



# OPTIMIZE YOUR HEALTHSPAN

Living better & longer with InnerAge 2.0

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We created this guide to help you understand how to optimize your healthspan and longevity. We've also provided actionable tips, tricks, and recipes to help you get started.

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# LIFESPAN & HEALTHSPAN

Thanks to modern technological advancements, the average American lifespan has reached 79, a 41% increase over the past 100 years. But considering chronic diseases now affect nearly half of all Americans, getting older doesn't always translate to a higher quality of life.

In fact, your chronological age might not accurately represent your body's internal, biological age at all. Instead, as lifespan continues to increase, our *healthspan*—the preservation of our physical and mental health as we age—becomes increasingly important. But how can we measure and improve our healthspan?

With InnerAge 2.0, InsideTracker has created one of the most innovative and sophisticated tools that determines your biological age *and* provides you with ultra personalized recommendations on how to improve it.

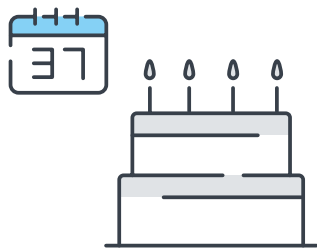
**QUESTIONS?** Reach us at 800-513-2359 or [contactus@insidetracker.com](mailto:contactus@insidetracker.com)



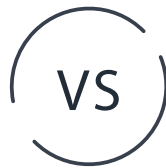


# HOW OLD ARE YOU, REALLY?

The date that marks your birthday doesn't necessarily reflect how old you are on the inside.



Calendar age



InnerAge

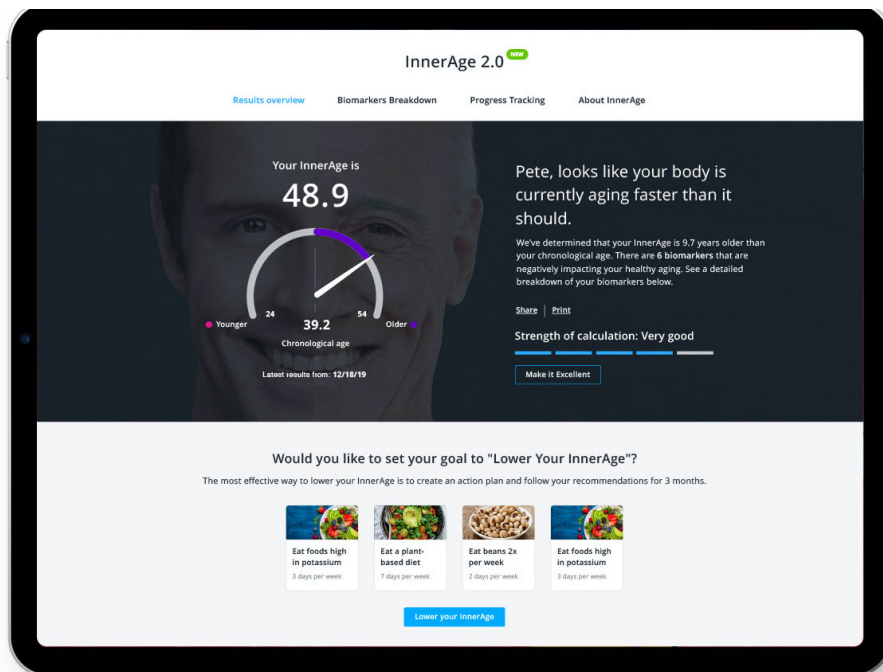
Your chronological age is how old you are in calendar years, while your InnerAge is your biological age, or your internal age.

The truth is people age at different speeds—some faster, some slower. The number of birthdays you've had doesn't necessarily reflect your body's InnerAge. An age of 40, for example, can look incredibly different from one person to the next depending on a combination of lifestyle and genetic factors, like diet, exercise, stress, and sleep.

Learning your body's InnerAge, may seem daunting at first, but it's a powerful catalyst to learn how to take control of your health and wellness

# INTRODUCING INNERAGE 2.0

We are proud and excited to introduce our new InnerAge 2.0!



## A new approach to InnerAge

InsideTracker's InnerAge has been a revolutionary tool in helping people significantly improve their healthspan. But as the science of aging has matured, so too has our model. After years of research and development, our team reimagined, redesigned, and reengineered the pioneering product InsideTracker first launched in 2015.

With greater accuracy and precision, less sensitivity, and more sophisticated tracking and visualization tools, we're proud to announce the new InnerAge 2.0—one of the most innovative systems to optimize healthspan and longevity.

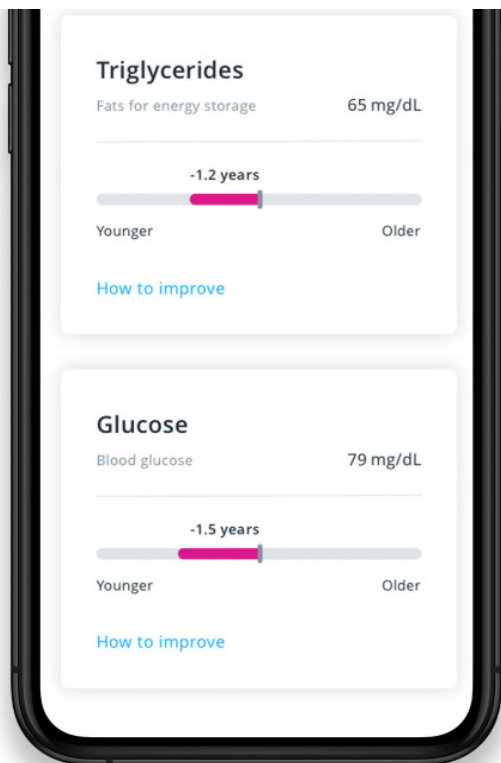
InnerAge 2.0 provides a complete understanding of the aging process. It accounts for factors and biomarkers most strongly linked to healthspan (e.g. glucose, vitamin D, inflammation), and reveals both how well your body is working and how well it should be working given your chronological age.

Because our daily habits and actions can positively impact the aging process, we also have the power to improve our InnerAge. The new InnerAge 2.0 provides ultra-personalized nutrition and lifestyle recommendations to improve your healthspan.

## A more robust and steady model

Over the past five years, not only has the science of aging evolved, but so too has our society's view on the importance of healthspan. The InsideTracker team has added a host of new features and improvements to InnerAge 2.0 to account for the continuously advancing science of healthspan.

We turned to our own data from InsideTracker users to identify biomarkers most strongly related to aging and combined this with machine learning to redesign our model calculating InnerAge and the steps needed to lower it. **To learn more about what's changed in this new and improved model, [click here](#).**

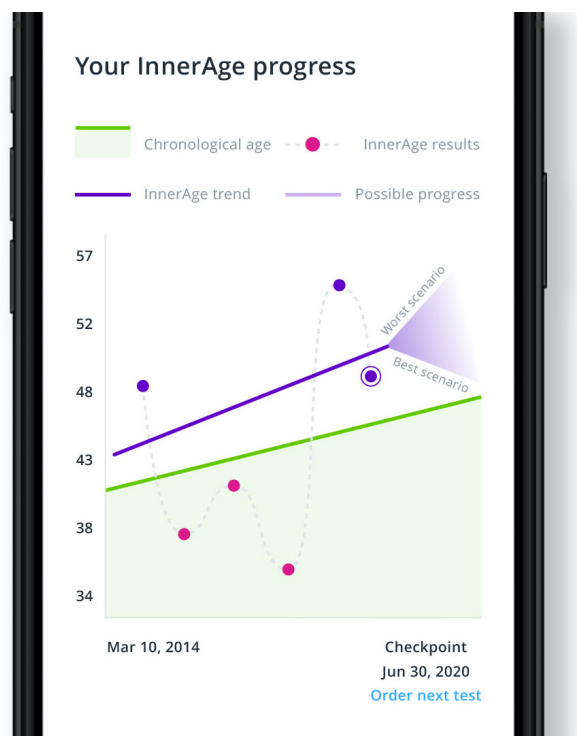


# OPTIMIZING YOUR HEALTHSPAN

Start turning back the clock with personalized recommendations.

## Tracking your progress with InnerAge

It doesn't end with a simple number. While measuring your InnerAge is important, tracking the positive progress you make over time is the most accurate way to keep you on the right track towards your goals. The new InnerAge 2.0 page on the InsideTracker platform provides ultra-personalized nutrition and lifestyle recommendations to help you significantly lower your InnerAge and improve your healthspan.



# Getting started now with these longevity hacks

## Practice mindfulness

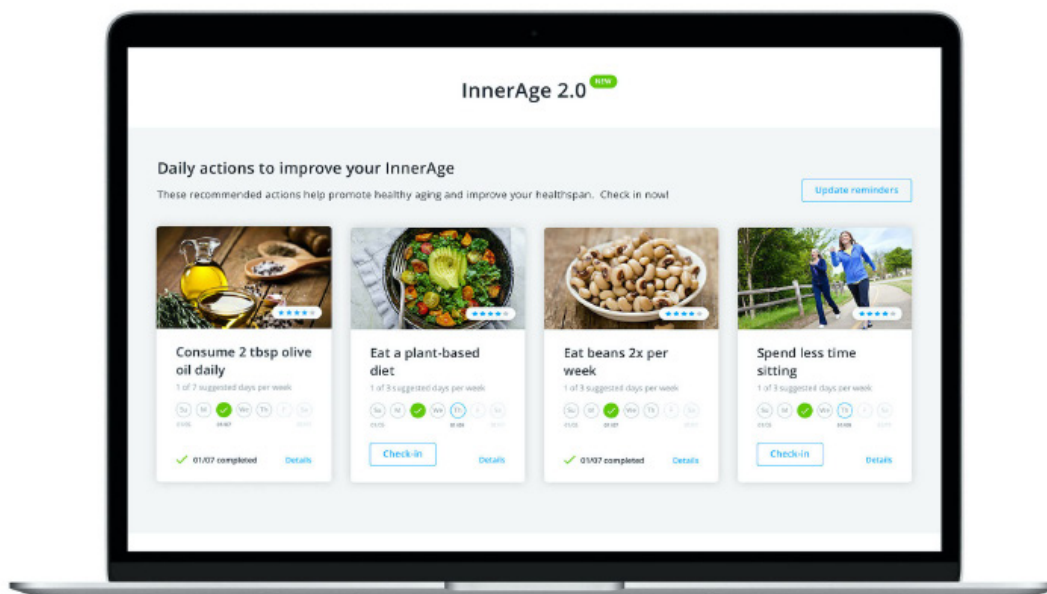
Research shows that practicing mindfulness for 30 minutes daily helps to support healthy aging. Mindfulness is a type of meditation during which focus and attention is placed on the present moment, without judging the thoughts that pass through your mind. Start practicing mindfulness for five minutes at a time and gradually increase to 30 minutes or more per day. Another helpful exercise you can try throughout the day is to pause in the midst of your activity, redirect your focus to the breath, and become explicitly aware of the present moment.

## Swap out meat for more plant-based protein

Swapping out meat for plant-based protein sources a few times a week helps to improve several biomarkers and improve longevity. In general, plant based protein sources (such as beans, lentils, and tofu) are lower in saturated fats, cholesterol, and calories. Lentils, tofu, tempeh, beans, nuts and seeds are all great high protein plant based options.

## Incorporate probiotic-rich foods

Fermented foods contain probiotics, live microorganisms that have been shown to impart health benefits when consumed. Probiotic-rich foods can improve biomarkers like cholesterol (total, LDL, and HDL) and triglycerides. As a result, probiotics and fermented foods are associated with a lower risk of cardiovascular disease and longer healthspan. Some examples of probiotic foods include yogurt, kefir, kimchi, tempeh, miso, sauerkraut, and kombucha.





A top-down view of various fresh ingredients arranged on a dark, textured surface. In the top left is a large head of broccoli. To its right is a small bowl of olive oil. Below the broccoli is a green avocado. In the center is a bunch of fresh green herbs, including parsley and chives. To the right of the herbs is a large leaf of lettuce. In the bottom left is a piece of salmon on a wooden cutting board. In the bottom center is a small head of broccoli. In the bottom right is a loaf of bread on a wooden cutting board, with several slices cut out. The text "RECIPES FOR LONGEVITY" is overlaid in the center, with "RECIPES" in white and "FOR LONGEVITY" in green. Below the title is the subtitle "5 recipes to help you live longer" in white.

# RECIPES FOR LONGEVITY

5 recipes to help you live longer



# One pan salmon & veggie bake

**Prep:** 10 mins **Cook:** 25 mins **Makes:** 1

**Per serving:** 679 calories; 23 g fat; 68 g carbohydrates; 50 g protein



## INGREDIENTS

- 6 oz salmon
- 1/2 cup sweet potato, sliced
- 1 cup green beans
- 1/4 red onion, sliced
- 1/4 tsp dried dill
- 1/8 tsp salt
- 1/8 tsp black pepper
- 3 lemon slices
- 1 tablespoon olive oil
- 1 tbsp lemon juice
- 1 garlic clove

## DIRECTIONS

Preheat oven to 425 degrees F.

Line a baking sheet with parchment paper and set aside.

Thinly slice the sweet potato into rounds and place on the baking sheet with green beans and red onion.

Mix together the olive oil, lemon juice, and garlic. Drizzle over the veggies and toss to evenly coat.

Place the salmon in the middle of the veggies on the baking sheet and drizzle with any remaining dressing.

Place the lemon slices over the top of the salmon and sprinkle with dill, salt and pepper.

Place pan in oven and bake for 20 minutes or until veggies are tender.

# Lentil & potato soup

**Prep:** 10 mins **Cook:** 40 mins **Makes:** 2

**Per serving:** 500 calories; 25 g fat; 59 g carbohydrates; 13 g protein



## INGREDIENTS

- 1 cup red lentils, dry
- 2 carrots, chopped
- 2 cups vegetable broth
- 1 potato, chopped
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1/4 cup olive oil
- 1/2 tsp oregano
- 1/2 tsp paprika
- 1/2 tsp chili powder
- 1/2 tsp black pepper
- salt to taste

## DIRECTIONS

Heat olive oil in a medium saucepan. Stir in carrots, onion, and garlic and cook until the onions are soft.

Add vegetable stock, lentils, potato, oregano, paprika, chili powder, salt and pepper and stir together. Simmer for approximately 30 minutes, or until lentils and potatoes are tender.

Season with more pepper if needed.



# Tofu & broccoli stir-fry

**Prep:** 5 mins **Cook:** 20 mins **Makes:** 2

**Per serving:** 212 calories; 8 g fat; 25 g carbohydrates; 12 g protein



## INGREDIENTS

- 1/3 cup brown rice, dry
- 1 cup firm tofu, patted dry and cubed
- 2 cups broccoli, chopped
- 1 cup shiitake mushrooms, chopped
- 1 tbsp sesame oil
- 1 tbsp oyster sauce
- 2 tbsp reduced sodium soy sauce

## DIRECTIONS

Prepare brown rice according to package instructions.

Heat oil in medium skillet. Add tofu to skillet. Cook over medium-high heat until tofu begins to get crispy and light brown, about 10 minutes.

Add the mushrooms, broccoli, soy sauce, and oyster sauce and stir. Cook until sauce is thickened.

Take off heat and serve.

# Chili lime black bean tacos

**Prep:** 5 mins **Cook:** 8 mins **Makes:** 2

**Per serving:** 389 calories; 16 g fat; 50 g carbohydrates; 16 g protein



## INGREDIENTS

- 1/2 cup diced mushrooms
- 2 tbsp olive oil
- 1/2 onion, diced
- 1/2 red bell pepper, diced
- 1 garlic clove, minced
- 1/4 tsp chili powder
- 1/4 tsp red pepper flakes
- 1/4 tsp cumin
- 1/4 tsp salt
- 1/2 tsp lime zest
- 1 cup black beans
- 4 corn tortillas

## DIRECTIONS

Heat oil in a skillet over medium-high heat.

Add mushrooms, red pepper and onion and cook until mushrooms are tender, about 6 minutes.

Stir in beans, garlic, lime and seasonings and cook 1 minute longer.

Serve mixture in tortillas.

# Chickpea & avocado sandwich

**Prep:** 10 mins **Cook:** 0 mins **Makes:** 1

**Per serving:** 438 calories; 16 g fat; 58 g carbohydrates; 21 g protein



## INGREDIENTS

- 1/3 cup chickpeas
- 1/4 avocado
- 1 large handful of spinach
- 1 tbsp sunflower seeds
- Pinch of dill
- Salt & pepper to taste
- 2 slices whole wheat or sourdough bread

## DIRECTIONS

In a small bowl, mash together the chickpeas, avocado, and dill. Add in the dill, sunflower seeds, and salt and pepper, and mix well.

Spread mixture onto toasted bread and top with a big handful of spinach and any other of your favorite sandwich toppings.





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