

Beyond The Numbers: Keys To Longevity

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At HB, a central part of our mission is to serve as your trusted financial guide and help you find peace of mind as you navigate your financial life ahead. While the heart of what we do includes investment management and financial planning, our commitment to you goes far beyond that. Today we introduce a new series, “*Beyond the Numbers*”.

This series is designed to help you live a life filled with purpose, meaning, and rich experiences. Topics in this series will include health & wellness, luxury travel, pursuing passions & interests, the “art” of leisure, fine dining, personal growth & development, the psychology of happiness, and others. We also welcome you to request specific topics of interest.

The *Keys to Longevity* is our first topic in this series. While most of the content below is common knowledge for many of us, we hope you will find this to be a helpful summary of some of the most important activities for living a longer, more fulfilling life. Andrew Huberman, Ph.D., a distinguished Stanford University neuroscientist and longevity expert, once said, "Age is not a disease, it's a state to which we aspire." Longevity is not just about adding years to life but enriching those years with health, happiness, and fulfillment. So, what are the “secrets” of longevity?



Balanced Nutrition

A balanced diet is one of the cornerstone habits of longevity. The "Blue Zones" around the world where people live notably longer, share common dietary patterns – largely plant-based, complemented by lean proteins and healthy fats. David A. Sinclair, Ph.D., a Professor of Genetics at Harvard Medical School and a

recognized authority on aging and longevity, echoes this, saying, "What we eat, how much, and when, influences our biological age." [This link](#) contains additional information and examples of blue zone diets.

Regular Exercise

Consistent, moderate physical activity is a key factor in promoting longevity. Activities such as walking, gardening, or dancing can significantly improve health and lifespan. Huberman encapsulates this well: "Exercise is the single best thing you can do for your brain in terms of mood, memory, and learning." Four of the world's leading experts on longevity share their thoughts on exercise in [this article](#).

Mental Well-being

Our emotional and mental health significantly influences our overall health and longevity. Practices like mindfulness, meditation, or finding time to unwind can make a considerable difference. One study published in "The Lancet" in 2015 found that stress-related disorders are significantly linked to a higher risk of cardiovascular disease. By extension, activities that reduce stress – like mental breaks and relaxation – could help promote cardiovascular health and potentially increase lifespan. For guided meditation and mindfulness, try the free app [Insight Timer](#), or these popular apps that have a modest annual fee – [Headspace](#) and [Calm](#).

Staying Socially Engaged

Human beings thrive in social connections, and these connections can play a vital role in promoting longevity. Nurturing relationships, spending time with loved ones, and engaging in community activities can greatly enhance our lifespan. Huberman emphasizes, "The quality of our relationships determines the quality of our lives." The Stanford Center on Longevity produced a [social engagement index](#), demonstrating the relationship between social engagement and longer life spans.

Continuous Learning

Keeping our minds active and engaged promotes cognitive health and potentially enhances our longevity. Huberman advises, "Neuroplasticity, the brain's ability to form and reorganize synaptic connections, is a lifelong process," highlighting the significance of continuous learning. [Khan Academy](#) offers a wide range of free courses on math, science, economics, arts & humanities, and even life skills.

The pursuit of longevity isn't just about adding more years to our life, but more life to our years. Since our commitment to you extends beyond financial guidance, we hope that "HB: Beyond the Numbers" becomes

your companion guide to a life well-lived. And if there are any topics you would like us to cover in the future, please share these with your HB client service team.

At HB, our commitment to you and your family extends beyond the financial realm. Our team is here to help you and to continue serving you “Beyond the Numbers,” as we explore more ways to enrich your life experience.

To learn more or get help with your life experiences, please call 404.264.1400 or email us at info@homrichberg.com.

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