

David Mainz: Rx FOR LONGEVITY



NPC guest speaker shares insights to maintain a healthy lifestyle

PROFILE BY ELLIE FAIRBANKS

DAVID MEINZ, MS, RDN, FAND, CSP, is an award-winning international speaker, focusing on health promotion and improvement to enhance not only personal—but also professional—productivity.

DAVID MEINZ, known as “America’s personal health improvement expert,” presented to top producers in Aruba at Columbus Life’s National Producer Conference (NPC).

David understands that innovative, top companies value both the physical and mental health of their workforce, which contributes to a company’s overall success. Columbus Life is no different — we care about our producers, and understand that maintaining a healthy lifestyle will lead to overall satisfaction and success.

If you weren’t in the room for the keynote, David centered his address on what to eat and what not to eat to maintain a healthy lifestyle, focusing on consuming a healthy diet and getting enough vitamins and minerals through diet. As a follow-up to David’s excellent talk, here is more about David’s keys to longevity.

The Longevity Recipe

Think about this — in 1960, there were 3,000 100-year-old people living in the United States. Today, there are over 80,000. By the year 2050, there are projected to be more than a million 100-year-olds in the United States. So, what does David say is the secret to longevity?

10 things we’ve learned from people around the world who live long and healthy lives:

- ▶ **Have a reason to get up in the morning.** Participate in activities that you think are important, worthwhile or interesting.
- ▶ **Make family and friends a high priority.** Almost all long-lived, healthier people have lives that revolve around a large family or a large group of friends.
- ▶ **Put more physical activity into your lifestyle.** Exercise reduces your risk of obesity, heart disease, stroke, certain cancers and osteoporosis.

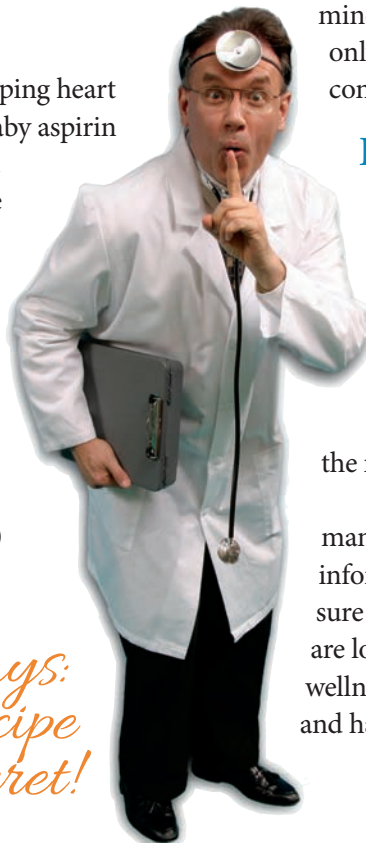
- ▶ **Maintain a healthy weight.** People who are overweight are more likely to have high blood pressure, high cholesterol, diabetes, arthritis, heart disease and cancer.
- ▶ **Start eating more plant-based foods.** People who eat more fruits, vegetables, and whole grains tend to weigh less and live longer, healthier lives.
- ▶ **Eat more nuts.** Nuts are full of vitamins, minerals and fiber; eating small portions of nuts can add real health benefits to your diet.
- ▶ **Learn to handle stress.** Excess stress can contribute to the development of atherosclerosis, Alzheimer's and diabetes.
- ▶ **Realize that there is a spiritual dimension to life.** Spirituality can take many forms and doesn't necessarily mean organized religion. Having a sense of something greater than oneself helps with stress reduction and improved overall physical health.
- ▶ **Stop blaming your parents.** Genetics do play a role in overall physical health, but lifestyle habits determine ultimate lifespan.
- ▶ **Beat the two big killers.** Seven out of ten Americans die from heart disease and cancer. Maintain a healthy lifestyle to beat these two big killers.

Beat Heart Disease

Many factors affect a person's risk for developing heart disease. Leading a healthy lifestyle, taking baby aspirin and losing weight can all help ward off heart disease. David's tips on beating heart disease — a leading cause of death in America — include:

- ▶ **Live the good life.** Living a healthy lifestyle — eating right, exercising, not smoking — is still the single most effective way to prevent heart disease.
- ▶ **Take a shot.** Those with cardiovascular disease can decrease their chance of having another cardiovascular event by 50 percent by getting a flu shot.

*Meinz says:
The Longevity Recipe
is no secret!*



- ▶ **Act like a baby.** Baby aspirin helps prevent heart attacks and strokes. Be sure to check with your physician, though, to see if you have an aspirin resistance, which may increase your risk of having a cardiovascular event.
- ▶ **Suck it in.** Develop a plan to lose excess weight. Excess weight around the mid-section of the body is more dangerous than weight on the hips.
- ▶ **Don't resist.** See your physician and determine if you have insulin resistance, which can contribute to cardiovascular disease.

Prevent Cancer

In the United States, cancer causes 25 percent of all deaths. Of the cancer diagnoses in America, nearly two-thirds of these are preventable. Throughout his career, David has stressed that people need to take control of their own health — including eating a better diet and stopping the use of tobacco products.

It's no secret that cigarettes and other tobacco products can cause cancer. However, consuming a poor diet can also increase a person's risk of developing the disease. Eating foods rich in vitamins and minerals, limiting intake of salty foods and only moderately consuming alcohol will all contribute to a healthier diet.

Eat like an Italian

David's work has also focused on the health advantages of eating a Mediterranean diet — one rich in good oils, whole-grain breads, beans, fresh fruits and vegetables, and dark, leafy greens. This diet has been shown to cut down a person's risk of developing heart disease and also reduce the risk of developing certain types of cancer.

As always, this year's NPC offered attendees many great takeaways and interesting, informative sessions. David's presentation is sure to stick with those in attendance who are looking to improve health and general wellness on the path to a more productive and happy life. 🦩

