



Exercise for Longevity

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Presented By |
HealthCheck360



Agenda

What exercises are best for longevity?
Applications to your daily life





Exercise for longevity

“Exercise is good for you”

- Think about yourself in the future
 - What do you want it to look like?
 - Do your habits support that future?

Functional Fitness

- Functional fitness is exercise that targets real life movements such as walking, bending, twisting and pushing.
- Three planes of motion
 - Sagittal
 - Frontal
 - Transverse



Why does it matter?

Independence is rooted in functional movement

- Strength
- Balance
- Mobility





Applying balance to your life

Is one side easier to balance on than the other?

- Can lead to less stability, favoring, aches and pains

Try these!

- Stand on one leg
 - Try closing your eyes!
 - Add unstable surface (foam pad or cushion)
- Exaggerated walking
 - Heel-to-toe
- Heel raises with feet together
- Weight shifts
- Side leg raises
- Single-leg deadlift
- Yoga
- Tai Chi



Applying Range of Motion to your life

Can you touch your toes or sit criss-cross applesauce?

- Sticky joints can cause issues with daily tasks

Try these!

- Hip opener
- Arm circles
- Static stretching
 - Hamstring
 - Chest





Applying strength to your life

Loss of muscle mass occurs starting at 30

- Strength training stimulates muscle and bone

Try these!

- **Lower body**
 - Squats, lunges, deadlift
- **Upper body**
 - Bicep curls, shoulder press, triceps extension
- **Core**
 - Plank
- **Grip Strength**
 - Tennis/racquetball squeeze
 - Adding weights to other exercises

Remember, life isn't one-dimensional



Applying cardio to your life

Cardiovascular exercise is proven to increase longevity

Try these!

- Walking
- Running
- Swimming
- Cycling

Cardio or strength?

- Both!





Summary

- Where do you want to be in 10 or more years?
- The work you put in now is an investment in your future self
- Make small changes now, your future self will thank you



Upcoming Webinars

Food Noise

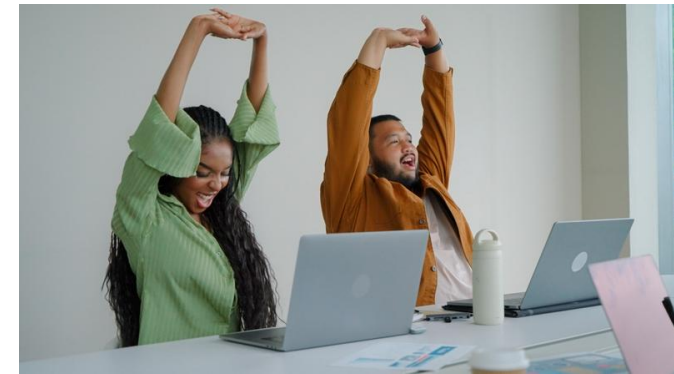
Cut through the “food noise” and learn how to tune into your body’s true hunger signals for a healthier, more mindful relationship with eating.



September 2

Wellness at Work

Boost productivity and morale with easy-to-implement wellness habits that fit seamlessly into your workday.



October 7

Lifestyle Rewards



1. True or False: Functional fitness targets real life movements.

- a) True
- b) False

2. What is one way to improve balance?

- a) Stand on one foot
- b) Do more sitting exercises

3. What is one way to improve range of motion?

- a) Being sedentary
- b) Static stretching

*** If your company has elected questions for lifestyle rewards, it will be noted when you submit on your account.**



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Questions?

