

Fitness

Strength and walking. That's most of it.

Food fuels you. Movement is what your body does with that fuel.

The Longwelle Forever Workout

2x/week | Bodyweight | 15-20 min | Forever

1	Dead hang	work up to 60 seconds total	(grip strength)
2	Bodyweight squat	2 sets of 10	
3	Split squat	2 sets of 8 per leg	
4	Tibialis raise	2 sets of 15	(fall prevention)
5	Calf raise	2 sets of 15	
6	Standing forward fold	hold 30 seconds	
7	Single-leg balance	30 seconds per leg	

Walk With Purpose

- 7,000 steps a day — the real sweet spot
- 10-minute walk after meals
- Advanced? Add 1 day of intervals: 30 sec fast, 90 sec easy, x5

ONE RULE THAT CHANGES EVERYTHING

Pick up something heavy twice a week.

That's it. Combined with daily walking, you're covering the two systems that predict a long, independent life.

Movement keeps your body capable. Sleep is when it actually repairs — that's next.