

A hand is shown holding a black dumbbell on a dark wooden floor. The background is a close-up of the wood grain, with a metal grate visible in the bottom right corner.

"LONGEVITY AND PHYSICAL HEALTH"

Key Take Home Messages



CLARUS WEALTH
CLEAR CONFIDENT THINKING

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HEALTHSPAN V
LIFESPAN

CAPITAL GAINS & THE
BIOPSYCHOSOCIAL
MODEL

ALL PAIN IS REAL

HURT ≠ HARM | PAIN
≠ DAMAGE

MOVEMENT IS KING

OUTCOME OF INTEREST

THINGS TO
REMEMBER

UK & WHO PHYSICAL ACTIVITY GUIDELINES:

- AEROBIC:
150 – 300 MINS MODERATE OR 75 MINS VIGOROUS INTENSITY
- STRENGTHENING:
AT LEAST 2 X PER WEEK
- BALANCE:
AT LEAST 2 X PER WEEK
- MORE FOR OVER 65'S





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