Fitness Snacking: The 30-Second Habit That Can Add Years to Your Life Transcript

(Transcripts are generated by AI and may contain errors)

Podcast Introduction

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors.

Longevity Summit Overview

If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place. Get ready to unlock the secrets of lifelong health and vitality.

Eating Earlier for Better Sleep

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Welcome to the Longevity Leaders podcast. I'm Doctor Isaac Jones and this episode is part of our exclusive series recorded at the Exponential Longevity Summit, a global gathering of cutting edge health experts exploring the edge of human performance, healthspan and longevity.

Let's get into it. All right, so this second strategy for my top ten strategies to live a long, healthy and vibrant life is to stop eating 3 to 5 hours before bedtime.

I want you to experiment with this. I want you to experiment this. I want you to experiment with, with with three hours. Then I want you to experiment for four hours.

Then I want you to experiment with five hours. Watch what happens to your sleep. If you have an aura ring, watch what happens to your deep sleep. You're going to see, on average, a 20, 30, 40% increase in deep sleep.

You're going to see your sleep score go from 7,080% to 85, 90, 95%. I kid you not. Just by decreasing the time or increasing the time away from when you eat to when you go to bed.

Fitness Snacking for Longevity

So tip number two is, again, 3 to 5 hours before you go to bed and try to make it a relatively, lighter meal. Experiment with that as well. But the higher fiber that you have typically, in that, that dinnertime meal, the more deep sleep you're going to get as well.

So don't stuff yourself, but eat 3 to 5 hours before you go to bed and, watch what happens to your longevity scores. Watch what happens. Your ordering scores.

It's it's unbelievable. All right, so the next one that we're going to be talking about, is really powerful. It's called snacking. But it's fitness snacking.

So I'm going to talk to you about fitness snacking. It is one of the most powerful longevity solutions to help you live long and healthy. I cannot wait to share it with you.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

For more insights and strategies, subscribe to our podcast and visit our website w ww di doctor talks.com. Stay connected, stay healthy and join us next time on Doctor Todd's real talks from Real Doctors on the issues that matter to you most.