

# KEYNOTE ADDRESS

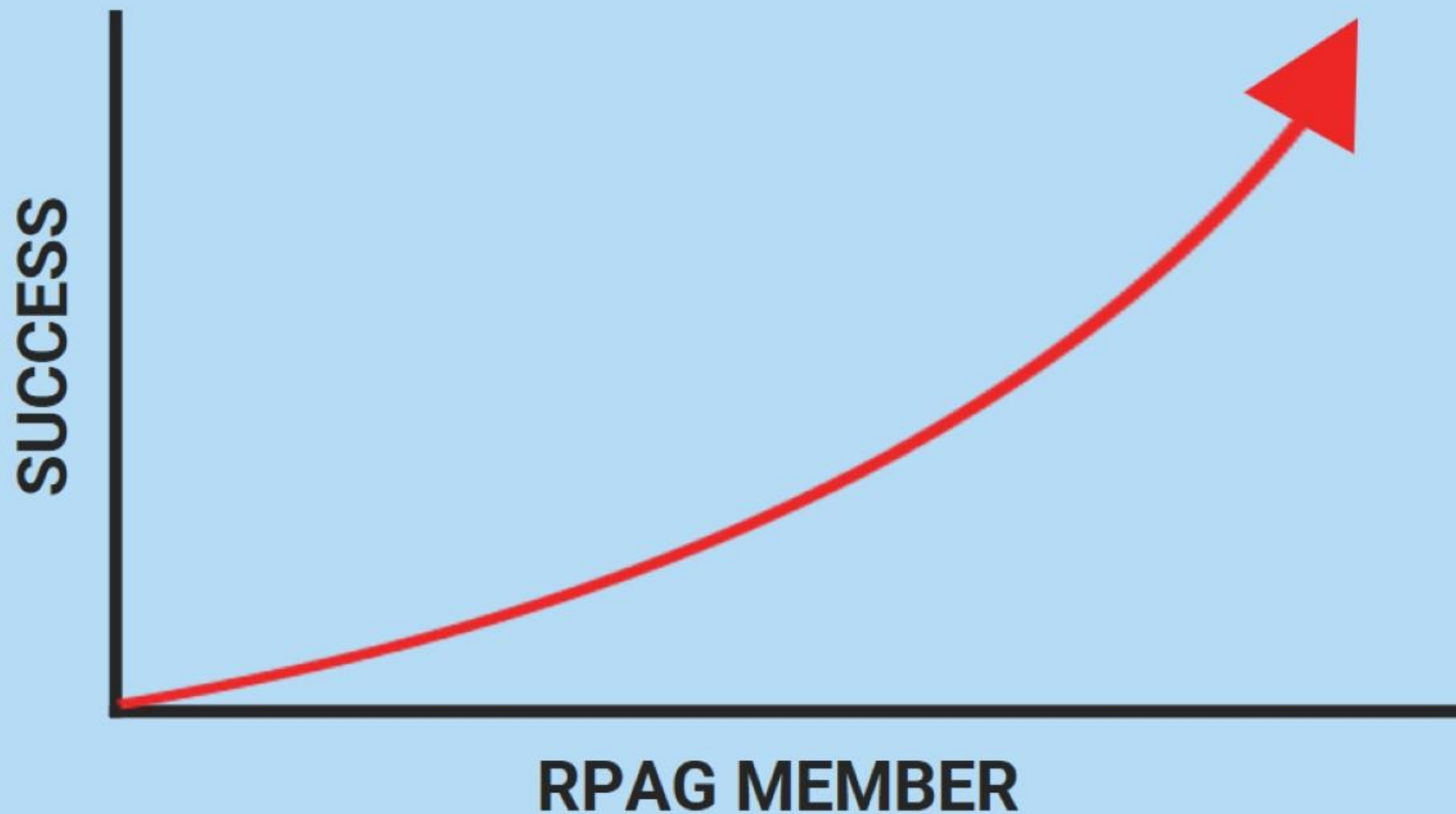
Vince Giovinazzo  
CEO

# LIMITLESS

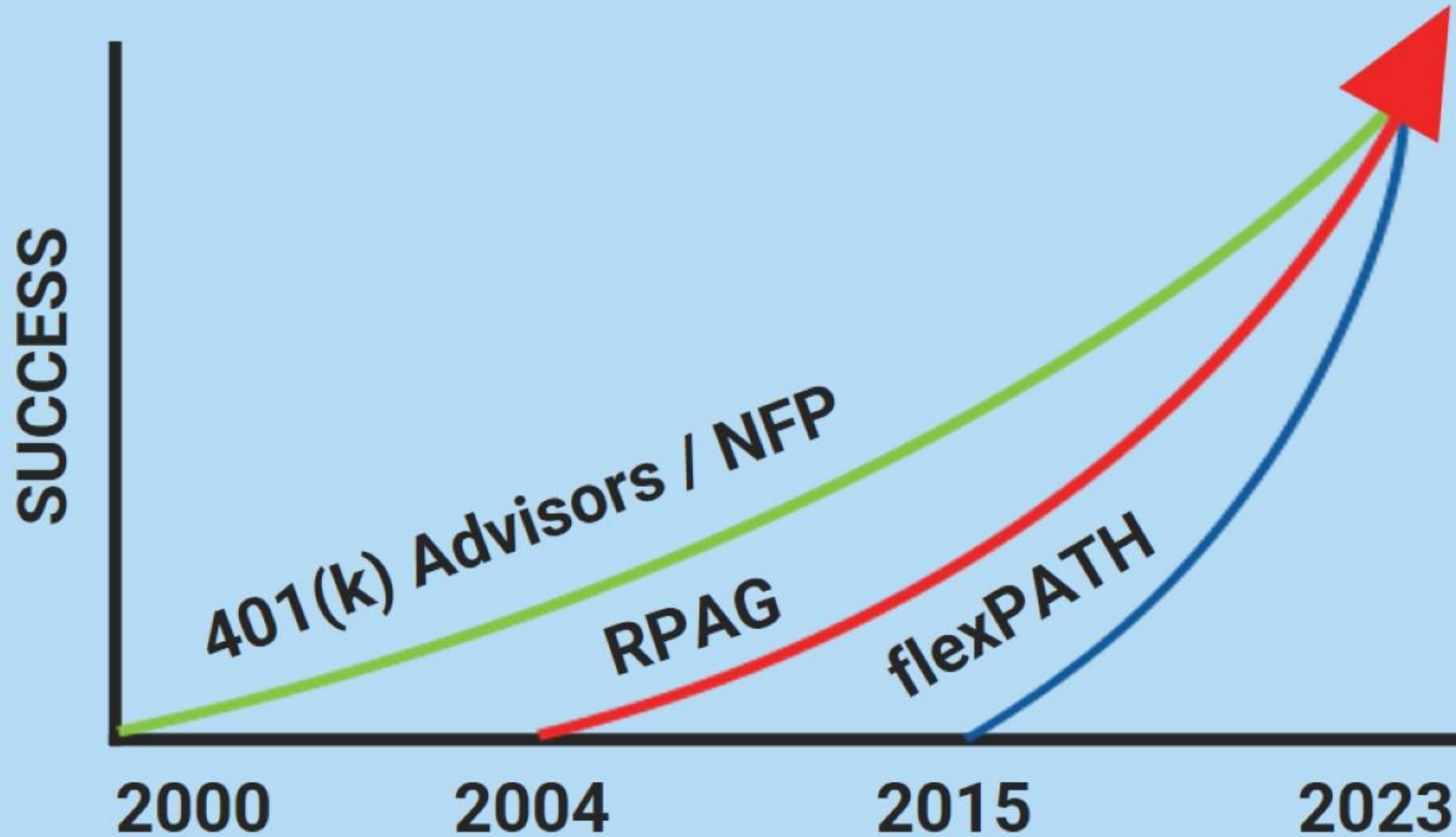
- **Without limits or constraints**
- **No boundary**
- **As in outer space**



# LIMITLESS



# LIMITLESS



# LIMITLESS



# Biopsy Results

Location 1: Benign

Location 2: Benign

Location 3: Benign

Location 4: Benign

Location 5: Benign

Location 6: Benign

Location 7: Malignant

Location 8: Malignant

Location 9: Malignant

Location 10: Malignant

Location 11: Malignant

Location 12: Benign

I'm gonna die

8,760

# Activities (Most-to-Least Important)



1. Health (Sleep & Wellness)

2. Family

3. Career

4. Social

5. Community/Religious

6. Hobbies & Personal Development

7. Misc (Hygiene, Household Mgmt, Driving, etc.)

Foundation

Ancillary





# Activities (Most-to-Least Important)

Family	Career	Social	Community
<ul style="list-style-type: none"><li>• Husband?</li><li>• Father?</li><li>• Son?</li><li>• Grandfather?</li></ul>	<ul style="list-style-type: none"><li>• Have I:<ul style="list-style-type: none"><li>• Made a difference?</li><li>• Helped others?</li><li>• Created better outcomes?</li><li>• Motivated others?</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Quality relationships?</li><li>• Been a good friend?</li><li>• Integrity?</li><li>• Loyalty?</li><li>• Character?</li></ul>	<ul style="list-style-type: none"><li>• Charitable causes?</li><li>• Gratitude?</li></ul>



**How long  
have I got?**



# LIMITLESS





Preparation for a comfortable retirement is meaningless if we're not healthy (or alive)

# Healthspan = Living Better

- Not the same as lifespan
- Not the absence of sickness
- Is cognitive, physical, and emotional wellbeing
- Is medicine 3.0

**How Can RPAG  
Help With YOUR  
Healthspan?**



$$\mathbf{E + S = T^2}$$

**E = Efficiency**

**S = Scale**

**T = Time**

$$E + S = T^2$$





# Allocation of 400 Hours

## Foundation

1. Health (Sleep & Wellness)

2. Family

3. Career

4. Social

5. Community/Religious

**Why now?**

**Why here?**



# WORLDWIDE DEATHS SINCE 2020

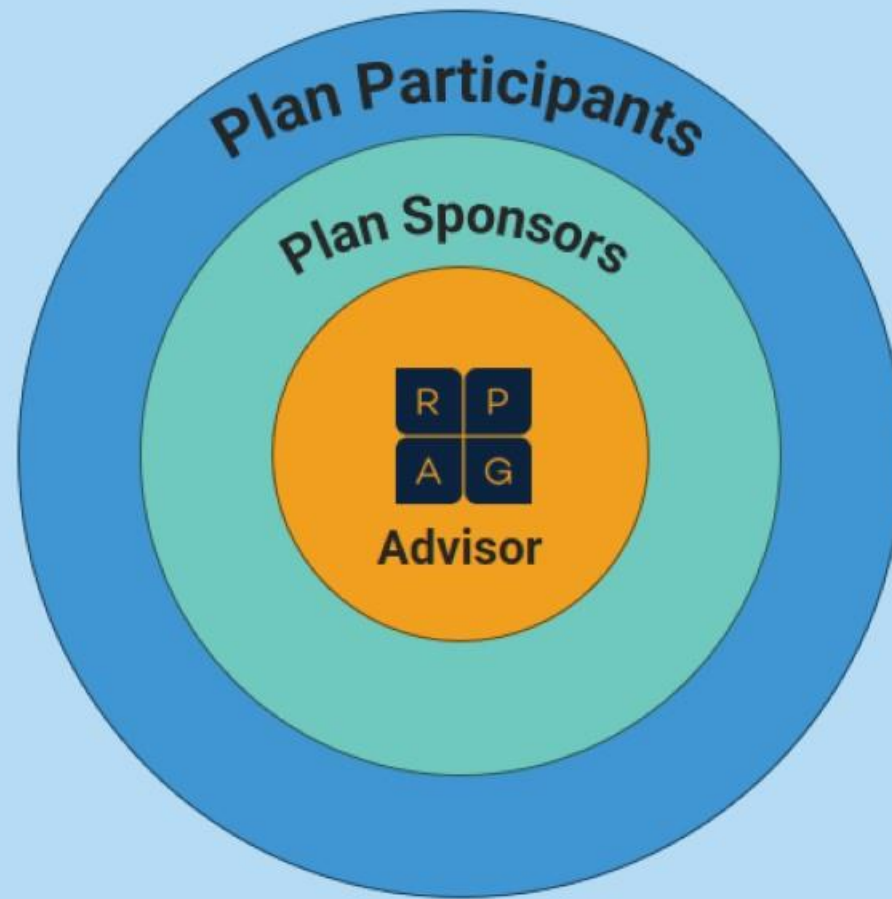
**\$7 Million**

**COVID**

**\$60 Million**

**ASCVD**

# Healthspan = Living Better



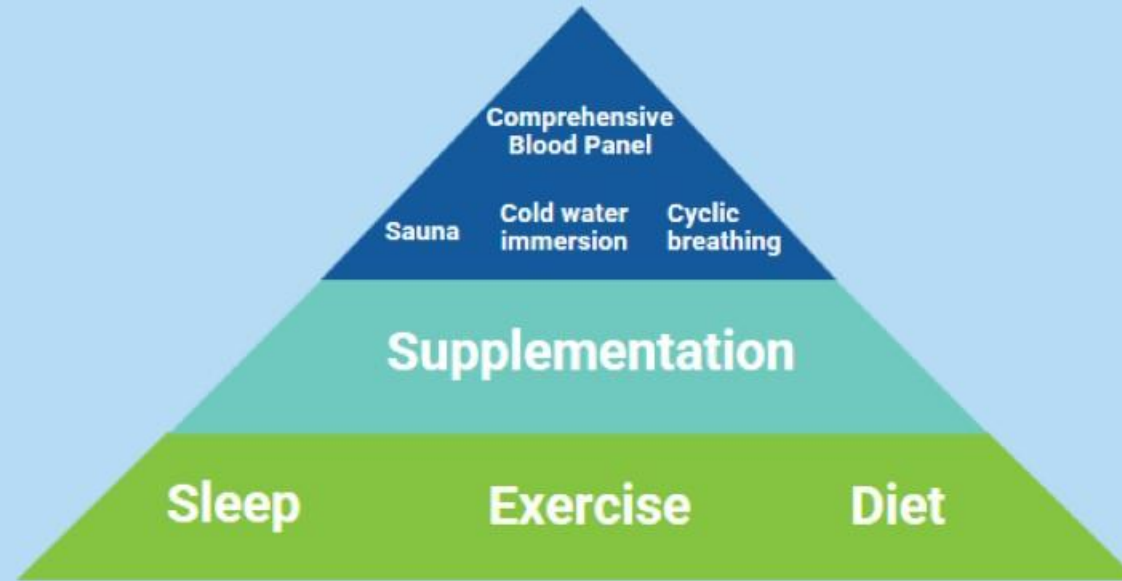


# Lightning Round

START THE CLOCK! **5:00**

# HEALTHSPAN

## *Behaviors*



## *Benefits*

- Reduces body inflammation
- More energy
- Increases cognitive function
- Weight and appetite control
- Enhances immune system
- Increases bone density / muscle mass
- Increases “brown fat”
- Enhances mood
- Protection from the “four horsemen”



# "The Four Horsemen"

**1**

ASCVD

**2**

Alzheimer's / Dementia

**3**

Cancer

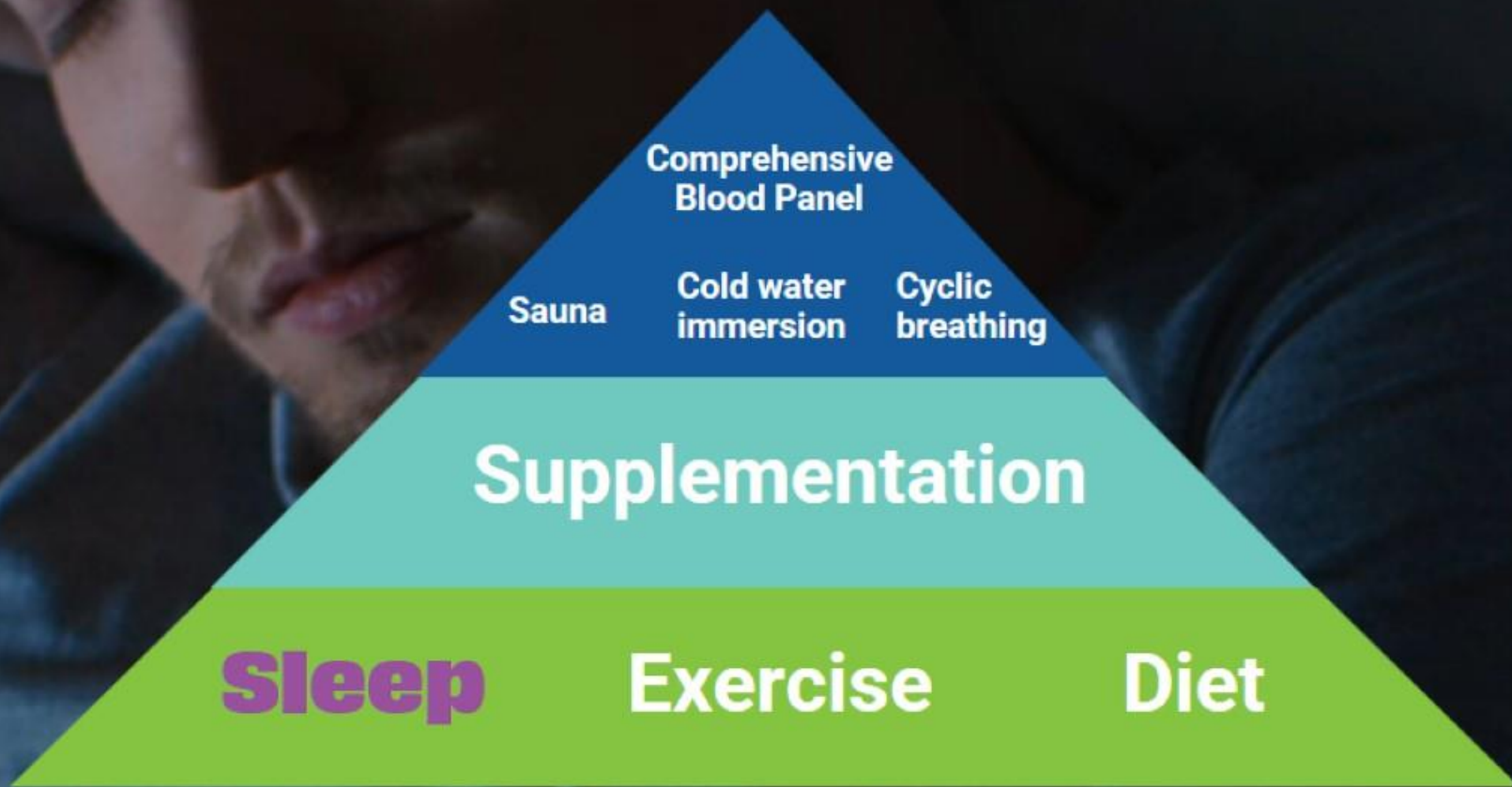
**4**

Diabetes

# Sleep

> 6-7 hours/night

> 20% REM sleep/night





# Sleep Tips

- **AM/PM sun 3-10 minutes**
- **0.00% BAC by bedtime**
- **No cannabis (sorry)**
- **Cool room**
- **Journal stressors**
- **No caffeine after mid-morning**
- **Hot shower or sauna before sleep**
- **Dark room and/or eye patch**
- **White or brown noise**
- **Dim lighting before sleep**
- **Wind down an hour before sleep**
- **Don't check sleep tracker in the AM.**

# Exercise

At least 3 days/week

(preferably 4-5)

20-45 minutes/session

Comprehensive  
Blood Panel

Sauna

Cold water  
immersion

Cyclic  
breathing

Supplementation

Sleep

**Exercise**

Diet

# Exercise Tips

- **HIIT 1-2x/week**
- **45 minutes zone 2 2-4x/week**
- **Resistance training 1-3x/week**
- **Choose activities that are sustainable**

# Diet

- 15-30 grams of fiber

- 0.5-1-gram protein/lb.

- Minimize refined sugar



Comprehensive  
Blood Panel

Sauna

Cold water  
immersion

Cyclic  
breathing

Supplementation

Sleep

Exercise

**Diet**



# Diet Tips

- **Consider protein powder supplementation**
- **Moderation**
- **30 days to break sugar habit**
- **Plan your meals**

# Supplementation

**Protein powder**

• **0.5-1.0 grams/lb./day**

**Creatine**

• **3-10 grams/day**

**Omega3 (EPA, DHA)**

• **2-4 grams/day**

## Supplementation

Comprehensive  
Blood Panel

Sauna

Cold water  
immersion

Cyclic  
breathing

Sleep

Exercise

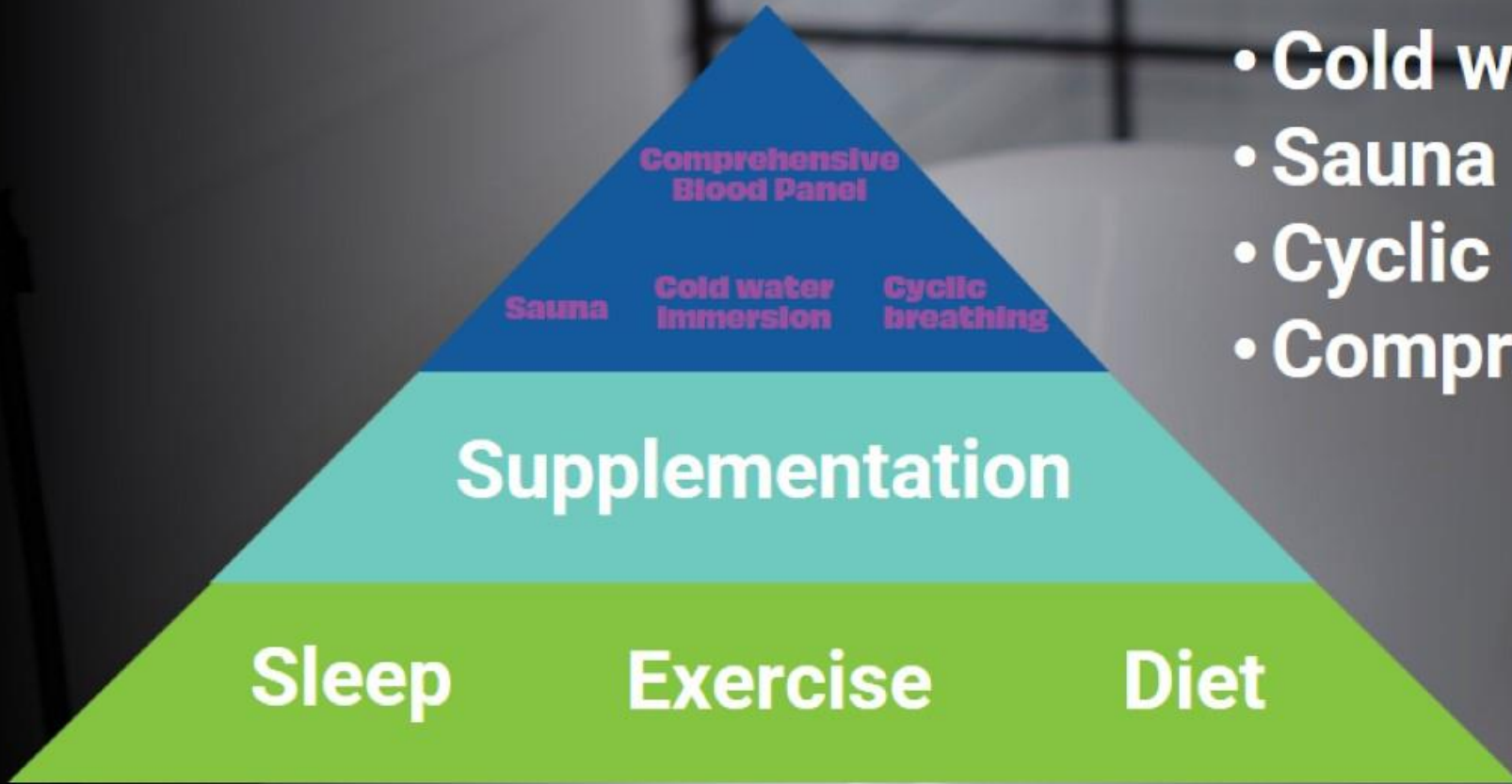
Diet

# Supplementation Tips

- **Space protein (3-4x/day)**
- **Creatine and Omega3 with food**
- **No cycling necessary**
- **Beware of sugary protein drinks**



# The Tip of The Pyramid



- Cold water immersion
- Sauna
- Cyclic breathing
- Comprehensive blood panel

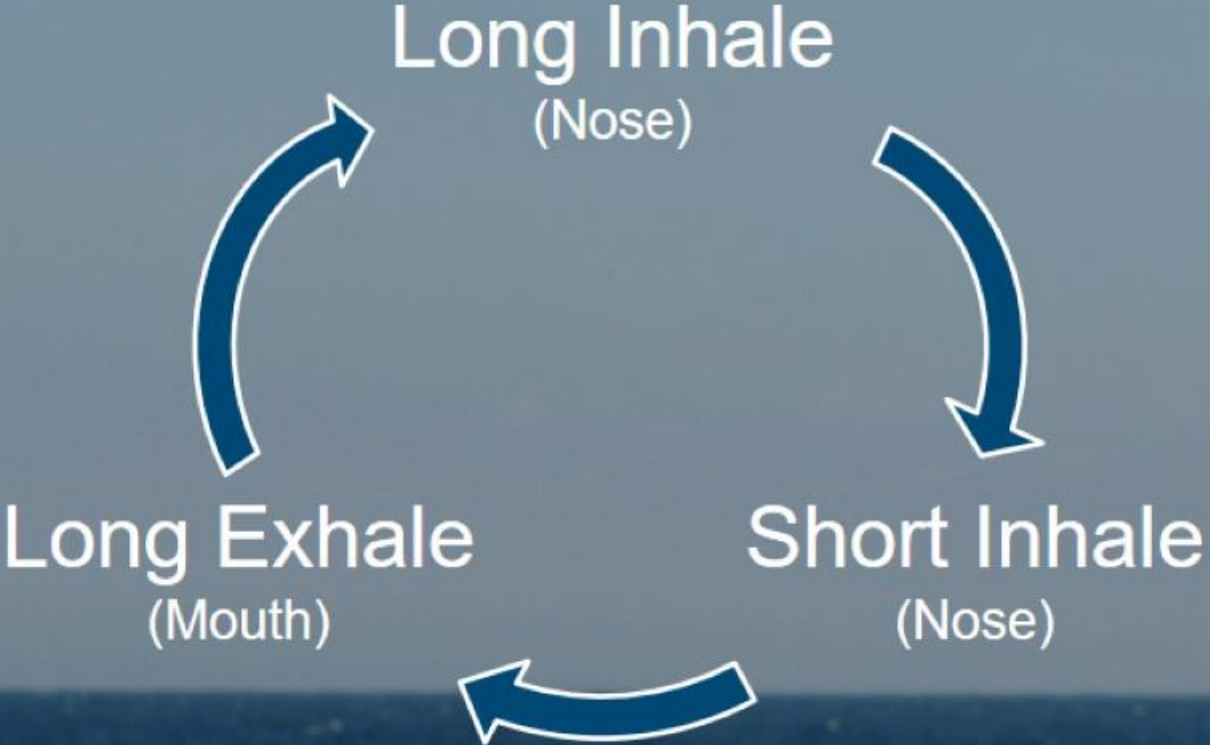
# The Tip of The Pyramid

- **Full body water immersion**
  - **3-4x week, 2-5 minutes/session**
- **Sauna**
  - **>170 degrees**
  - **15-20 minutes**
- **Cyclic breathing to reduce stress**
- **Track ApoB (Boston Heart, Inside Tracker)**





# Cyclic Breathing



Patient		Provider		Specimen	
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Test Name	Optimal	Borderline	Increased Risk	Footnotes	Previous Results (01.08.23)
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Lipid Tests

Total Cholesterol	141				144
	<200	200-240	>240 mg/dL		
Direct LDL-C	55				58
	<100	100-160	>160 mg/dL		
HDL-C	76				72
	>50	40-50	<40 mg/dL		
Triglycerides	57				52
	<150	150-200	>200 mg/dL		
Non-HDL-C	65				72
	<130	130-190	>190 mg/dL		
ApoB	55				59
	<80	80-120	>120 mg/dL		
LDL-P <sup>1</sup>	559			12	645
	<1200	1200-1800	>1800 nmol/L		
HDL-P <sup>1</sup>		36.4			34.7
	>44.0	34.0-44.0	<34.0 umol/L		
sdLDL-C	15				13
	<20	20-40	>40 mg/dL		
%sdLDL-C		27			22
	<20	20-30	>30 %		
VLDL-C	10				14
	<30	30-40	>40 mg/dL		
Lp(a)			63		
	<30	30-50	>50 mg/dL		
ApoA-I	164.3				158.4
	>160	120-160	<120 mg/dL		

Lipid Ratios

TC/HDL-C	1.9				2.0
	<4	4-6	>6		
VLDL-C/TG	0.18				0.27
	<0.2	0.2-0.3	>0.3		
ApoB/ApoA-I	0.33				0.37
	<0.6	0.6-0.9	>0.9		
HDL-C/TG	1.33				1.38
	>0.5	0.25-0.5	<0.25		



# 8,760 Hours

## Ancillary Foundation

1. Health (Sleep & Wellness)

2. Family

3. Career

4. Social

5. Community/Religious

6. Hobbies & Personal Development

7. Misc (Hygiene, Household Mgmt, Driving, etc.)







Thoughts if **YOU** had a 4-hour death sentence?

# CAREER THOUGHT #1

# YOU!



# CAREER THOUGHTS



# PERSONAL THOUGHTS:

Husband

Father

Son

Grandfather

Friend

# PERSONAL THOUGHTS:





RPAG

$$E + S = T^2$$

# T<sup>2</sup>

**Career**

**Personal**

**Healthspan**

**THANK  
YOU!**