

THE ARC – EXECUTIVE LONGEVITY BLUEPRINT



Executive Summary (Read First)

Sarah's personalized longevity blueprint reveals a 35-year-old woman with moderate genetic risk factors but good current biological markers. Her family history of cardiovascular disease and diabetes requires vigilant monitoring, while her current lifestyle shows room for improvement in stress management and sleep quality. The plan focuses on anti-inflammatory nutrition, targeted supplementation, and breathwork to address her physiological patterns and build resilience. Early intervention through comprehensive screening and lifestyle modifications will optimize her long-term health trajectory.

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1) The Concept

Modern health is noisy. Devices and dashboards proliferate while clarity declines. The Arc takes the opposite approach: one focus per month, three daily micro-actions, and

Each phase teaches why an action matters, not just what to do, so you can self-adjust when life changes. This is a prevention-first framework: small, repeated behaviours that reduce friction in sleep, glucose, inflammation, and

periodic
reflections.
The aim
is not
perfection
but
rhythm
—a
stable
pattern
your
biology
can
trust.

stress
signalling.
The
result is
sustained
energy,
steadier
mood,
and
quieter
physiology
—
foundations
of long
healthspan.

2) Predisposition Map

Scores
(0–100;
higher
= more
attention
pays
off)

Note:
This
map
does
not
diagnose
conditions;
it
highlights
where
small,
consistent
work
changes
long-
term
risk.

Health Dimensions Explained

Each
score
represents
a
different
aspect

Fam Risk

75

Your family history shows a mode of inheritance that predisposes to a range of cardiovascular diseases and diabetes. These indications of the importance of prevention, screening and lifestyle modification

of your health profile, helping identify where focused attention will yield the greatest benefits for your longevity journey.

Lifes
Load
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Cognitive
Rhythms
(focus
&
well-
being)

55

Your cognitive health shows some fatigue related concerns. Prioritize sleep quality and stress reduction techniques.

3) Precision Screening Plan

Purpose:

Reveal trends early, guide adjustments, and keep you in prevention mode.

Purchase: See curated D2C providers at thearcme.com/marketplace.

General

prep:
Hydrate well the day before; follow lab instructions; morning tests often preferred; avoid strenuous exercise 24 h prior to CRP/cortisol when possible.

Recommended Screenings

CRP (C-Reactive Protein)

Why: Given your family history of cardiovascular disease, monitoring inflammation markers is crucial for early detection and prevention.

When: Get tested now, then every 6-12 months to track inflammation trends.

Category	Test	Why it matters	When
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HbA1c

Why: Your family history of diabetes and current lifestyle factors suggest monitoring glucose metabolism is important for prevention.

When: Test now, then every 3-6 months to monitor glucose control and metabolic health.

Vitamin D

Why: Essential for immune function, bone health, and mood regulation. Deficiency is common and can impact overall health.

When: Test now, then annually to ensure optimal levels (50-80 ng/mL).

Optional based on symptoms: Ferritin (fatigue), TSH (energy), FOBT (family colorectal risk—do via GP programme as recommended).

**Interpreting
trends
(non-
diagnostic):**

Look for
direction
over time.
Improved
CRP
typically
mirrors
calmer
skin/gut and
steadier
sleep. Rising
HbA1c flags
meal timing
or
movement
gaps. Lipids
respond to
fibre,
omega-3,
and
movement.

4) The Six Phases (Monthly Modules)

Structure:

Each month has a goal, why it matters, 3 daily actions, weekly reflection, and success metrics.

Monthly Modules

Decode

Goal: Gain deep understanding of your baseline health, habits, and key biomarkers.

Why: Accurate insight into starting points allows targeted, personalized interventions instead of guesswork.

Daily Actions:

- Track sleep, mood, and energy daily using journal or app.
- Complete baseline labs and self-assessments.
- Note dietary patterns and stress triggers without judgment.

Weekly Reflection: What patterns are emerging in your sleep, energy, or stress that surprise you?

Rebalance

Goal: Correct immediate imbalances in sleep, stress, and daily rhythm to restore stability.

Why: Physiological systems function best in equilibrium—restoring circadian balance and stress control supports healing.

Daily Actions:

- Follow consistent sleep-wake times and limit blue light after sunset.
- Practice daily breathing or mindfulness for 5–10 minutes.
- Ensure regular hydration and balanced meals with steady energy release.

Weekly Reflection: What one habit improved your stability the most this week—and what still feels out of balance?

Strengthen

Goal: Build physical and mental resilience through movement, recovery, and nutrient support.

Why: Progressive strength and cardiovascular training enhance mitochondrial capacity and stress tolerance.

Daily Actions:

- Engage in structured movement— alternate strength, mobility, and cardio.
- Prioritize recovery: stretching, breathing, and quality sleep.
- Meet daily protein and micronutrient needs for muscle repair.

Weekly Reflection: How has your energy and strength changed since starting, and what

recovery tools help
most?

5) Nutrition – Anti- inflammatory Mediterranean

Principles (keep it simple)

- Mostly unprocessed foods; olive oil as main fat.
- Protein every meal; aim for 1.2–1.6 g/kg/day.
- 3+ plant colours/day; finish eating ≥ 2 hours before bed.

Compact Shopping List

Proteins: eggs, Greek yoghurt, cottage cheese, chicken thigh, sardines, salmon, tuna, legumes (lentils/chickpeas/beans).

Plants: leafy greens, peppers, tomatoes, onions, crucifers (broccoli/cauli), berries, citrus.

Carbs (smart): oats, quinoa, farro, potatoes, wholegrain bread.

Fats: olive oil, avocado, nuts (walnut/almond), seeds (pumpkin/chia).

Flavour/anti-inflammatory: herbs, turmeric, garlic, green tea.

3-Day Example
(rotate freely)

Nutrition Plan: Anti-inflammatory Mediterranean

Principles:

- Emphasize whole, unprocessed foods rich in antioxidants
- Include omega-3 fatty acids from fish and nuts
- Limit refined sugars and processed foods
- Prioritize colorful vegetables and fruits

Day 1

Breakfast: Greek yogurt with berries, walnuts, and honey

Lunch: Mediterranean quinoa salad with chickpeas, tomatoes, cucumber, and olive oil

Dinner: Grilled salmon with roasted vegetables and brown rice

Snacks: Apple slices with almond butter, Green tea

Day 2

Breakfast: Oatmeal with chia seeds, banana, and ground flaxseed

Lunch: Lentil soup with mixed vegetables and whole grain bread

Dinner: Baked cod with sweet potato and steamed broccoli

Snacks: Mixed nuts, Herbal tea

Day 3

Breakfast: Avocado toast on whole grain bread with poached egg

Lunch: Mediterranean wrap with hummus, vegetables, and grilled chicken

Dinner: Vegetable stir-fry with tofu and brown rice

Snacks: Greek yogurt with berries, Green smoothie

Dining Out & Travel

Choose protein + plants; request olive oil; swap fries for greens; sparkling water first.

Airports: yoghurt + nuts;
boiled eggs; salad bowls;
oats pots; fruit + nuts.

Caffeine & Alcohol

Caffeine before 14:00; pair
with protein.

Alcohol: 0–5 units/week; prefer dry wine with meals; alcohol-free days between.

6) Movement & Recovery

- Post-meal 10-minute walks (lunch/dinner).
- Activation sets 2x/day (2–3 minutes): pushups/squats/bands.
- Sit break: Stand/stretch 60–90 seconds hourly.

**Micro-
Routines
(daily)**

**Breathwork
(physiology-
first)**

Breathwork & Recovery

**Weekly Progression
(Month 3 onwards)**

4-7-8 Breathing

How: Inhale for 4 counts, hold for 7 counts, exhale for 8 counts. Repeat 4-8 cycles. Practice morning and evening.

Box Breathing

How: Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, hold for 4 counts. Repeat for 5-10 minutes.

Physiological Sigh

How: Take two short inhales through the nose, then one long exhale through the mouth. Repeat 3-5 times when stressed.

Zone-2 2x/week, 30–45 minutes (brisk walk/cycle; speak in short sentences; nasal breathing preferred).

Strength add-ons

2x/week (15–20 minutes): lower body
(squats/hinge) + upper push/pull;
light and repeatable.

7) Supplements (Conservative, Evidence-Informed)

Check contraindications and speak to a clinician before starting supplements. This is educational guidance, not a prescription.

Baseline Supplements

Supplement	Dose & Timing	Why	Safety

Omega-3 EPA/DHA

Dose: 1000-2000 mg daily

Timing: With meals

Why: Supports cardiovascular health, reduces inflammation, and may help with mood regulation given your stress levels.

Safety: Generally safe. May interact with blood thinners. Consult healthcare provider if taking anticoagulants.

Magnesium Glycinate

Dose: 200-400 mg daily

Timing: Evening

Why: Supports sleep quality, muscle relaxation, and stress management. May help with your physiological patterns.

Safety: Safe for most people. May cause loose stools at high doses. Start with lower dose.

Vitamin D3

Dose: 2000-4000 IU daily

Timing: Morning with fat-containing meal

Why: Essential for immune function, bone health, and mood. Deficiency is common and can impact overall health.

Safety: Safe at recommended doses. Monitor blood levels annually. Avoid if you have hypercalcemia.

Consider periodic review if labs change or if medications are added.

8) Metrics Dashboard & Tracking Instructions

How to track (no devices required):

- Energy (AM/PM, 1–10) → write two numbers daily.
- Sleep (hours + ease of falling asleep) → note "easy / normal / hard".
- Digestion & skin → "calm / variable / active".
- Stress → "low / moderate / high".
- Movement → number of post-meal walks completed.

Monthly review questions:

- What became easier without effort?
- Where does friction remain (time of day, place, activity)?
- Which 3 actions moved the needle most?

**Trend targets
(directional):**

- CRP trending down or steady low.
- HbA1c steady low-normal.
- LDL trending down; HDL stable; TG stable/down.
- Energy $\geq 7/10$ most days by Month 3–4.

9) Risk-Focused Micro-Plans

A) Cardiovascular Focus (family history)

Keep: olive oil, nuts, oily fish 2–3x/week, daily fibre (beans/lentils/veg).

Move: post-meal walks + Zone-2 twice weekly.

Monitor: lipids every 6 months; blood pressure occasionally at home (rested, seated).

Avoid drift: limit ultra-processed snacks; alcohol on non-consecutive days only.

B) Metabolic Focus (family diabetes risk)

Anchor: protein + plants each meal; 10-minute walk after largest meal.

Caffeine: never on empty stomach; pair with food.

Carbs: favour oats, quinoa, legumes, potatoes over pastries/juice.

Marker: HbA1c annually (or 6 months if rising).

C) Inflammatory / Skin-Gut Focus

Add: berries, green tea, turmeric, kefir/plain yoghurt (tolerance-based).

Swap: seed-oil fried foods → olive oil-based meals.

Breath: physiological sigh before meals to stimulate rest-digest.

Marker: CRP 6–12 months; symptom diary photos if useful.

D) Stress/Hormonal Focus

Bookend days: morning light + water; evening screens-off hour.

Breathwork: cardiac coherence AM; box breathing PM.

Boundaries: weekly "input fast" 2–4 h; meeting buffer blocks.

Optional: AM cortisol Month 2 to understand baseline.

10) Environmental Reset Checklist

Home/Office

- Place water bottle where you work.
- Keep nuts/fruit visible; hide ultra-processed snacks.
- Add a lamp/timer to dim lights 60 minutes before bed.
- Keep walking shoes by the door; micro-gym (band, mat) within reach.

Air & Light

- Ventilate 2–3×/day; brief daylight exposure on waking.
- Evening: warmer light; reduce overhead brightness.

Kitchen

- Olive oil, eggs, yoghurt, berries, greens, tinned

fish, legumes always stocked.

- Prepare "default meals" you can make in 5 minutes.

11) Travel Protocol (Digital Nomad Mode)

Before flight

- Hydrate; pack nuts, oats pot, tinned fish, fruit.
- Print/phone copy of breathwork and stretch cards.

Airport/plane

- Choose yoghurt/eggs/salad bowls; walk terminals for steps.
- Avoid late caffeine; water each hour; brief nasal breathing.

Hotel/Airbnb

- Grocery staples day 1: eggs, yoghurt, fruit, greens, olive oil, nuts.
- Keep walk habit: 10 minutes after main meal.
- Screens off 45–60 minutes before bed to

adjust time-zone drift.

12) Red Flags & When to Seek Medical Care

This blueprint is educational and not a diagnosis. Contact a clinician or urgent care if you experience:

- Chest pain, pressure, or shortness of breath.
- New, severe, or persistent abdominal pain, rectal bleeding, or black stools.
- Rapid unintentional weight loss, fever with rash, or persistent high fever.
- Severe anxiety/panic, persistent low mood with loss of function, or thoughts of self-harm.
- Any symptom that is worrying, escalating, or unfamiliar.

13) Implementation Calendar (First 12 Weeks)

Weeks 1–2: Rebalance

- Morning light + water; screens-off hour; post-lunch walk.
- Order baseline labs (CRP, HbA1c, lipids, Vitamin D).
- Stock default foods.

Weeks 3–4: Rebalance → Decode

- Keep Bookends; add energy AM/PM check; log first/last meal times.
- Introduce magnesium (if suitable).
- Sleep latency should improve.

Weeks 5–6: Strengthen

- Walk after dinner; activation sets 2x/day; sit break hourly.
- Add Zone-2 2x/week.
- Review lab results when available; adjust nutrition emphasis.

Weeks 7–8: Nourish

- Apply 3 colour rule; protein each meal; stop eating 2 h before bed.
- Keep olive oil, legumes, fish routine; limit ultra-processed snacks.

Weeks 9–10: Refine

- 5-minute pause between tasks; weekly input fast.
- Confirm two easy anchors and three daily rituals.

Weeks 11–12: Sustain

- Finalise retest plan dates; consolidate habits; write "rules I keep".

14) FAQs

Do I need tests before I start?

No. Begin with habits; tests add clarity over time.

What if I miss days?

Return to your three easiest rituals. Progress is trend, not streaks.

How will I know it works?

Better sleep latency, steadier afternoon energy, calmer digestion/skin, improved mood. Labs help validate trends.

Can I follow this when travelling?

Yes; see Travel Protocol.
The system is location-agnostic.

Supplements necessary?

Optional. Start with food and rhythm; add supplements if aligned and safe.

15) Closing Notes & Disclaimer

Longevity is built quietly, through repeatable actions that lower friction in sleep, glucose, inflammation and stress signalling. This blueprint is a private system you refine as life changes; keep what's easy and effective, and resist doing it all at once. Prevention compounds.

Disclaimer

This report is educational and for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Appendix (Optional, Auto-Include if Needed)

A. Personal Metrics Table (prefilled example)

Metric	Start	Current	Notes
Sleep (h)	7.0	—	Aim 7.5–8.0; screens-off hour.
Energy (AM/PM, 1–10)	5 / 6	—	Target ≥7 by Month 3.
Stress (low/mod/high)	high	—	Pause ritual + breathwork.
Digestion/Skin	variable	—	Fibre + fermented foods.
Movement (walks/day)	0–1	—	Target 2/day.

B. Quick Meal Matrix (build your own)

Protein: eggs, yoghurt, chicken, fish, beans, tofu.

Plants: leafy greens, tomatoes, peppers, broccoli, berries, citrus.

Carbs: oats, quinoa, farro, potatoes.

Fats: olive oil, nuts, avocado.

C. Contraindications Reminder

If pregnant/trying to conceive, immunocompromised, or on prescription medication (particularly anticoagulants, thyroid medicines), consult a clinician before supplements. Reduce or pause any product that causes unwanted effects.