

TIER 02 · FUTURE CAPABILITY

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The Science of Healthspan: Living Fully, for Longer

Healthspan — the years of life lived in good health — is the metric that matters more than lifespan. This talk synthesizes what Equinox's coaching, partnerships, and Health Advisory Board are converging on as the practical playbook for compressing morbidity and extending durable performance.

KEY TAKEAWAYS

- 01** Healthspan vs lifespan: the metric that should drive personal-health investment
- 02** The four pillars of healthspan: movement, nourishment, regeneration, community
- 03** Why VO2 Max is the single most predictive longevity biomarker
- 04** How biomarker testing changes the conversation from generic to personal
- 05** The role of social and cognitive engagement in adaptation
- 06** What the next decade of longevity science is converging on

AUDIENCE

Executive cohorts, senior leadership retreats, founder networks, and any audience with the agency to act on longevity-relevant changes.

FORMATS

- 45-min keynote
- 90-min workshop with biomarker prioritization framework
- Half-day intensive co-delivered with the Health Advisory Board physician (Dr. Hyman)

SAMPLE AGENDA

- 0–10 min — Healthspan as the metric
- 10–35 min — The four pillars
- 35–55 min — VO2 Max and the longevity biomarker stack
- 55–75 min — Biomarker testing in practice
- 75–90 min — Q&A

SLIDE OUTLINE

- Slide 1 — Why healthspan beats lifespan
- Slide 2 — The four pillars
- Slide 3 — VO2 Max and all-cause mortality
- Slide 4 — The longevity biomarker stack
- Slide 5 — Function Health partnership in practice
- Slide 6 — Social and cognitive engagement

Slide 7 — Where the field is heading

SPEAKER POOL

Senior Coach X-tier Coaches, often co-delivered with Dr. Mark Hyman or Eric Cressey depending on audience.