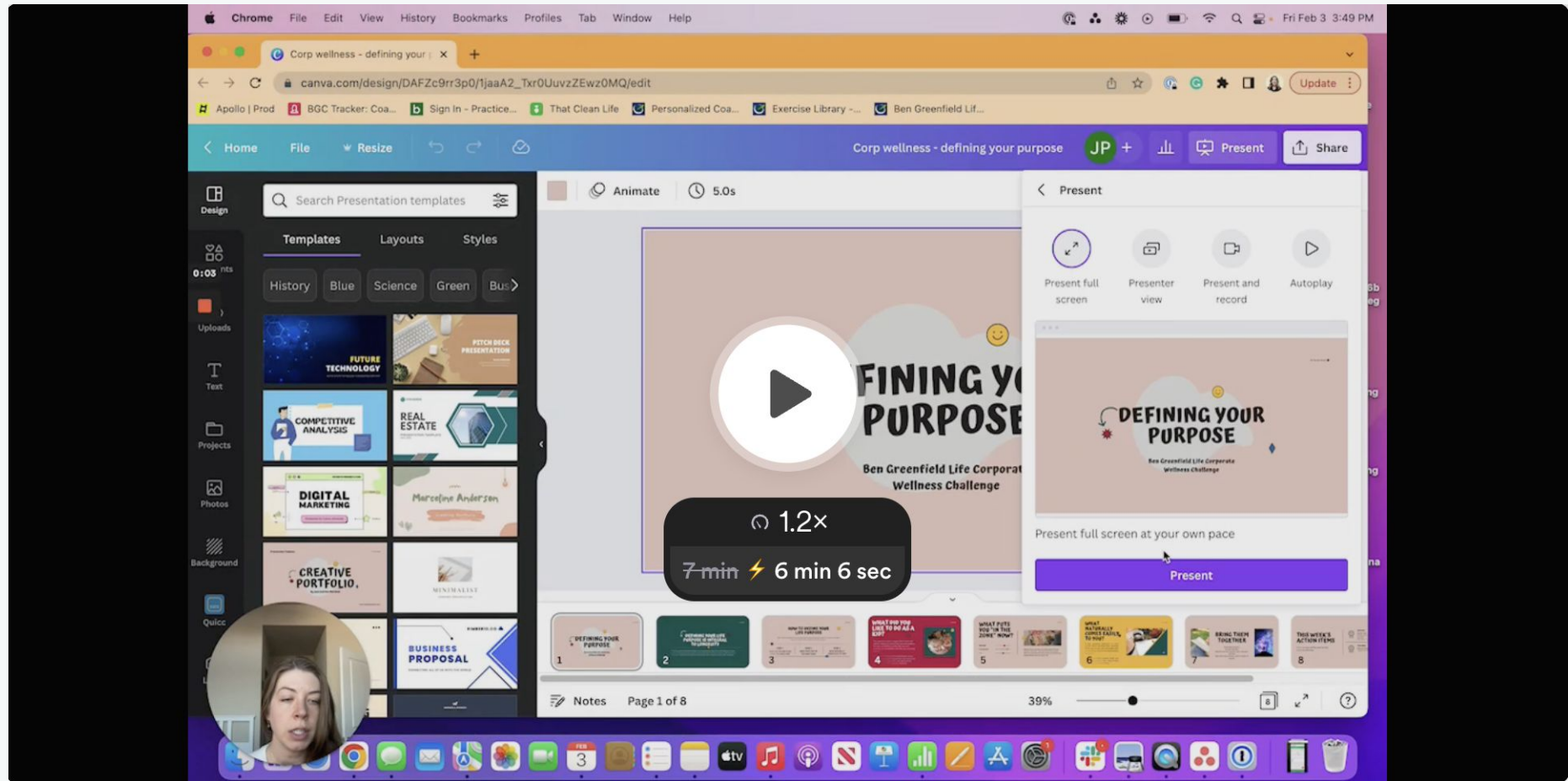
3 points/week or day

#5 - Write a testimonial about your experience




10 points





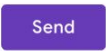




Weekly Videos



Weekly Point Tracker Survey

 Waterfront Restoration Wellness Challenge Point Tracker - Week 1  

[Questions](#) [Responses](#) [Settings](#)








Waterfront Restoration Corporate Wellness Challenge Point Tracker - Week 1

Please record your points for the week so that we can keep track for you!

Email ^{*}

Valid email

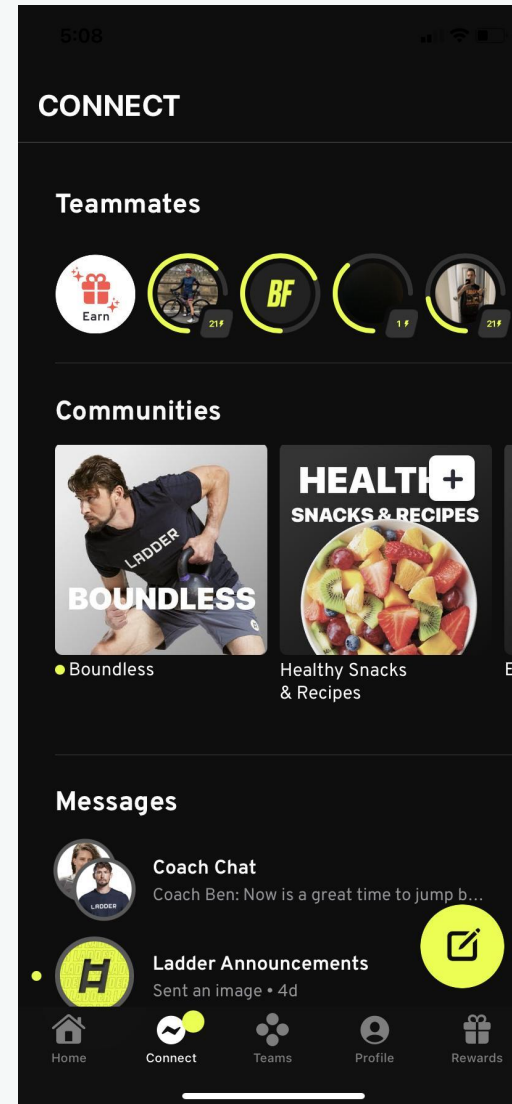
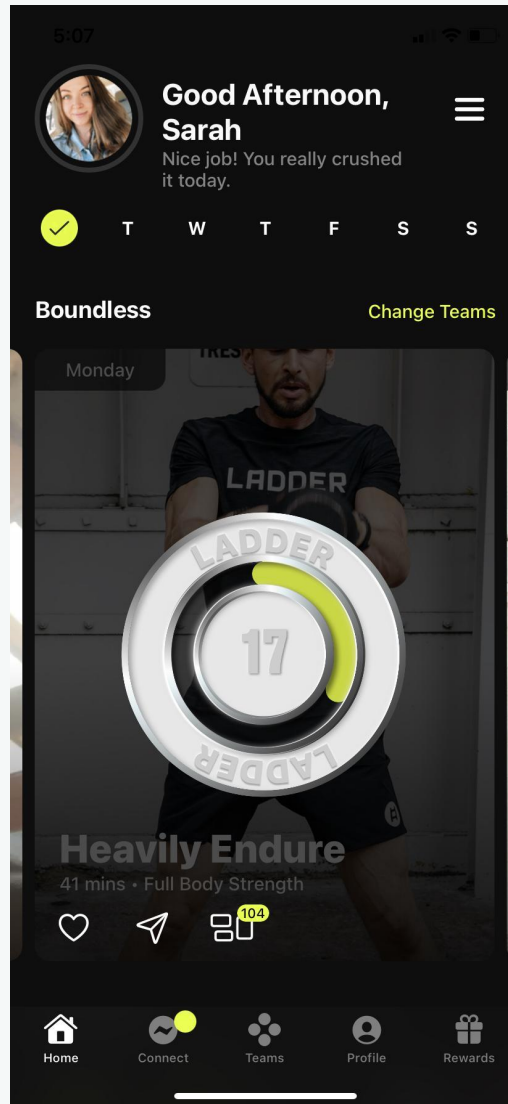
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Using Ladder App/Protocols



Weekly Calls



Tuesdays at 10:30am CST

Week 1 (2/28): Kick-off and Longevity Decoded

Week 2 (3/7): Building the Base w/Coach Joe J

Week 3 (3/14): Personalized Nutrition Decoded
w/Coach Renee B

Week 4 (3/21): Stress Reduction w/Coach Kyle

Week 5 (3/28): Sleep Optimization w/Coach
Aiden

Week 6 (4/4): Cognitive Performance w/Coach
Debbie



What to Expect Each Week

Fridays at 1pm CST: Module for the upcoming week will be posted to Slack and content will be available include the weekly video, link for the module post, upcoming action items, etc.

Mondays: Point tracker surveys will be posted in Slack to be completed from the previous week (except for 2/27) and reminder for weekly call will go out.

Tuesdays: Weekly call will take place at 10:30am CST, calls will be recorded and slides posted for those who cannot attend.

Wednesdays: Leaderboard for the challenge will be posted on Slack.

Thursdays: Recording and slides from Tuesday's call will be available on the weekly module post.



Where to go with Questions

If you think it may benefit the whole group...post it in the feed on the Slack channel, someone else may have the same question!

Otherwise, reach out to **Sarah at**
Coach@bengreenfieldcoaching.com



Boundless Book Club - Longevity Decoded

Causes of Aging

- *Chronic inflammation*
- *Glycation*
- *Methylation deficits*
- *Degrading mitochondria*
- *Fatty acid imbalances*
- *Immune dysfunction*
- *Telomere shortening*
- *DNA expression*

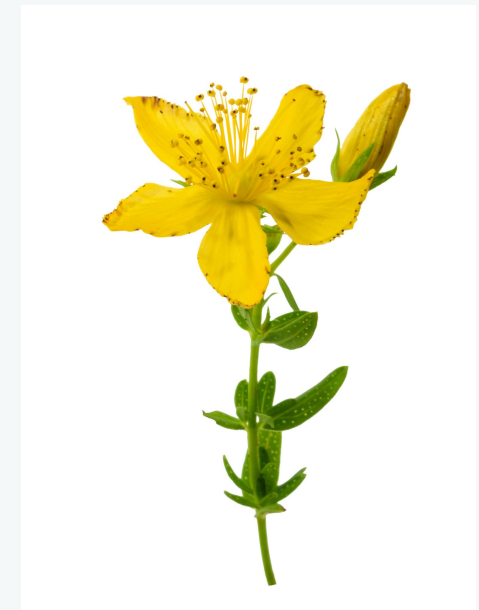


12 Essential Habits to Enhance Longevity

Don't Smoke

Combat damage done by previous smoking:

- **Adaptogenic herbs or St. Johns Wort** to support your adrenals
- **Taurine** to minimize damage to arteries
- **Proanthocyanidins**, a phytochemical found in red wine, grapes, apples, blueberries, black currants, hazelnuts, pecans, and pistachios to repair damage to your skin
- **Polyphenols** found in kale and sprouts to repair your lungs alveoli and bronchioles
- **Antioxidant rich foods** like black raspberries, extra virgin olive oil, and fermented forms of soy such as miso, natto, and tempeh to reduce the risk of smoking related cancers or cardiovascular disease
- **Green tea** to increase stem cells and repair blood vessel damage
- **Foods high in vitamin E** like eggs, nuts, and dark leafy greens
- **Foods high in CoQ10** like salmon, beef, broccoli, and avocado
- **Vitamin C rich foods** like grapefruit, spinach, and citrus fruits
- **Foods rich in vitamin B complex**, like dark leafy greens, eggs, fish, and liver
- **A full spectrum multivitamin** rich in antioxidants



12 Essential Habits to Enhance Longevity

Eat Plants

Avoid processed and packaged foods

Eat legumes



12 Essential Habits to Enhance Longevity

Incorporate Low-level Physical Activity Throughout the Day

Examples of this include:

Alternating between sitting and standing throughout your work day

Taking movement breaks each hour of deep work

Take stairs instead of an elevator or escalator

Park slightly further away for extra steps

Take your calls on a walk when you can

Under desk treadmill, bike pedals, convertible desk, standing desk, balance board, weights, bands, and KB in your workspace



12 Essential Habits to Enhance Longevity

Prioritize Social Engagement

**Drink Low-to-moderate Levels of Alcohol,
Especially Wine**



12 Essential Habits to Enhance Longevity

Restrict Calories and Fast

Methods of fasting:

- **Time restricted feeding:** consuming all foods within a three-to-twelve hour window each day, so you fast for at least twelve hours daily
- **Alternate day fasting:** fasting for twenty-four hours, then eating normally for twenty four hours, then fasting for twenty four hours, and so on
- **Eat-stop-eat:** fasting for twenty four hours once or twice a week
- **Fasting-mimicking diet:** consuming small amounts of food, about 40% of your usual calories, for 3-5 consecutive days
- **Feast-famine cycling:** eating according to the seasonal availability of food
- **Warrior diet:** fasting during the day and eating a huge meal at night



12 Essential Habits to Enhance Longevity

Possess a Strong Life Purpose

...”To read & write, learn & teach, sing & speak, compete & create in full presence & selfless love, to the glory of God.” or “To empower people to live a more adventurous, joyful and fulfilling life.”

to instead be:

“Love God through prayer and worship, and love my family through preparing and providing.”

Step 1: What did you like to do when you were a kid?

Step 2: What puts you “in the zone” now?

Step 3: What naturally comes easily to you?

Step 4: Summarize your purpose into one single, succinct sentence that you can memorize.

Step 5: Love God and love others with your purpose.



12 Essential Habits to Enhance Longevity

Have Low Amounts of Stress

Engage in a Spiritual Discipline or Religion

Remain Reproductively Useful





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