

LIVE LONGER RETREAT TELLURIDE

Daily Agenda

DAY 1

- 6-8 pm** Dinner with Dr. Safdi
- 8-9:30 pm** Introductory Lecture by Dr. Safdi
Topic: Goals and Epidemiology of Health, Wellness and Longevity

DAY 2

- 8 am** Interactive breakfast with Dr. Safdi. Interactive meals encourage discussion of healthy options and their preparation.
- 9 am** Lecture by Dr. Safdi
Topic: Health, Wellness and Longevity. A focus on the keys to longevity and disease prevention learned from the studies of the populations that live the longest and are the healthiest.
- 10 am – 12:30 pm** Hike the Ridgeway or the River Trail in Telluride. Healthy snacks and fluids provided.
- 12:30 pm** Lunch at The Peaks with Dr. Safdi
- 2 pm** Meet with our personal trainers and Dr. Safdi to develop a personalized workout regimen.
- 4 pm** Choice of yoga or Pilates class
- 6:00 pm** Dinner at The Peaks
- 8:30 pm** Lecture and discussion with Dr. Safdi
Topic: Continued discussion on population-based science regarding longevity and health.

DAY 3

- 8 am** Interactive breakfast with Dr. Safdi. Interactive meals encourage discussion of healthy options and their preparation.
- 9 am** Lecture with Dr. Safdi
Topic: The benefits of exercise, what types and how much should you be doing?
- 10 am – 12:30 pm** Group bike ride or hike. Healthy snacks and fluids provided.
- 12:30 pm** Lunch provided; as usual, all our meals will be a template for a healthy diet.
- 2 pm** Meet with our personal trainers and Dr. Safdi to work out and refine your personalized workout regimen.
- 2 pm** Option of water aerobics
- 4 pm** Choice of yoga or Pilates class
Dinner with the group; the location to be determined based on group preferences.

DAY 4

Today we will continue our cooking and shopping education.

- 8 am** Interactive breakfast including discussions of participants' choices for dinner the evening prior. We will prepare all the foods with help from our dietitian, Dr. Safdi, and our chef.
- 9:30 am** The lecture series on health, wellness and longevity continues daily.
*Topics: The benefits of exercise, what types and how much should you be doing?
The science and risks of simple sugars and where they hide.*
- 11 am** Option of a bike ride or hike together; return at 1 pm. Healthy snacks and fluids provided.
- 1 pm** Lunch will be prepared quickly with a healthy template by our participants and staff.
- 3 pm** Meet with our personal trainers and Dr. Safdi to work out and refine your personalized workout regimen.
- 3 pm** Option of water aerobics
- 5 pm** Optional massage or free time
Dinner on your own

DAY 5

*Today starts our shopping excursions in a local grocery or a virtual shopping experience.
We will discuss smart substitutions and shopping, under the guidance of our dietitian and Dr. Safdi.*

- 8 am** Breakfast provided and will be with Dr. Safdi and, again, interactive and educational. We will again discuss the participants' food choices the evening prior in a blinded fashion.
- 9 am** The lecture series on health, wellness, and longevity continues daily.
*Topics: The science and risks of simple sugars and where they hide.
(If time) Dementia prevention: how to decrease your overall risks.*
- 10 am** Option of a bike ride or hike together. Return at 12:30. Healthy snacks and fluids provided.
- 12:30 pm** Lunch will be made with the guidance of our staff including Dr. Safdi.
- 2 pm** Meet with our personal trainers and Dr. Safdi to work out and refine your personalized workout regimen.
- 2 pm** Option of water aerobics
- 4 pm** Shopping education at a local or online grocery
Dinner with the group
- 8:30 pm** Optional lecture with Dr. Safdi
Topic: Common diseases, their prevention and adequate screening.

DAY 6

- 8 am** Breakfast will be with Dr. Safdi. The participants will help make the menu and cook. All cooking and menus are to be easy to follow, quick and healthy.
- 9 am** The lecture series on health, wellness, and longevity continues daily for one hour.
*Topics: Dementia prevention: how to decrease your overall risks.
The truths and myths of vitamins and supplements: Could your supplements be killing you?*
- 10:30 am** Option of a bike ride or hike together. Return at 12:30. Healthy snacks and fluids provided.
- 12:30 pm** Lunch provided. As usual all our meals will be a template for a healthy diet. The participants will have outlined the preparation of the meal and started discussing the nutritional benefits.
- 2 pm** Meet with our personal trainers and Dr. Safdi to work out and refine your personalized workout regimen.
- 2 pm** Option of water aerobics
- 4 pm** Choice of yoga or Pilates class or optional massage.
Dinner with the group
- 8:30 pm** Optional lecture by Dr. Safdi.
Topic: Common injury prevention, treatment and mistakes we make.

DAY 7

- 8 am** Breakfast will be with Dr. Safdi. The participants will help create the menu and cook. All cooking and menus are to be easy to follow, quick, and healthy. All participants will have the option to sign up for Dr. Safdi's newsletter for free. He does not sell anything and all information is evidence-based on scientifically-vetted studies.

**All participants who successfully complete the week-long retreat
can sign up for our 3-day refresher courses.**

