

Your Complete Longevity Routine

Start with one habit. Win that one. Then add the next.

MORNING

- Water first — before coffee, before your phone
- No phone for 30 minutes after waking
- 30g protein before 9am — eggs, Greek yogurt, or cottage cheese

DAYTIME

- Get outside for 10 minutes — walk after lunch if you can
- Don't sit for more than an hour — stand up and move

EVENING

- Close the kitchen 3 hours before bed
- No alcohol after 7pm
- Phone out of the bedroom — charge it somewhere else

THE FOREVER WORKOUT

- Dead hang — work up to 60 seconds
- Bodyweight squat — 2 sets of 10
- Split squat — 2 sets of 8 per leg
- Tibialis raise — 2 sets of 15 (lift toes toward shins against a wall)
- Calf raise — 2 sets of 15
- Standing forward fold — hold 30 seconds
- Single-leg balance — 30 seconds per leg

DAILY SUPPLEMENT FOUNDATION

- Creatine — 3-5g daily (start here if you only start one)
- Protein — whey isolate if not hitting 30g at breakfast through food
- Vitamin D — 2,000-4,000 IU daily
- Magnesium glycinate — supports sleep and stress recovery
- Omega-3 fish oil — 1,000mg EPA+DHA daily

WHEN HABITS AREN'T ENOUGH — THE CLINICAL LAYER

Get bloodwork beyond your annual physical.

Ask your doctor to add HbA1c, hs-CRP, Vitamin D, and ferritin at your next visit. Consider Function Health (\$499/2 years) for ApoB, hormones, and more.

Consider Jinfiniti for NAD+ and cellular aging markers. Hormone therapy, GLP-1s, and personalized protocols are available through a [free 20-minute consultation at longwelle.com](#).