



Warriors Over 50 System – Simplified Structure

Lifespan and Healthspan:

- **Lifespan:** How long you live, represented by your **VO2 Max**. This measures how much oxygen your body uses during exercise, and it's a good indicator of cardiovascular fitness.
- **Healthspan:** How healthy and strong you are while you live, represented by your **Skeletal Muscle %**. This measures how much of your body is made up of muscle, which is essential for staying active and healthy.

Key Inputs to Improve Both Lifespan and Healthspan:

1. Sleep (Part of Energy Creation):

- **What it does:** Helps your body repair and grow stronger.
- **Key Input Measurements:**
 - Time to Bed
 - Time to Wake
 - Hours asleep
- **Key Output Measurement:**
 - **Heart Rate Variability (HRV).** HRV is the variation in time between each heartbeat. A higher HRV means your body is recovering well.

2. Eat (Part of Energy Conversion):

- **What it does:** Provides the energy and nutrients your body needs.
- **Key Input Measurements:**
 - **Calories:** The amount of energy you get from food.
 - **Protein:** A nutrient that helps build and repair muscle.
- **Key Output Measurements:**
 - **Bodyweight:** The result of how much you eat and how much energy you burn.

3. Exercise (Part of Energy Spend):

- **What it does:** Builds cardiovascular fitness and muscle strength.
- **Key Output Measurements:**
 - **Cardio:** Exercises like running or cycling that help improve **VO2 Max**.
 - **Muscular Hypertrophy:** This means increasing the size of your muscles through strength training.