

Longevity Lifestyle and Fitness Specialist *Online Course Overview*

Module 1: The Future of Longevity

At the completion of Module 1, you will gain an understanding of the longevity industry, the now, near and far future, how to position yourself as a longevity leader and the foundational 4 lifestyle metrics that can add an extra 20 years of life to a client's years and years to their lives.

- Lesson 1: Growing healthier and younger
- Lesson 2: Lifespan vs Healthspan vs Life expectancy
- Lesson 3: The aging vs longevity economy
- Lesson 4: Bridging the gap and creating opportunities
- Lesson 5: Living 150 - The Now, Near and Far future of longevity
- Lesson 6: Extending Lifespan with Lifestyle, a review of the research

Module 2: The Mechanisms of Aging

At the completion of Module 2, the student will have an understanding of the evidence-based markers through which the rate of biological aging is studied and identified for successful interventions for enhancing health.

- Lesson 1: Why we age and why we don't have to
- Lesson 2-4: The Hallmarks of Aging

Module 3: Epigenetics of Longevity

At the completion of Module 3, the student will have an understanding of the science of epigenetics and the role it plays in the unified information theory of aging. This will lay the foundation for a top-down evidence-based approach to assessing and recommending longevity living solutions for clients.

- Lesson 1: Why your genes aren't your destiny
- Lesson 2: The Exposome
- Lesson 3: Understanding genetic expression
- Lesson 4: The DNA blueprint
- Lesson 5: The Unifying Theory of Aging
- Lesson 6: The Genes of Longevity
- Lesson 7: Epigenetic clocks and how to measure biological age. PLUS A BONUS interview with Siim Land: Understanding the mTOR/AMPK pathways of longevity.

Module 4: Stress Effect

At the completion of Module 4, the student will have an understanding of the types of stress and how they either speed up or slow down the rate of aging in the body. The student will also gain practical knowledge and specific stress optimization techniques that they will be able to demonstrate and implement in their client care programs.

- Lesson 1: How to live longer and grow stronger with stress
- Lesson 2: The Epigenetics of Stress
- Lesson 3: Distress, Dysfunction due to Allostatic Overload

- Lesson 4: The Biomarkers of Stress
- Lesson 5: The Longevity living health continuum
- Lesson 6: Building Resilience, Restoring Allostasis
- Lesson 7: Using stress to optimize longevity
- Lesson 8: A Clinical Framework to Evaluate and Recommend Key Stress Optimization Solutions

Module 5: The Biomarkers of Longevity

At the completion of Module 5, the student will understand the foundational biomarkers of longevity and when to use them to assess a client's expression of health and longevity potential. They will be able to demonstrate and utilize the foundational assessments, and physical and digital biomarkers of aging. License-dependent, they will understand what advanced clinical and diagnostic biomarkers can be ordered and utilized in building precision longevity interventions and programs.

- Lesson 1: How to assess, interrupt and support data-driven longevity solutions
- Lesson 2: Intake assessments and questionnaires
- Lesson 3: Physical biomarkers of longevity
- Lesson 4-5: Digital biomarkers of longevity
- Lesson 6: BONUS: An interview with Dr. Jim LaValle: The Clinical Pathways and Biomarkers of Metaflammation

Module 6: The Lifestyle Pillars of Longevity

At the end of Module 6, the student will have an understanding and lifestyle framework for assessing and recommending key longevity lifestyle solutions that can optimize the expression of thriving.

- Lesson 1: Longevity Living Strategies
- Lesson 2: The Optimization Equation
- Lesson 3: The Vectors of Longevity
- Lesson 4: Vitality – The Role of Mindset on Function
- Lesson 5: Capacity for Longevity
- Lesson 5.1: Lifestyle Pillars of Longevity: Movement
- Lesson 5.2: Lifestyle Pillars of Longevity: Nourishment
- Lesson 5.3: Assess and Optimize Nutrition for Longevity
- Lesson 5.4: What to Eat for Longevity
- Lesson 6.1: The Lifestyle Pillars of Longevity- Resilience through Rest
- Lesson 6.2: Resilience through Environmental Design
- Lesson 7: The Lifestyle Pillars of Longevity-Flourish through Wellbeing

Module 7: Designing Progressive Functional Fitness Solutions for Longevity Living

At the end of Module 7, the student will be able to demonstrate the 6 functional longevity assessments and understand how to recommend progressive fitness programs and the best forms of exercise for longevity living.

- Lesson 1: How to assess and apply longevity fitness interventions to increase lifespan and healthspan
- Lesson 2: Functional Movements Reviewed
- Lesson 3: Set a Longevity Fitness Vision
- Lesson 4: Heart Rate and How to Measure Resilience with the 3 Minute Step Test

- Lesson 5: Grip Strength, Measure and Improve
- Lesson 6; The Lower Body Strength Assessments and Interventions for Improvement
- Lesson 7: Balance and Stability Assessments and Interventions for Improvement
- Lesson 8: Speed and Agility Assessments and Interventions for Improvement

Module 8: Lifestyle Coaching for a lifetime of longevity optimized living

At the end of Module 8, the student will understand and be able to implement with clients the science and art of connection, engagement, and support that facilitates lifestyle change through coaching language and communication strategies.

- Lesson 1: Understanding your role as a longevity fitness and lifestyle specialist
- Lesson 2: Communication for Change
- Lesson 3: A.C.T Longevity Coaching Framework
- Lesson 4: Program Framework
- Lesson 5: Client Session SOAP Form
- Lesson 6: Putting It All Together

Module 9: Business, Marketing and Program Design

At the end of Module 9, the student will have an understanding of how to choose, design and implement the scalable longevity business model that will best support their business goals and vision along with the clients they serve.

- Lesson 1: Your Ideal Client, What They Want and Need
- Lesson 2: Opportunities in the Marketplace
- Lesson 3: Build Your Ideal Program
- Lesson 4: Flow of Care
- Lesson 5: Marketing Attraction, Enrollment and Delivery of Care
- Lesson 6: 5-Part Enrollment Framework
- Lesson 7: Delivery of Care
- Lesson 8: Legal considerations.

Module 10: Putting It All Together – Case Studies

At the end of Module 10, the student will have an understanding of how to develop longevity lifestyle recommendations, plans and programs for clients, the opportunities to generate increased revenue and results in their current business model while building a business growth plan for ongoing success and positive impact over time.

- Lesson 1: Clinical Case Study
- Lesson 2: Marketing Case Study
- Lesson 3: Program Case Study
- Lesson 4: Product Case Study

Course available for purchase at medfitclassroom.org/product/longevity-lifestyle-and-fitness-specialization-online-course