



Thai Lifestyle and Wellbeing Association  
สมาคมเวชศาสตร์วิถีชีวิตและสุขภาพไทย



# Longevity Lifestyle

## Strategies for Living long and healthy

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Assistant Professor Pansak Sugkraroek MD



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A longevity lifestyle encompasses various modifiable factors that significantly influence healthspan and lifespan. Research indicates that nutrition, physical activity, sleep quality and avoidance of harmful substances are clinical components. These lifestyle choices not only enhance overall well-being but also mitigate the risk of chronic diseases, thereby extending the expectancy. Positive mental wellness and increase frequency of happy socialize also contribute to long life too.

#### What is Longevity

Longevity simply refers to long life which was known as “Lifespan” or Life expectancy. In the past decade life expectancy had increase dramatically since 1900 and the average lifespan will be 77.5 years for people who were born in 2022.

Healthspan was also increase together with new advance medical technologies and wellness medicine to prevent aging according to hallmark of aging and early detection of diseases that may shorten life such as cancer, chronic diseases etc, also increase healthspan too.

More and more research had been focus into the question of how to live long and healthy by developing a healthier lifestyle and major factors involve in healthier living for longevity had been published.



## Key Lifestyle Factors

**Nutrition:** Consuming moderate food portions rich in fruits, vegetables, and whole grain is linked to lower mortality rates. A study found that individuals with healthier diets had a 44% lower risk of death compared to those with unhealthy diets.

### Physical Activity:

Regular exercise is essential, participants engaging in consistent physical activity demonstrated a significant reduction in all-causes mortality.

### Sleep:

Adequate sleep (7-8 hours) is crucial for managing stress and chronic conditions, contributing to longevity.

### Avoidance of Harmful substances:

Non-smoking and limited alcohol consumption are associated with increased life expectancy.

*While these factors are vital for promoting longevity, it is also important to consider the role of genetics and environmental influences, which can complicate the relationship between lifestyle choices and lifespan.*

## Optimal Nutrition promotes longevity

“You are what you eat” ...What you eat has a direct impact on your organ and cell functions which in turn will impact on life expectancy.

Eat anything.....but know what you eat

A healthy diet provides cell with vital source of energy, keep them stable and working as they should. Healthy food also support immune cell, which defend against infections and other health threats, protect cell from damage and help human body to repair and replace damaged cells.



An excellent diet for promoting longevity is a plant-based diet. Research found that people who most closely adhered to the plant-based Mediterranean diet which emphasizes vegetables, fruit, nuts, whole grain legumes, and fish together with minimize red and process meat were 23% less likely to die from any cause than people who did not closely adhere to this dietary pattern.

A plant-based diet involves eating lots of fruits and vegetables, bean, nut and seeds together with whole grains instead of processed foods. Foods from plants are high in antioxidants such as beta carotene, lycopene and vitamin A, C and E which protect cells from damage.

Regular moderate exercise promote longevity

Meta-analysis found that physical activity contribute to greater longevity. Many positive effects of exercise on human body include stronger heart and lung function, improve blood circulation, stronger muscle, good body configuration, better balance, and healthier weight.

Being more active in everyday life lower risk of heart attack, stroke, falling and diabetes. Together these benefits contribute to stronger lifespan. Physical activity also improve mood and help in better sleep quality.

2018 Physical activity guidelines for Americans recommend that adults get at least:

- 150 minutes a week of moderate activity OR
- 75 minutes a week of vigorous movement OR
- An equivalent combination of both intensities.



Moderate physical activity includes walking, weight lifting and lower intensity exercises. Vigorous exercise includes running, bicycling and swimming. Even household tasks like cleaning and gardening count as exercise. Lifting small hand weight or leg lifting while watching TV also count as physical activity.

Get enough sleep

Quality sleep is vital to good health and well-being throughout life and may even extend it. It promote immune functions, hormones balance, regeneration of cell etc. Inadequate sleep can increase health risk for chronic diseases.

Circadian living is the best way to achieve quality sleep. Wake up in early morning to get sunshine that activate serotonin production which in turn will help in maintain healthy level of melatonin for natural sleep. Less sugar and carbohydrate in the evening even promote optimal growth hormone production for longevity.

Refrain from caffeine and alcohol consumption had significant improve sleep quality too.

Other lifestyle modifications for longevity

In addition to healthy eating, regular exercise and quality sleep which contributes to longevity and major factors, all these lifestyle modifications had been prove to have health benefit to increase lifespan.

Refrain from smoking:

Smoking had been proven to shorten lifespans. Smoking damage lung function, cardiovascular health, skin health and oral health together with increase risk of cancer.



#### Limit alcohol:

WHO had declared that no single drop of alcohol is safe and regular drinking of alcohol increase risk of many cancers.

Excessive alcohol consumption increase risk of liver damage, cancer and serious accidents. It also impact immune system, increase depression, and impair quality sleep.

#### Enough water:

A recent study of more than 11000 adults found that those who stay well hydrated appear to be healthier, develop fewer chronic conditions such as cardiovascular, renal, lung disease and live longer than those who do not.

#### Think positive:

Outlook of life can contribute to longevity. Researchers from Harvard university found that people who had positive thinking and had happy mind to help other people live longer.

Mindful and mindful meditation had been shown to improve and prevent depression, increase concentration and had positive attitude towards life. On the medical side it also increase glutathione (antioxidant) production and increase Nitric oxide production to improve microcirculation too.

#### Social wellness

A large study of 28000 people linked longevity with socializing. More frequent social activity was associated with significantly longer survival. IN fact the greater the frequency of socialization the greater the likelihood of living longer.



## LIFESTYLE MEDICINE : LM

Lifestyle medicine focuses on extending healthspan by integrating lifestyle modifications into medical practice. This approach emphasizes on prevention and management of chronic diseases through evidence-based lifestyle changes. The core competencies of lifestyle medicine include addressing modifiable risk factors such as diet, physical activity and stress management, which are crucial for reducing the burden of non-communicable diseases and promote healthy aging.

Lifestyle medicine (LM) is built on six pillars : Nutrition, Physical activity, Stress management, Restorative sleep, Social connection, Avoidance of risky substances

Lifestyle Medicine also guide clinician in implementing preventive and therapeutic interventions, emphasizing the importance of lifestyle choices in managing chronic diseases.

Motivation of lifestyle change is challenging and requires patient determination. Medical practitioners play a crucial role in coaching and guiding patients to adopt healthier lifestyle patterns.

Healthy longevity clinic integrate geroscience and lifestyle medicine to optimize health across lifespan. These clinics, often multidisciplinary, provide comprehensive evaluations and interventions, including lifestyle modifications and social interventions.



Conclusion:

“A Longevity Lifestyle includes maintaining a healthy diet, engaging in major physical activity, fostering social connection, and managing environmental stressors. These factors, alongside genetic influences, significantly contribute to improved quality of life and increase life expectancy”



Assistant Professor Pansak Sugkraroek, MD  
Executive Board Member of  
The Thai Lifestyle Medicine and Wellbeing Association



contact the Thai Lifestyle Medicine and  
Wellbeing Association at  
093-584-0840 or 080-989-7415