

The Longevity Protocol One-Pager

The core evidence-based longevity protocol: exercise, nutrition, sleep, testing, supplements

The Core Longevity Protocol

The evidence-based interventions with the strongest impact on healthspan and lifespan, distilled to a single page. This is the foundation — customize from here.

EXERCISE (THE #1 INTERVENTION)

- **Resistance training:** 3-4x/week, progressive overload, compound movements
- **Zone 2 cardio:** 150-200 min/week at conversational pace (60-70% HRmax)
- **VO2 max training:** 1-2x/week, 4x4 min intervals at 85-95% HRmax
- **Daily movement:** 8,000-10,000 steps + regular standing/walking breaks

NUTRITION

- **Protein:** 1.2-1.6 g/kg/day, 30g+ per meal, distributed across 3-4 meals
- **Pattern:** Mediterranean-style — vegetables, legumes, fish, olive oil, nuts
- **Minimize:** Ultra-processed foods, added sugars, seed oils in excess, excessive alcohol
- **Time-restricted eating:** 10-12 hour eating window (optional; skip if underweight or over 65)

SLEEP

- **Duration:** 7-9 hours of opportunity (7-8 hours actual sleep)
- **Consistency:** Same wake time daily (even weekends) within 30-minute window
- **Environment:** Cool (65-68F), dark, quiet
- **Light:** Morning sunlight within 30 min of waking; dim/warm light after sunset

TESTING

- **Annual bloodwork:** Metabolic, hormonal, and micronutrient panels (see Bloodwork Checklist)
- **DEXA scan:** Baseline at 45-50, then every 2 years
- **VO2 max test:** Baseline + annual if possible
- **Track grip strength, resting heart rate, HRV**

SUPPLEMENTS (EVIDENCE-BASED FOUNDATION)

- Vitamin D3 (2,000-5,000 IU) + K2 (100-200 mcg) — dose D to target 40-60 ng/mL
- Omega-3 (2-3g EPA/DHA) — anti-inflammatory, cardiovascular
- Magnesium glycinate (300-400 mg) — sleep, bone, muscle
- Creatine monohydrate (3-5g) — muscle, bone, brain

STRESS & SOCIAL

- **Stress management:** Daily practice — meditation, breathwork, nature exposure
- **Social connection:** Maintain close relationships; loneliness is a mortality risk factor
- **Purpose:** Ikigai / sense of meaning correlates with longevity in every Blue Zone

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