

Lifelong Vitality Resource Packet

Companion to the #1 International Best Selling Book:

Lifelong Vitality

*5 Proven Steps to Increase Energy,
Flexibility, and Pain Relief*

Dr. Gerry Rosanove

Part 1

Mindset

The potency of visualization to create what you want is exemplified by Bianca Andreescu winning the U.S. Open in 2019.



[Click here to watch the video](#)

[Click here to watch the Daily Morning Ritual](#)



[Click here to watch the 60 second PBM \(Posture, Breath, and Movement\) walk](#)

Rerouted Thinking

Rerouted Thinking helps you find a way out of your Zone of Comfort. Rerouted Thinking is changing one's perspective about a situation. Using words like "might," "consider," "could," or "hope" demonstrates a belief that there is a possibility. This type of thinking is analogous to the person who turned down a dead-end road but didn't just stay there or give up trying to get to their destination. Instead, they looked for an alternate route or two that would get them to their desired destination.

Rerouted thinking can greatly impact your view of challenges. If you can see possibilities within a challenging situation, you are likely to find a way to tackle the challenge and see the potential for success in spite of the difficulties you are facing. The more that you practice the skill of rerouted thinking, the more automatic it will become for you in the future.

Practice Rerouted Thinking

Dead-End Thinking	Rerouted Thinking	How Does This Change Your Options?
<i>I can't exercise on my own</i>	<i>I can join a gym group class</i>	<i>It allows the group energy to motivate me</i>
<i>It's too hard to lose 10 pounds</i>	<i>It's going to be difficult to lose 10 lbs, however, the results will be worth the effort</i>	<i>It shows me that I am responsible for my part of the problem and causes me to focus on the solution</i>
<i>I don't have motivation to go to the gym</i>	<i>I can employ a personal trainer to train with</i>	<i>It provides a motivation to get started and overcome obstacles</i>

Description and Chart Taken with permission from www.youradventurouslifeawaits.com/workbook

[Click here to access the PDF download and fill in the bottom two blank sections as examples in your life of rerouted thinking](#)

Growth Mindset Articles

[Growth Mindset vs Fixed Mindset: What You Think Affects What You Achieve](#)

[18 Fixed Mindset vs Growth Mindset Examples](#)

[20 Growth Mindset Examples to Change Your Beliefs](#)

Daily Positive Affirmations from Louise Hay - www.louisehay.com/affirmations/#

I invite you to become conscious of the extent your attitudes limit your ability to feel more alive and young in all areas of your life. Here are 3 questions for you:

- What are your negative beliefs about aging?
- Who or what has influenced you in having them?
- What's the rerouted thinking on these beliefs?

Active People in Their 80's and 90's

Nikki Knoff - 83 years old yoga instructor www.knoffyoga.com/master-teachers/

Nicky returned to Australia in 2004 and now runs teacher training courses, teaches workshops, intensives, private classes, and holistic healing nationally and internationally. Through Nicky's passion for yoga, The Knoff Yoga System has evolved over 40 years and provides a unique program for better yoga practice and teaching.



Dr. Ellsworth Wareham - 98 years old vegan

[Click here to watch the 98-year-old vegan](#)



Australian swimmer: 99-year-old breaks world record.

[Click here to watch 99-year-old Australian Swimmer](#)

Johanna Quaas (née Geißler; born November 20, 1925 in Hohenmölsen) is a German gymnast. As of 2020, she is the oldest gymnast in the world. He's 95 years old. Quaas is a regular competitor in the amateur competition Landes-Seniorenspiele, staged in Saxony, Germany.

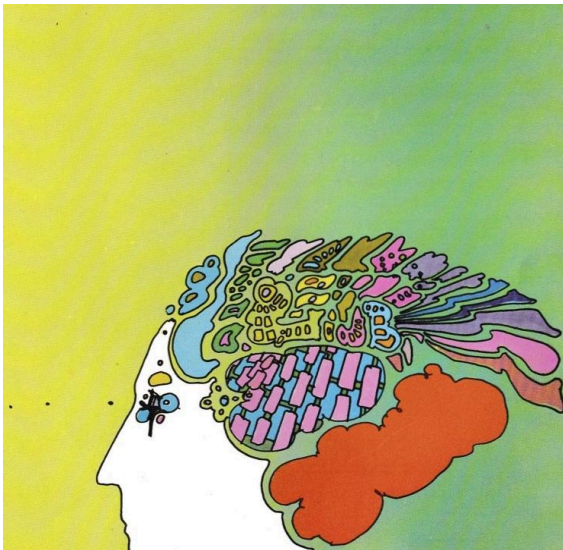


[Click here to watch 95-year-old gymnast](#)

Sir David Attenborough who at 95 years old is still producing documentaries on the state of the planet. See Netflix's *Breaking Boundaries: The Science of Our Planet*

[David Attenborough Netflix documentary: Australian scientists break down in tears over climate crisis](#)

These are the words of Swami Sivananda of Rishikesh India and art by Peter Max from his book titled *Thought* 1970



Thought is a vital, living force, the most vital, subtle and irresistible force that exists in the universe. Thought is a great and dynamic force caused by the vibration of psychic vital air on the mental substance. It is a force like gravitation, cohesion or repulsion.

Art by Peter Max, © ALP, Inc
www.petermax.com



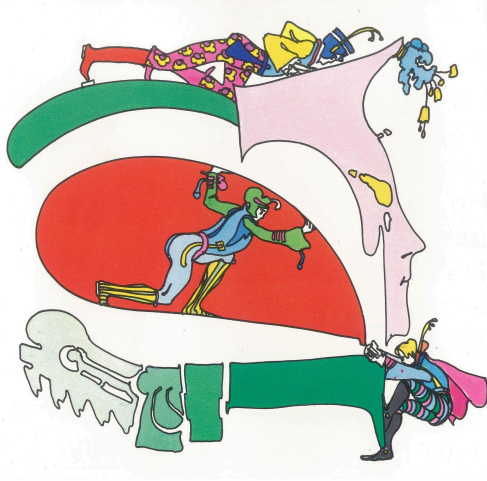
Control your thoughts. Just as you retain only the good fruits and discard the bad, so also, keep good thoughts in your mind and reject the evil ones. Wipe out lust, greed and egoism. Entertain only pure, holy thoughts.

Art by Peter Max, © ALP, Inc
www.petermax.com



Thoughts are building blocks with which character is built. Character is not born. It is formed. Man's thoughts are the architects of his circumstances.

Art by Peter Max, © ALP, Inc
www.petermax.com



Man is created by thought. What a man thinks, so he becomes. Man sows a thought and reaps an action. He sows an action and reaps a habit. He sows a habit and reaps a destiny. Man has made his own destiny by his own thinking. By right thinking he can become the master of his own destiny.

Art by Peter Max, © ALP, Inc
www.petermax.com



Whatever you think is a boomerang. If you hate another, hate will come back to you. If you love others, love will come back to you. Therefore, understand the laws of thought. Raise only thoughts of mercy, love, and kindness from your mind and be happy always.

Art by Peter Max, © ALP, Inc
www.petermax.com

Part 2

Breathe

Here's Mick relieving 15 years of anxiety and depression with my breathing exercises in 1 week.



[Click here to watch Mick](#)

Self-assessing rib cage movement with breathing video:



[Click here to watch the self-assessing rib cage movement](#)

Four-part breathing video:



[Click here to watch the 4-part breathing video](#)

Simon Bishop's introductory Qi Gong video showing breath and movement:



[Click here to watch Simon Bishop's introductory Qi Gong video](#)

DSB Studies

Scientific studies show how DSB Deep Slow Breathing can reduce stress, anxiety, and depression.

[How Breath-Control Can Change Your Life: A Systematic Review on Psycho-Physiological Correlates of Slow Breathing](#)

[The Effect of Diaphragmatic Breathing on Attention, Negative Affect, and Stress in Healthy Adults](#)

[Relaxation techniques: Breath control helps quell errant stress response](#)

[Doing Just Five Minutes of Breathing Exercise a Day Can Lower Your Blood Pressure, A New Study Finds](#)



[Click here to view my yoga, breath, and movement integration exercise](#)

[Click here to view my breath and movement exercise on a foam roller](#)



Part 3

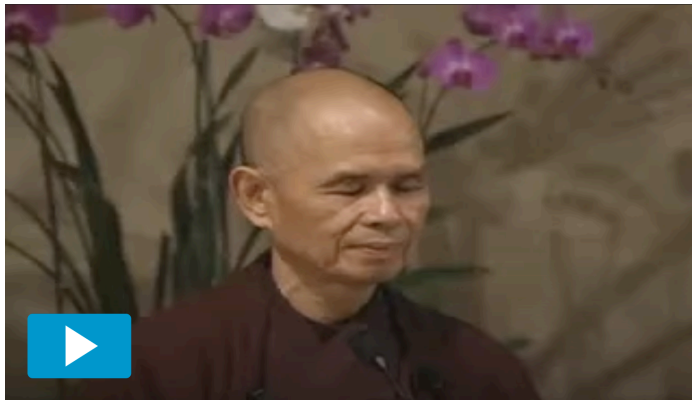
Move

Here's my video on the benefits of doing a daily earthing and grounding walk.



[Click here to watch the daily earthing and grounding walk video](#)

Thich Nhat Hanh walking meditation video:



[Click here to watch Thich Nhat Hanh walking meditation video](#)



[Click here to see these movement and breath stretches](#)

These can be used with the 60/60 rule. Every 60 minutes do 60 seconds of these.

Here is a video of Vicki, 64 years old, describing the many benefits she received from my core strengthening exercises.



[Click here to see Vicki's Testimonial](#)

Here's a video of Noeline, 66 years old, telling how she has resumed her piano playing and walking without sore hips using my exercises.



[Click here to see Noleine's video](#)

See how Mel relieved her neck and shoulder pain with yoga I showed her.



[Click here to see Mel's video](#)

Exercise Articles

[The only thing that ‘cured’ us? Exercise!” See how these people were cured by exercise when their medications didn’t relieve their symptoms](#)

[Dance Your Way to Better Brain Health](#)

[The Stair Test: Is This the Best Way to Determine Your Heart's Health at Home?](#)

[Forget long workouts! Short spurts of exercise could lead to a longer life](#)

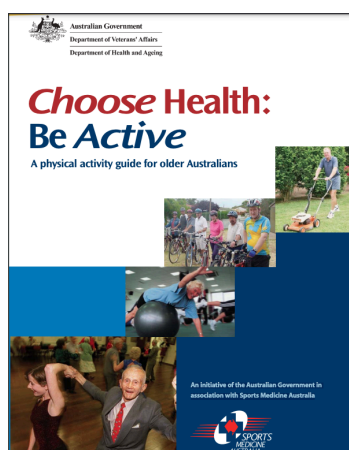
Exercise Apps and Home Gym

“No time” is no excuse with these handy apps that can give you a full-body workout in the time it takes to boil an egg.

[5 Minute Home Workouts – Apps on Google Play](#)

[5 Minute Home Workout on the App Store](#)

I recommend the Tower 2000 door gym for a whole body workout at home. Only \$81 AUD on eBay: [NEW DOOR GYM TOWER 200 BODY BY JACK STRENGTH](#)



Learn how much activity you should do, and how to build activity into your day.

[Choose Health: Be Active: A physical activity guide for older](#)

[Australians](#): Download this comprehensive resource for 65+-year-olds. Learn how much activity you should do, and how to build activity into your day.

Part 4

Posture

Gordan's radical posture improvement.



[Click here to watch Gordan's radical posture improvement](#)



[Click here to watch the movement and breath standing exercise video](#)



[Click here to watch how to increase your mid-back flexibility Video](#)



[Click here to watch the heel to toe walk video](#)



[Click here to watch the standing and talking video](#)

Part 5

Diet



[Click here to download the above inflammatory and anti-inflammatory food chart](#)

Nutrition Articles and Resources

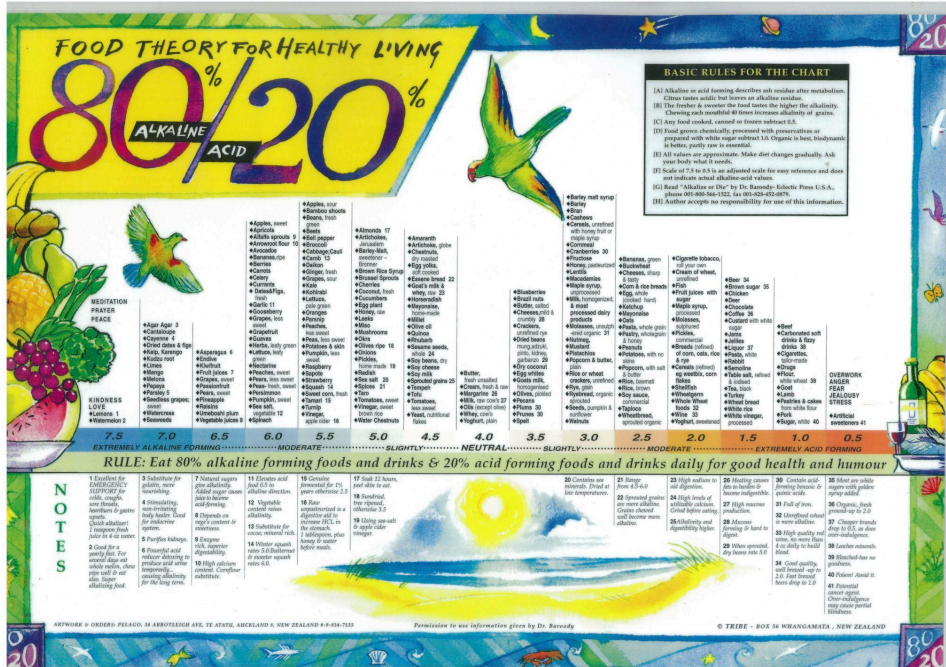
[The Best Foods to Slow Aging, According to Leading Longevity Experts](#)

[Eat for Health Calculators | Eat For Health](#): Calculate your daily energy needs, nutrient requirements, and average recommended number of servings

[The Five Food Groups | Eat For Health](#)

Recommended number of serves for adults | Eat For Health

Fat, salt, sugars, and alcohol | Eat For Health



Click here to download the 80/20 Food Chart

THE BLUE ZONES KITCHEN

11 Blue Zones Food Guidelines

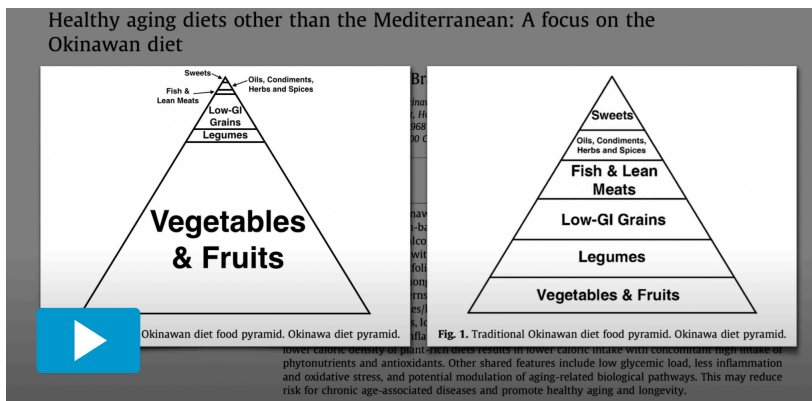
"The five pillars of every longevity diet in the world are: 1) whole grains, 2) greens, 3) tubers, 4) nuts, and 5) beans—the cornerstone of every longevity diet in the world."
 — Dan Buettner

- 1 Ensure that your diet is 90-100% plant-based
- 2 Retreat from meat — 2 ounces or less up to 5 times/month
- 3 Go easy on fish — 3 ounces or less up to 3 times/week
- 4 Reduce dairy — goat/sheep milk products if needed
- 5 Cut down on eggs — 1 egg up to 3 times/week
- 6 Eat a daily dose of beans — half cup daily
- 7 Slash sugar — up to 28 grams of added sugar daily
- 8 Snack on nuts — 2 handfuls of nuts daily
- 9 Sour on bread — only sourdough or 100% whole wheat
- 10 Go whole — raw, cooked, ground, or fermented
- 11 Drink mostly water — and coffee, tea, wine

SLOWW.CO

Click here to download this Blue Zones Food Guidelines

OKINAWA DIET of 96% plant-based, anti-inflammatory foods.



[Click here to watch the OKINAWA DIET](#)

[Dan Buettner Ted X talk “How to live to be 100+”](#): To find the path to long life and health, Dan Buettner and team study the world's "Blue Zones," communities whose elders live with vim and vigor to record-setting age. In his talk, he shares the nine common diet and lifestyle habits that keep them spry past age 100.



[Click here to watch the dramatic results from eating the Blue Zones diet for 3 months](#)



[Click here to watch the Blue Zones diet explained](#)

Part 6

Lifestyle

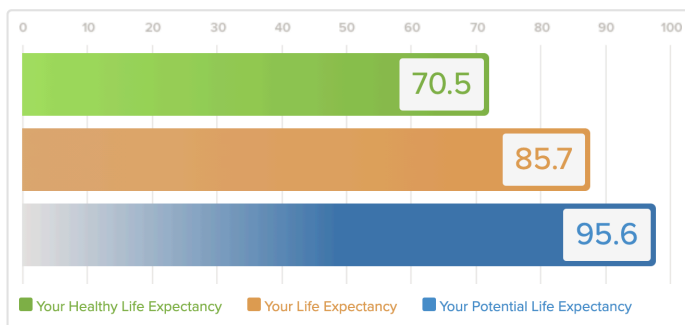


Your Wheel of Life!

[Click here to Access the Workbook to Download the Wheel of Life](#)

LIFE EXPECTANCY - JULY 13, 2021

You could **add 9.9 more years** with a few simple changes.



ADD 9.9 MORE YEARS ▶

[Click here to take the Blue Zones 3-minute True Vitality Test to get your customized recommendations on how to live longer](#)

[Proven Strategies | DNPAO](#): Link to information on nutrition, physical activity, and obesity.

About the Author

Dr. Gerry's qualifications - [Qualifications](#)

5-star reviews - [REVIEWS](#)

TRX Whole Body Suspension Training Instructor Certification - [TRX® Suspension Training](#)
[| Suspension Weight Training](#)

Holistic Lifestyle Coaching Level 1 certification, with the Chek Institute -
www.chekinstitute.com

FMS Functional Movement Screen level 1 and 2 - [Functional Movement Systems](#)

KLT level 1 and 2 Kinetic Link Training (full-body resistance exercise) - [KLT Home Page](#)