How To Slay the Zombie Cells That Speed up Aging

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Welcome back to *The Mindset* **by Super Age.**

If we want bigger lives this year, we must take risks—and that means something different to everyone. For some, risk might mean planting a new tomato variety in the garden. For others, it could be chatting with strangers or even climbing K2.

This year, I urge you to plan to take risks. **Choose one big challenge this year—something that requires planning and focus.** It could be camping in Africa with friends, performing in a piano recital, trying a seven-day dark meditation, or learning ice climbing. If it makes you pause—if you hear yourself say, "*Oh no, I can't do that*"—take that as a signal to go for it.

Pair this with smaller, consistent challenges throughout the year. For example, Heather, our Founding Editor, tried cold plunge for the first time this year and loved it. Novel experiences come with challenges and risks, but they also expand our capacity and invite growth. Failure? Unless life-threatening, it's often far less impactful than the pride you'll feel for trying.

You are braver, stronger, and more capable than you think you are. Let this be the year you show yourself something extraordinary about who you are. Let's make it a year of boldness and growth.

Wishing you a Happy New Year from all of us at Super Age!

Onwards and upward!

David Stewart
Founder

?BODY WISDOM

How Resilient Are Your Muscles?

In order to live longer, you not only need muscle strength, you need muscle resilience, which is measured by your VO2 Max. When you exercise, the mitochondria in your muscle use oxygen to make adenosine triphosphate, or ATP, muscle's main energy currency. The harder and longer your muscles work, the more oxygen they need. VO2 Max is the peak level of oxygen our bodies can utilize during intense exercise: our "maximal oxygen uptake."

In a 2018 study of more than 100,000 people published in the *Journal of the American Medical Association*, scientists found that **people with higher VO2 Maxes lived longer**. In another study that tracked more than 5,000 men for 46 years, scientists concluded that **for every increase of VO2 Max by just one unit, the study participants added 45 days to their lives**.

Try this: Start with a modified version of the "Norwegian 4×4" method, an interval protocol that's been shown to improve VO2 Max. Warm up for about 10 minutes, and then do four intervals on the cardio machine of your choice—a rowing machine or fan bike, which uses both arms and legs at the same time, is easiest for creating a max effort. Go as hard as you can for two minutes, holding back nothing, then rest completely. Repeat four times. Over time, increase the amount of time each max effort interval lasts. *(David, here! I do this, and it's hard! Once a week is all you need, along with 45-minute zone 2 workouts 3 times a week. We'll unpack zone 2 in another*

issue.)

EAT WELL

Is Intermittent Fasting Right for You?

Intermittent fasting is a longevity trend that's been hailed as a fountain of youth, backed by fascinating research—but like all things in wellness, it's not a one-size-fits-all miracle cure. One study published in the *Archives of Physiology and Biochemistry* linked intermittent fasting to **reduced inflammation, improved insulin sensitivity, and enhanced cellular repair.**Compelling! But note that intermittent fasting is really a form of calorie restriction.

This kind of dietary restriction definitely isn't for everyone (people with diabetes, people taking medicine that should be taken with food, anyone with a history of disordered eating, and women should consult a doctor). It can be helpful for healthy adults looking to manage weight, balance blood sugar, and boost cellular resilience. Interestingly, a recent study found that during fasting, your body directs energy toward critical processes like repairing cells and balancing your metabolism. To do this, it temporarily pauses less essential activities, such as **growing new hair**.

If you want to try intermittent fasting, begin with the 16:8 method for men (and 14:10 for women)—fast for 16 (or 14) hours, including overnight, and eat within an 8- (or 10-)hour window. Focus on nutrient-dense meals to maximize benefits. It's not just about cutting calories; it's about giving your body the time to reset and repair. Start slowly, listen to your body, and consult a professional for personalized guidance.

DID YOU KNOW?

How to Slay Zombie Cells

As we age, senescent cells—or "zombie cells," as they're affectionately called—build

up in our bodies. These cells stop dividing but don’t die off as they should. Instead, they hang around, releasing inflammatory signals that speed up aging and contribute to diseases like arthritis, cardiovascular issues, and even cancer. **Enter senolytic drugs, zombie slayers hunting down and eliminating these dead but active cells**. In animal studies, **senolytics show promise** in improving healthspan and extending lifespan, rejuvenating tissues, boosting physical function, and delaying age-related diseases.

Currently, senolytics are being studied in human clinical trials, and some supplements (like quercetin and fisetin, separately **but not together**) show potential and are available over the counter. But these treatments are still in the category of “experimental use”—in other words, stay curious, stay informed, and consult the experts before taking action.

STAY AMAZED

The Healing Power of The Sea

Have you ever felt enraptured by the sea—that sense of connection to something vast and timeless? It’s not just a feeling; it’s being called **blue health**. Being near natural bodies of water improves mood, reduces stress, and even enhances physical health. Studies show **the sea restores focus, calms the mind, and invites movement**. Walk the shore, float in the waves, or just sit and breathe—it’s a reminder that life is both expansive and deeply connected. The sea is your invitation to renew, a natural reset button for the mind, body, and spirit.

Stuff We Love

Destination Inspiration

Experience the surreal beauty of the **Museum of Underwater Sculpture Ayia Napa**, an **underwater art installation** in Cyprus. Designed by world-renowned artist Jason deCaires Taylor, MUSAN is a dynamic, living gallery in the sea. Book a guided dive and don't forget to bring an underwater camera.

Recipe of the Week

Recover from rich holiday meals with this light and energizing **Edamame Noodle Salad**, packed with plant-based protein and vibrant veggies. Toss cooked soba noodles, shelled edamame, shredded carrots, and cucumbers with a sesame-soy dressing. Chill and serve. Fun fact: Edamame offers 17g of protein per cup—perfect for a quick, nutrient-dense lunch! **Give it a try!**

Try This

The most eco-friendly winter jacket is the one that's already made. **Patagonia Worn Wear**, a program dedicated to reselling and repairing **pre-owned Patagonia gear**, offers a curated selection of vintage and gently used pieces. For a fraction of the price, you can snag a unique jacket—no Zara puffer look-alikes here—with a lifetime guarantee. Feeling ready for a new look? Trade it in for credit. New merch drops constantly. Sustainability has never looked so good.

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