Fitness Snacking: The Tiny Habit With Huge Longevity Benefits Transcript

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Fitness Snacking for Longevity

All right, so in our top ten secrets to helping you live a longer, healthier life. Number three is always is about fitness snacking. So what the heck is fitness snacking?

I know what snacking snacking is. Well, a lot of people, they have the mindset that I need to go to the gym to work out. That is a fallacy. In fact, being fit is more important than going to the gym three times a week.

In fact, the research shows that just having the mindset of fitness and doing things that will allow for you to be quote unquote fit is what you want to do in order to stay healthy and vibrant, throughout your life and live a longer, healthier life.

So what is a fitness snack? Or what they call an exercise snack. So a fitness snack is in the middle of the day. You do something unique, right? You may do ten pushups or you may do ten squats.

And that's it. You do that a couple of times a day. And what the research is showing is profound physiological impact and effects to help you live longer, healthier.

It releases endorphins and Kaplan's peptides. As well as healthy hormones that will allow for you to, to optimize your longevity. Now, what I like to do to take it to step a step further is a bonus.

Point is yes, do the fitness snacks. But if you can set your environment up so that you're constantly in a state of fitness. I have a balance board right here called fitter, called fitter first balance board.

I've got treadmill to my right. I've got, a rock garden that I stand on. It's like a bunch of rocks that I stand on to stand on different, you know, terrain.

I've got, you know, all this biohacking technology around me. So throughout the entire day, I'm constantly being fit while I'm working on my computer.

So I know that sounds crazy, but you can take it to a new level. But the first thing is just I would set your alarm for three times throughout the day to do ten squats.

That's it. Three times ten squats. And and you're like, wait a minute, how is that beneficial? It's insanely beneficial.

Body Composition and Health Foundations

And if you just want to do a, an anchor to this, do that. After you eat ten squats, after you eat each meal, that's three times a day, or set the alarm, that is a fitness snack.

Now, the next thing that we're going to be talking about is the importance of what makes up your body, and how you can continue to optimize that. So this is secret number four.

It's a very powerful secret. And it's something that is foundational to your health. So check it out.