

GUIDE

30 Hábitos

Longevity

Small daily choices to live longer and better

30


Habits


40


Pages


Longevity
HÁBITOS

Who is this e-book for

 People 40+ who want to age with health and independence

 People 50+ seeking quality of life and well-being

 Professionals interested in preventive health and longevity

 Anyone who wants to make more conscious daily choices

What real longevity really means

Longevity is not just about living more years. It's about living with quality, autonomy, and purpose. It's having the energy to enjoy every moment, maintaining independence, and continuing to do what you love. It's aging with health, dignity, and joy.

Curator's comment: Today, with advances in medicine, life expectancy has greatly increased (there is already talk of living up to 100 years), but it is not enough to just live longer, but, above all, to live with autonomy and independence: to make one's own decisions and be able to carry them out.

Scientific foundation

This guide is based on research from renowned institutions:

1 Harvard Medical School

2 National Institutes of Health (NIH)

3 PubMed - Medical research database

4 Blue Zones - Longevity regions

5 WHO - Healthy Aging Framework

How to use this guide

Read carefully

»» There's no rush. Absorb each habit calmly.

Apply one habit per week

»» Small, consistent changes are more effective.

Consistency over perfection

»» What matters is maintaining the practice, not doing everything perfectly.



Sleep quality: sleep well every day

? Why this habit matters:

Sleep repairs the body, consolidates memories, and regulates essential hormones for longevity.

🎯 How to apply today:

- ✓ Go to bed early! No later than 10 p.m.
- ✓ Sleep 7–8 hours per night



Keep regular sleep schedules

- ✓ A regular circadian rhythm improves sleep quality and metabolic health
- ✓ Go to bed at the same time every night
- ✓ Wake up at the same time every morning
- ✓ Avoid long daytime naps

Create a dark and cool sleeping environment

Curator's comment: I have a habit of going to bed between 8 pm and 9 pm, because every hour slept before midnight is equivalent to 2 hours. This way I usually wake up at 5 am, guaranteeing approximately 11 hours of sleep per night!



Eat real food

? Why this habit matters:

Natural foods provide nutrients that prevent disease and promote longevity. The food pyramid has been inverted, as announced in January/26 by the United States government.

🎯 How to apply today:

- ✓ Prioritize animal proteins, vegetables, fruits, and whole grains
- ✓ Choose foods without labels or with few ingredients
- ✓ Avoid ultra-processed foods

Curator's comment: Low-carb, ketogenic, and Mediterranean diets are excellent for ensuring a diet based on meat, fish, milk, and dairy products. Today my motto is "peel more and unwrap less."



Prioritize quality protein

? Why this habit matters:

Protein preserves muscle mass, which is essential for independence and a healthy metabolism.

🎯 How to apply today:

- ✓ Consume more protein at every meal
- ✓ Vary between meat, fish, eggs, dairy, and legumes
- ✓ Prioritize high-quality sources



Consume fiber daily

? Why this habit matters:

Fiber improves gut health, controls blood sugar, and reduces the risk of chronic diseases.

🎯 How to apply today:

- ✓ Eat fruits with the peel
- ✓ Include vegetables in every meal
- ✓ Choose whole grains



Drink more water

? Why this habit matters:

Proper hydration improves cognition, energy, and the function of all organs.

🎯 How to apply today:

- ✓ Drink 2–3 liters per day (depending on your body weight)
- ✓ Start the day with a glass of water (preferably warm)
- ✓ Keep a water bottle with you

Curator's comment: Proper hydration helps the kidneys filter and eliminate substances that the body doesn't need, mainly through urine and sweat, improving brain function. In general, staying well hydrated is one of the simplest and most important habits for health.



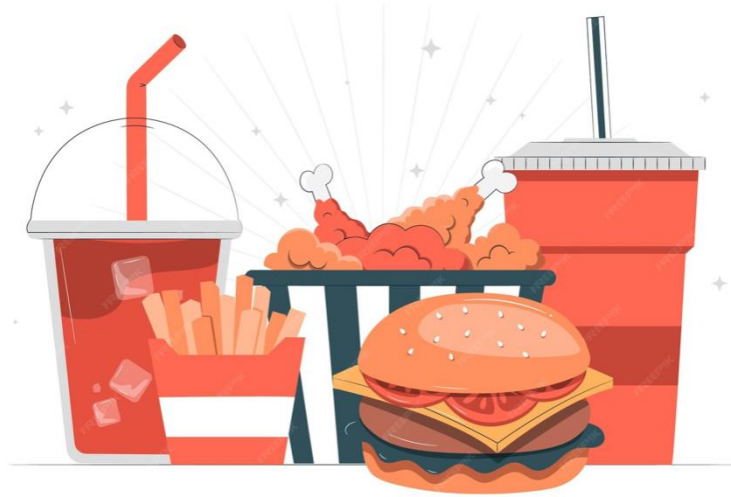
Reduce sugar intake

? Why this habit matters:

Excess sugar accelerates aging, causes inflammation, and increases disease risk.

🎯 How to apply today:

- ✓ Avoid sodas and industrialized juices
- ✓ Read labels and choose products without added sugar
- ✓ Prefer fruit as dessert



Avoid ultra-processed foods

? Why this habit matters:

Ultra-processed foods contain additives and ingredients that harm long-term health.

🎯 How to apply today:

- ✓ Prioritize farmers' markets and butcher shops
- ✓ Peel more and unwrap less
- ✓ Cook more at home
- ✓ Avoid products with preservatives and artificial coloring

Curator's comment: Eliminating 100% of ultra-processed food consumption in today's society is almost impossible, but it should be treated as an exception and not be part of our daily diet.



Eat with mindfulness

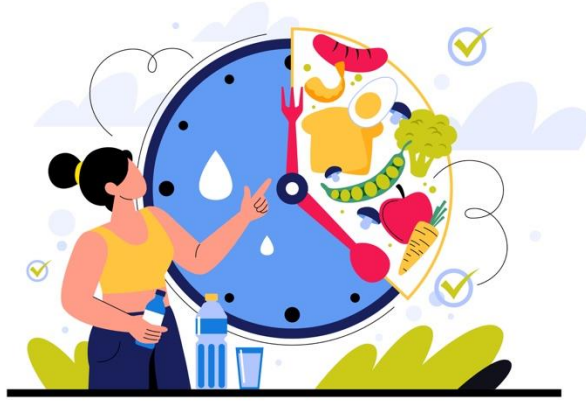
? Why this habit matters:

Eating slowly improves digestion, satiety, and enjoyment of meals.

🎯 How to apply today:

- ✓ Turn off the TV and phone during meals
- ✓ Chew each bite thoroughly
- ✓ Pay attention to flavors and textures
- ✓ Sit comfortably and enjoy the moment

Curator's comment: Ahhh, this is a big challenge in times of social media and working from home. Sitting down to eat while watching a video, taking an online class, or even participating in remote meetings is more common than is recommended for our health.



Practice light fasting

? Why this habit matters:

Longer intervals without eating activate cellular repair processes (autophagy) and improve metabolism.

🎯 How to apply today:

- ✓ Fast 12–16 hours between dinner and breakfast
- ✓ Avoid eating late at night
- ✓ Have your last meal no later than 8 p.m.
- ✓ Start slowly and adjust fasting time according to how your body responds

Curator's comment: It's proven that long periods (12 to 16 hours) without eating are much healthier than eating every 3 hours, as the food industry has led us to believe for years!! In 2016, Japanese scientist Yoshinori Ohsumi received the Nobel Prize in Medicine for his discoveries about autophagy — a mechanism by which cells "recycle" damaged or unnecessary parts when there is a lack of nutrients during prolonged fasting.



Regular physical activity

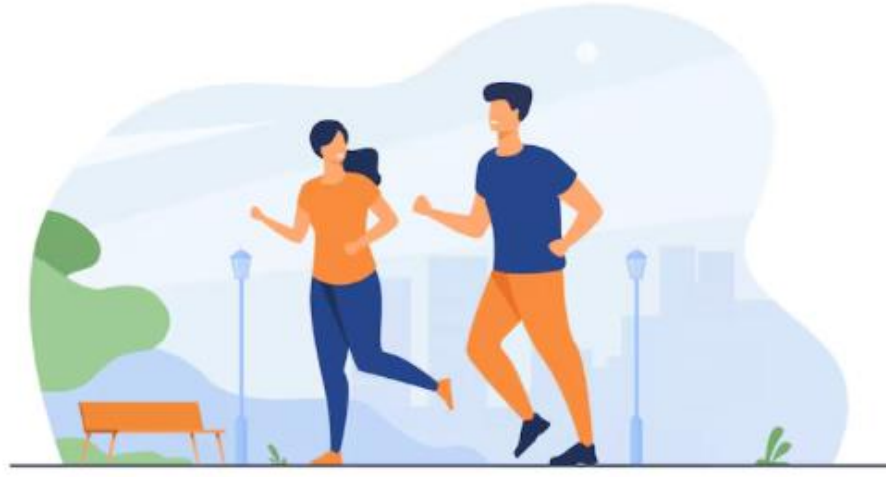
? Why this habit matters:

Physical activity is proven to be the most effective preventive medicine for healthy aging.

🎯 How to apply today:

- ✓ Choose an exercise modality you enjoy
- ✓ Start slowly: 30 minutes, twice a week
- ✓ Consistency and perseverance are the secret — don't give up

Curator's comment: Today, at 64 years old, my metabolism is excellent thanks to 25 years of weight training 2-3 times a week, guaranteeing a muscle mass percentage of 32%. Consistency and perseverance!



Walking is the most democratic activity

? Why this habit matters:

Walking is natural for humans and improves circulation, mood, cognition, and reduces chronic disease risk.

🎯 How to apply today:

- ✓ Walk at least 30 minutes, at least twice a week — preferably daily
- ✓ Gradually increase your pace
- ✓ Use stairs whenever possible

Curator's comment: Walking and running are the most democratic activities in the world: zero cost, can be done anywhere and anytime. Only those who don't want to do them don't.



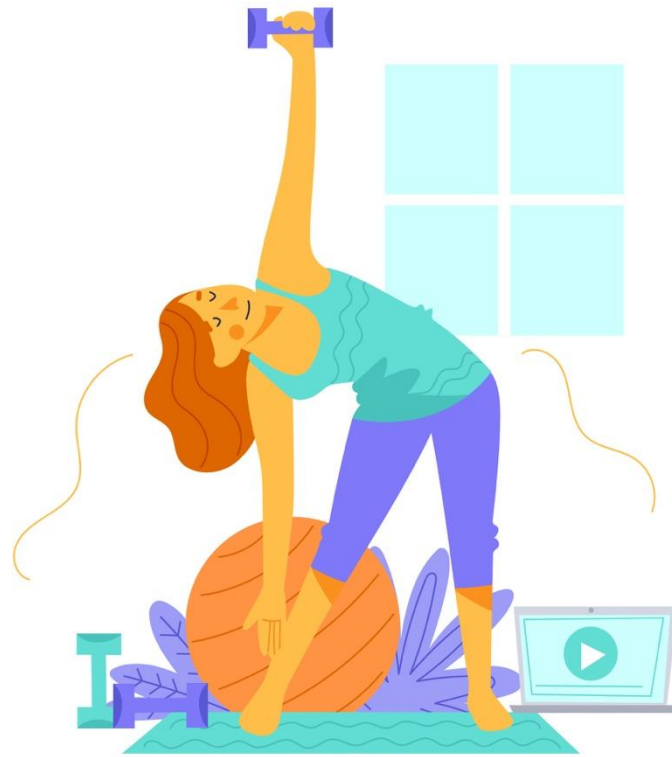
Strengthen muscles

? Why this habit matters:

Muscle mass prevents falls, improves metabolism, and maintains independence.

🎯 How to apply today:

- ✓ Do strength training 2–3 times per week
- ✓ Start with bodyweight exercises
- ✓ Seek professional guidance



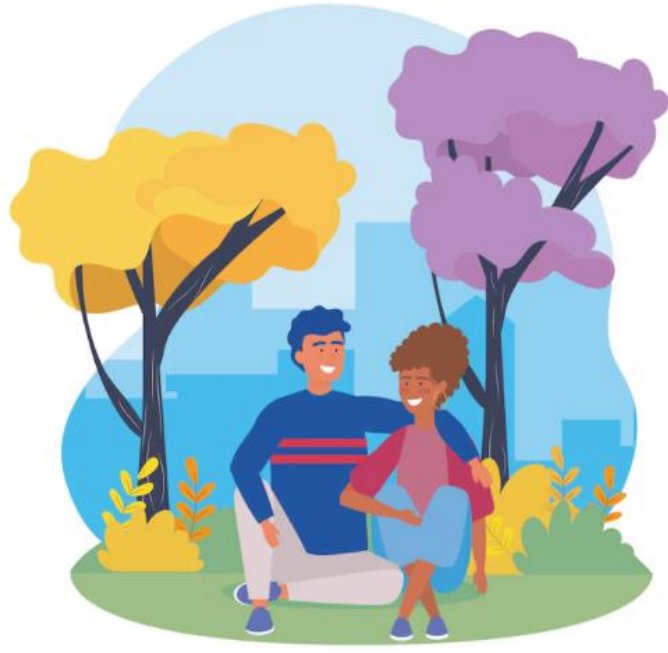
Maintain mobility and balance

? Why this habit matters:

Balance and flexibility prevent falls and preserve independence.

🎯 How to apply today:

- ✓ Stretch daily
- ✓ Try yoga or tai chi
- ✓ Practice balance exercises



Spend time outdoors

? Why this habit matters:

Contact with nature reduces stress, improves mood, and strengthens the immune system.

🎯 How to apply today:

- ✓ Spend at least 20 minutes outdoors
- ✓ Walk in parks or green areas
- ✓ Observe the nature around you



Get sun exposure

? Why this habit matters:

Sunlight helps produce vitamin D, essential for bones, immunity, and mood.

🎯 How to apply today:

- ✓ Expose arms and legs to the sun for 10–15 minutes daily
- ✓ Prefer times before 10 a.m. or after 4 p.m.
- ✓ Do not use sunscreen during these short periods

Curator's comment: To ensure habits 14 and 15, it's necessary to slow down the hectic pace of life in large urban centers and prioritize greater daily contact with nature: noticing the beauty of a flower in the company garden, gazing at the blue sky, walking barefoot on the grass in a park, and seeking outdoor activities on weekends!



Take care of gut health

? Why this habit matters:

Gut health supports microbiota balance, efficient digestion, nutrient absorption, stronger immunity, stable mood, quality sleep, and chronic disease prevention.

🎯 How to apply today:

- ✓ Consume fermented foods
- ✓ Eat a diet rich in diverse fibers
- ✓ Consume probiotics (yogurt, kefir)
- ✓ Stay well hydrated
- ✓ Avoid unnecessary antibiotics



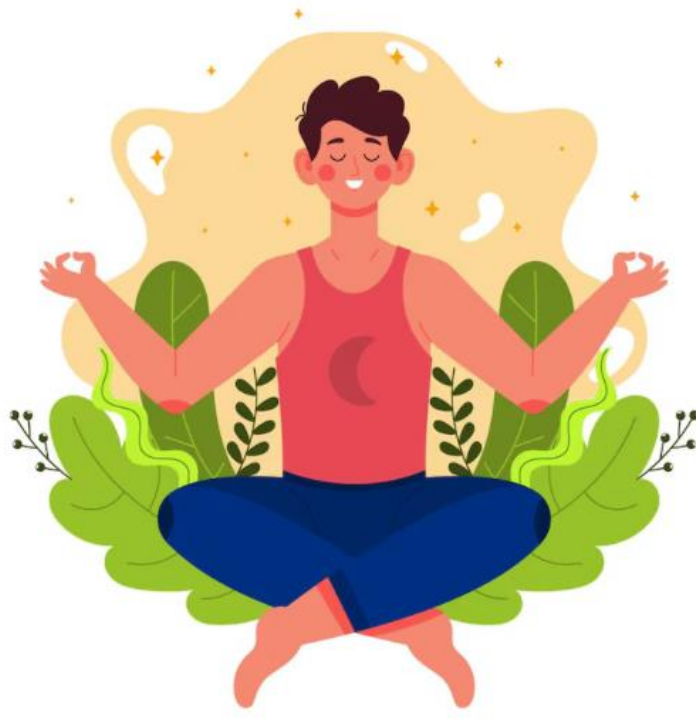
Manage stress

? Why this habit matters:

Chronic stress accelerates aging and increases disease risk.

🎯 How to apply today:

- ✓ Identify your sources of stress
- ✓ Practice relaxation techniques
- ✓ Set healthy boundaries — learn to prioritize and say NO



Breathe consciously

? Why this habit matters:

Breathing control is a powerful tool to calm the nervous system and reduce anxiety.

🎯 How to apply today:

Practice breathing exercises:

- ✓ Inhale through the nose for 6 seconds
- ✓ Hold for 4 seconds
- ✓ Exhale through the mouth for 6 seconds

Curator's Comment: Habits 17 and 18 are closely linked! Our breath is the key to stress management. I personally believe that our breath is our soul that keeps us alive.



Sleep without screens

? Why this habit matters:

Blue light interferes with melatonin production and harms sleep quality.

🎯 How to apply today:

- ✓ Turn off screens 1 hour before bedtime
- ✓ Keep your phone out of the bedroom
- ✓ Read a physical book before sleeping



Have a nighttime routine

? Why this habit matters:

A routine signals the body that it's time to rest and improves sleep quality.

🎯 How to apply today:

- ✓ Set a fixed time to slow down
- ✓ Include relaxing activities such as prayer, meditation, classical music
- ✓ Drink a warm tea
- ✓ Repeat the same sequence every night



Maintain social connections

? Why this habit matters:

Social connections reduce the risk of premature death and improve mental health.

🎯 How to apply today:

- ✓ Promote family gatherings, regularly call parents, siblings, and relatives
- ✓ Cultivate true friendships through shared interests — care about your friends, invite them for lunch
- ✓ Cook for friends and family
- ✓ Participate in interest groups: religion, sports, dance, music



Have a purpose in life - Ikigai

? Why this habit matters:

Having a purpose increases longevity and gives meaning to life.

🎯 How to apply today:

✓ Reflect on what motivates you:

🔄 What do you love to do?

🔄 What are you really good at? What are your main skills?

🔄 How could you contribute to the world?

🔄 What could you do and be paid for?

✓ Set meaningful goals

✓ Contribute to something greater than yourself



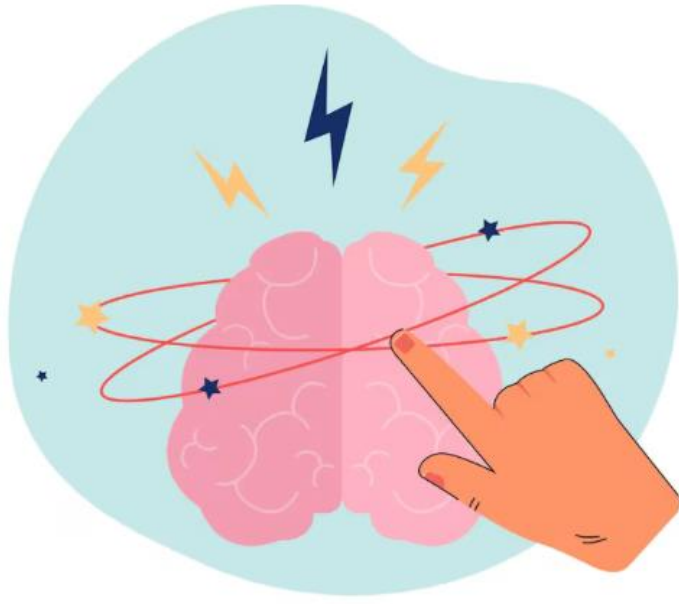
Learn new things

? Why this habit matters:

Continuous learning keeps the brain active and prevents cognitive decline.

🎯 How to apply today:

- ✓ Learn a new language or instrument
- ✓ Take courses on topics that interest you
- ✓ Challenge your mind regularly



Stimulate the brain

? Why this habit matters:

Cognitive activities strengthen neural connections and memory.

🎯 How to apply today:

- ✓ Solve puzzles and logic games
- ✓ Read different types of books
- ✓ Try new activities
- ✓ Study a new language



Reduce alcohol consumption

? Why this habit matters:

Excessive alcohol accelerates aging and harms multiple organs.

🎯 How to apply today:

- ✓ Limit alcohol to weekends
- ✓ Limit quantity — avoid excess
- ✓ Prefer water or non-alcoholic beverages

Curator's comment: Habit 21 – related to social bonding – usually takes place around a table, eating and drinking. After all, when we are among friends and family, nothing is better than cooking and toasting to life. However, it is necessary to avoid excesses that could affect our health. Be careful.



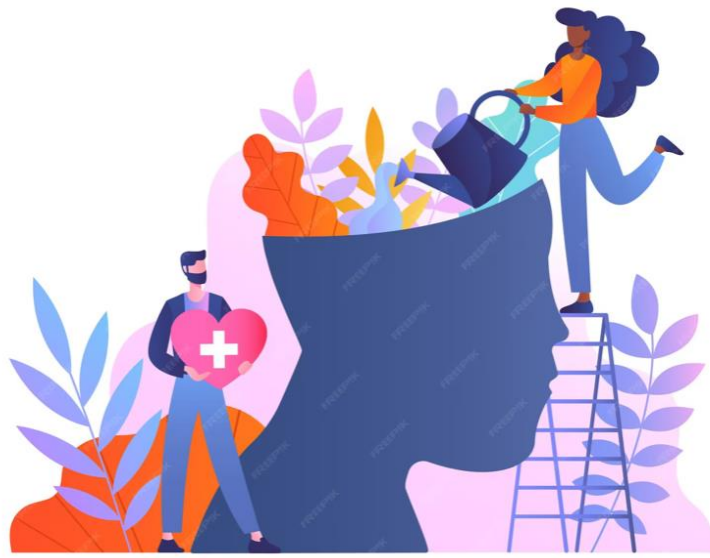
Get regular check-ups

? Why this habit matters:

Prevention and early diagnosis save lives and prevent complications.

🎯 How to apply today:

- ✓ Visit a specialist annually (gynecologist for women, urologist for men) or have a geriatrician
- ✓ Get recommended preventive exams
- ✓ Monitor blood pressure, glucose, and cholesterol



Take care of mental health

? Why this habit matters:

Mental health is as important as physical health for longevity and quality of life.

🎯 How to apply today:

- ✓ Slow down
- ✓ Maintain a spiritual practice — draw closer to God
- ✓ Seek professional help if needed
- ✓ Practice daily self-care



Have moments of silence

? Why this habit matters:

Silence reduces stress, improves focus, and allows self-reflection.

🎯 How to apply today:

- ✓ Set aside 10 minutes of silence daily for prayer
- ✓ Meditate or simply observe your thoughts
- ✓ Avoid having a TV in the bedroom

Curator's comment: Habits 24, 27, and 28 are closely linked! Here too, we need to slow down the pace of life, where less is more. Prioritizing activities such as reading, studying subjects completely different from your background, learning to play an instrument, writing a journal or perhaps a book about your life—and all of this requires SILENCE. Quietening the soul.



Practice gratitude for your life

? Why this habit matters:

Gratitude improves mood, sleep, and relationships, and reduces stress.

🎯 How to apply today:

- ✓ Write down 3 things you're grateful for every day
- ✓ Express gratitude to people around you
- ✓ Be kind to those you live with
- ✓ Reflect on positive moments



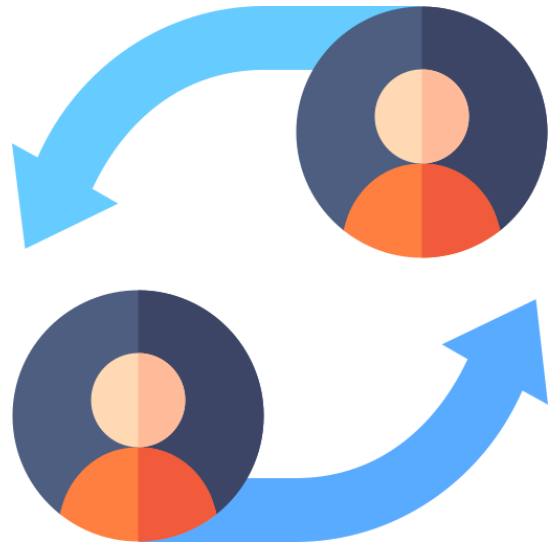
Be consistent, not radical

? Why this habit matters:

Sustainable change comes from consistent habits, not drastic transformations.

🎯 How to apply today:

- ✓ Start small and stay consistent
- ✓ Imperfect progress is better than paralyzing perfection
- ✓ Celebrate small wins



Don't try to change everything

The temptation to transform your life overnight is strong, but science shows that small, consistent changes are far more effective.

Don't overwhelm yourself. Choose one or two habits to start with. When they become automatic, add more.

Remember: you're building a lifestyle, not following a te

Curator's comment: YES. We are not perfect; this guide is merely a "reminder" of what the ideal way to live would be with a holistic view of body, mind, and soul. It is from this awareness that we can implement small changes that will generate a great transformation in our lives, allowing us to live to 100 years old with health, autonomy, and independence.

One Habit per Week Method

1

Choose

Select one habit that makes sense for you right now

2

Apply

Practice this new habit every day for one week

3

Adjust

Adapt it to your routine and needs

4

Repeat

When it becomes automatic, add the next one

Simple routine example

Morning:

- ✓ Wake up at the same time
- ✓ Pray for 10 minutes at sunrise
- ✓ Make your bed
- ✓ Drink water throughout the day
- ✓ Walk for 30 minutes
- ✓ Have a breakfast with protein and fiber

Afternoon:

- ✓ Lunch with animal protein and vegetables
- ✓ Walk for 10 minutes after lunch
- ✓ Quick stretching
- ✓ Call your mother
- ✓ Work with joy and gratitude

Evening:

- ✓ Light dinner, no later than 8 p.m.
- ✓ Create a sleep routine (turn off phone, stretch, pray, meditate, etc.)
- ✓ Go to bed at the same time, no later than 10 p.m.



Longevity is a journey, not a destination.
Each day is a new opportunity to make
choices that honor your body, mind, and
spirit.



Continue the Journey

This is just the beginning.
Follow Longevity Hábitos for more
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