

Pillars of Longevity

WORK PRODUCTIVITY SERIES



Mental status

Mental status is a fundamental pillar of wellness since a healthy mind is a prerequisite for healthy choices and a healthy lifestyle. A well-functioning brain is tightly linked to effective breathing since our breath drives our brain's chemistry balance. On the contrary, poor breathing is linked to anxiety and lower cognitive capacity.



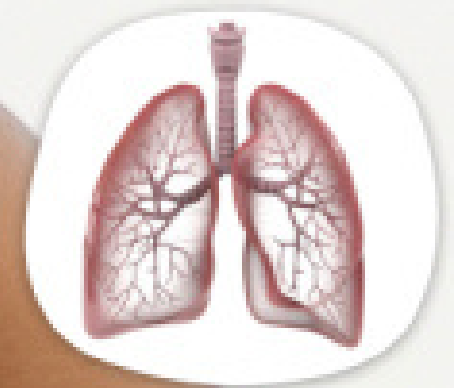
Heart fitness

A healthy heart is critical for overall wellness since cardiovascular dysfunction is the second most likely cause of mortality and one of the most common threats to the quality of life. A healthy heart is effective in pumping oxygen-rich blood into your body.



Cellular performance

Cellular performance is a fundamental driver of wellness as it provides one of the most potent shields against metabolic dysfunction and obesity. Healthy cells absorb oxygen efficiently, a prerequisite for burning fat and maintaining a high metabolism.



Lung fitness

High lung fitness is critical for a long and healthy life as lung dysfunction has become one of the most common causes of mortality. Healthy lungs are effective in transferring oxygen from their surface into the bloodstream.



Posture

Lower back pain and musculoskeletal problems are the number one driver of lower quality of life since they are a source of chronic pain and physical inactivity. Good posture is inextricably related to our breath since the way we inhale is one of the most potent regulators of our core's stability.