

# 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.

# Contents

The Concept

Predisposition Map (scores & explanations)

Precision Screening Plan (what, why, when, preparation)

Six Phases (monthly modules with actions & metrics)

Nutrition: Anti-inflammatory Mediterranean (principles, shopping list, 3-day plan, travel & dining out)

Movement & Recovery (micro-routines, breathwork, progression)

Supplements (dose, timing, rationale, safety)

Metrics Dashboard & Tracking Instructions

Risk-Focused Micro-Plans (Cardiovascular, Metabolic, Inflammatory/Skin-Gut, Stress/Hormonal)

Environmental Reset Checklist (home, work, travel)

Travel Protocol for Digital Nomads

Red Flags & When to Seek Medical Care

Implementation Calendar (first 12 weeks)

FAQs

Closing Notes & Disclaimer

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

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 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)

### Family/Cardiovascular Risk

75

Your family history shows moderate genetic predisposition to cardiovascular disease and diabetes, indicating the importance of preventive screening and lifestyle modifications.

### Physiological Pattern (autonomic balance)

45

Your physiological patterns suggest some autonomic dysfunction, likely related to stress and sleep quality. Focus on circadian rhythm optimization.

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

**Lifestyle Load  
(perceived stress)**

60

Your lifestyle load indicates moderate stress levels with room for improvement in sleep, exercise, and stress management practices.

**Biological Risk  
(behavioural/anthropometric/lab)**

25

Your biological markers show good metabolic health with low inflammation. Continue current healthy habits and consider targeted supplementation.

**Cognitive Rhythm  
(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](https://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.



Category

Test

Why it  
matters

When

## 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.

## 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  $\geq 2$  hours before bed.

### Compact Shopping List

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

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

**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 2×/day (2–3 minutes): pushups/squats/bands.
- Sit break: Stand/stretch 60–90 seconds hourly.

**Micro-Routines (daily)**

**Breathwork (physiology-first)**



## **Breathwork & Recovery**

---

### **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.

## **Weekly Progression (Month 3 onwards)**

## **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 2×/week, 30–45 minutes (brisk walk/cycle; speak in short sentences; nasal breathing preferred).

Strength add-ons 2×/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.

**Supplement**

**Dose  
&  
Timing**

**Why**

**Safety**

## Baseline Supplements

---

### 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 2–3×/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 2×/day; sit break hourly.
- Add Zone-2 2×/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.

Metric	Start	Current	Notes
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.