

10 Keys to a Long, Healthy Life

Embarking on a journey towards a long and healthy life is a profound investment in your future. This guide is a comprehensive framework designed to empower you with actionable insights and strategies. Each key is an interconnected piece of the puzzle, working together to support not just a longer lifespan, but a richer, more vibrant one.

Brought to you by:

G.O.A.T.
ATHLETIC SPA.

KEY #1

Establish a Baseline: Know Your Body and Risks

- Complete comprehensive bloodwork, DEXA scans, and genetic/biological age testing
- Schedule regular preventative screenings (cancer, heart, vision, dental, bone density)
- Identify and track allergies and sensitivities

KEY #2

Resolve What Was Learned From Baseline Testing

- Solve vitamin, mineral, and hormone deficiencies identified in baseline testing
- Use targeted therapies (e.g., peptides, supplements) as needed
- Reassess regularly to maintain optimal health levels

KEY #3

Quality Sleep

- Prioritize 7-9 hours of restful sleep each night
- Maintain a consistent sleep schedule and bedtime routine
- Limit caffeine, large meals and screen time before bed

KEY #4

Nutrition & Hydration

- Whole, minimally processed foods with plant-forward focus
- Limit added sugars and unhealthy fats
- Personalize nutrition and supplement as needed; stay well-hydrated

KEY #5

Physical Activity & Healthy Body Composition

- Engage in aerobic exercise (150+ minutes/week) and regular strength training
- Incorporate flexibility and balance exercises into your routine
- Maintain a healthy BMI, body fat percentage, and waist circumference

KEY #6

Hormonal & Metabolic Health

- Regularly monitor hormone levels, including testosterone, through comprehensive bloodwork.
- Consider testosterone replacement therapy (TRT) when clinically indicated, as it can be transformative for both men and women experiencing deficiency.
- Optimize metabolic health with a personalized approach that includes nutrition, exercise, and effective hormone management.

KEY #7

Mindset, Growth, Social Connection & Environment

- Practice gratitude, mindfulness, and effective stress management
- Pursue goals, hobbies, and lifelong learning for personal growth
- Foster strong relationships and maintain a healthy, toxin-free environment
- Practice digital mindfulness by being present (unplugging, limiting screen time)
- Engage in a safe, consensual, fulfilling sex life



KEY #8

Cognitive Health & Brain Fitness

- Stimulate your mind with learning, puzzles, and new skills
- Protect sensory health (vision, hearing) and limit excessive screen time
- Stay socially and intellectually engaged

KEY #9

Pro-active Medical Care

- Work with a medical professional interested in total wellness and longevity, not just reacting to symptoms and problems
- Annual checkups, vaccinations, medication reviews
- Monitor and address inflammation
- Daily oral hygiene and regular eye exams
- Manage chronic stress and prioritize self-care routines
- Avoid tobacco and recreational drugs; Limit alcohol

KEY #10

Fun, Play, Joy, and Purpose

- **Cultivate Joy and Playfulness:** Make time for laughter, hobbies, and activities that bring genuine happiness, whether it's games, travel, music, or creative pursuits.
- **Pursue Purpose and Achievement:** Set meaningful goals and regularly challenge yourself, regardless of age. Having something to strive for—such as learning a new skill, volunteering, or completing a project—fuels motivation and fulfillment.
- **Stay Engaged and Connected:** Especially in retirement or later life, remain active in your community, join clubs or groups, and seek out new experiences. Purposeful engagement and ongoing achievement are vital for mental, emotional, and even physical health.



AESTHETIC MENU

LASER HAIR REMOVAL
INJECTABLES
CHEMICAL PEELS
MICRONEEDLING
HAIR RESTORATION
TEETH WHITENING

WELLNESS MENU

WEIGHTLOSS PROGRAM
TESTOSTERONE HRT
DEXA BODY SCANS
BLOOD PANELS
PEPTIDES & SUPPLEMENTS
SEXUAL WELLNESS
VITAMIN SHOTS



SCAN ME

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