

PHYSICAL ACTIVITY & NUTRITION FOR LONGEVITY

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UNICAMILLUS
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PHYSICAL **ACTIVITY** & NUTRITION FOR LONGEVITY



AGEING OF THE POPULATION IN ITALY

2024 VS PROJECTION 2050

■ OVER 65
24,7% (34%)

■ OVER 80
7,7% (>10%)

■ BIRTH RATE
1,1%

■ LIFE EXPECTANCY
MAN 81,4 yr
WOMAN 84,5 yr



LONGEVITY AND QUALITY OF LIFE

INTEGRITY
PROPER FUNCTIONING OF
THE HUMAN BODY



LIFESTYLES FOR WELL BEING

- PHYSICAL ACTIVITY
- NUTRITION



LIFESTYLES FOR WELL BEING

PHYSICAL ACTIVITY

- + IMMUNE SYSTEM
- + MENTAL HEALTH
- + MUSCLE MASS
- + BONE MASS
- + ACTIVE BRAIN

- CRONIC DISEASES



LIFESTYLES FOR WELL BEING PHYSICAL ACTIVITY

■ AEROBIC

■ ANAEROBIC

■ ALTERNATING
AEROBIC/ANAEROBIC
EXERCISE



LIFESTYLES FOR WELL BEING

AEROBIC PHYSICAL ACTIVITY

- RUNNING
- BRISK WALKING
- CYCLING
- DANCING
- CROSS-COUNTRY SKIING
- GYM



LIFESTYLES FOR WELL BEING

AEROBIC PHYSICAL ACTIVITY

- CONSISTENCY
- PROGRESSION
- MOTIVATION



LIFESTYLES FOR WELL BEING

ANAEROBIC PHYSICAL ACTIVITY



■ <60 yr

■ SHORT AND INTENSE
ANAEROBIC SPORT WITHOUT
OXYGEN

■ AGONISTIC ACTIVITY

LIFESTYLES FOR WELL BEING

ALTERNATING AEROBIC AND ANAEROBIC PHYSICAL ACTIVITY

■ INTERVAL TRAINING

■ + MUSCULAR STRENGTH

■ + MUSCULAR POWER



NUTRITION

QUALITY FUEL FOR A LONG LIFE

BALANCED DIET FOR LONGEVITY



THE MEDITERRANEAN DIET

CHARACTERISTICS

- VEGETABLES
- FRUITS
- GREENS
- WHOLE GRAINS
- WHOLEWHEAT BREAD
- PASTA
- TOMATOES
- BROWN RICE
- LEGUMES
(LENTILS, CHICKPEAS AND BEANS)



THE MEDITERRANEAN DIET

CHARACTERISTICS

- WALNUTS AND ALMONDS
- OLIVE OIL
- FISH AND SEA FOOD POULTRY
- AND EGGS
- MILK AND DAIRY PRODUCTS



RISKS OF EXCESSIVE SUGAR CONSUMPTION

- OBESITY
- DIABETES TYPE II
- CARDIOVASCULAR DISEASES
- DENTAL CARRIES
- SKIN AGING
- MOOD, CONCENTRATION AND MEMORY PROBLEMS



SYNERGY BETWEEN PHYSICAL ACTIVITY / NUTRITION

PHYSICAL ACTIVITY



STIMULATES METABOLISM



NUTRITION

- INCREASES HEALTHY LIFE EXPECTANCY

- REDUCES CHRONIC AND
DISABLING DISEASES

- IMPROVES QUALITY OF LIFE

AUTONOMY/ENERGY/PSYCHOLOGICAL WELL BEING/SOCIAL RELATIONSHIPS



STUDY REFERENCES

THE LANCET

■ 15 MIN OF PHYSICAL ACTIVITY CAN ADD 3 YEARS TO YOUR LIFE



The NEW ENGLAND
JOURNAL of MEDICINE

■ MEDITERRANEAN DIET LESS RISK CARDIOVASCULAR 30%

BLUE ZONE

WHERE PEOPLE LIVE LONGER AND HEALTHIER LIFE

- OKINAWA (JAPAN)
- IKARIA (GREECE)
- SARDINIA (ITALY)

PEOPLE LIVE LONGER
AND HEALTHIER

- ACTIVE LIFE STYLE
- SIMPLE DIET



CONCLUSIONS

LONGEVITY BEGINS WITH DAILY HABITS

TIPS

- ☐ MOVEMENT
- ☐ EATING WELL
- ☐ GETTING ENOUGH SLEEP
- ☐ CULTIVATING RELATIONSHIPS
- ☐ TAKING CARE OF YOUR BODY

LONGEVITY IS AN ACHIEVEMENT
NOT A BURDEN





THANK YOU!

