Longevity Wisdom from a 107-Year-Old Skydiver

MAR. 10, 2025

BY HEATHER HURLOCK

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

Thank you for being here the day after Christmas! The holidays can be a whirlwind (whether you celebrate Christmas or not). Lights twinkle, conversations echo, and the days blur into a kaleidoscope of moments—beautiful, but exhausting. Today, let's pause. Let's honor the stillness that follows. It's in these quiet spaces that clarity—and brilliance—emerge.

This is your reminder that rest isn't just a luxury; it's a profound act of care. It's what allows us to process, to renew, and to hear the glimmers of our inner truth arising. Rest is a conscious action. It is not something that just happens. We are all busy people. Rest requires changing our patterns, and because of that, it not only needs permission but also intention.

So today, we invite you to sit quietly. Notice the rise and fall of your breath. Reflect on the year behind you and the one ahead. What moments brought you joy? **In stillness, we can find the seeds of our next bold move**.

Here's to savoring the quiet and stepping joyfully into what comes next.

Onwards and upward!

Heather Hurlock
Founding Editor

?BODY WISDOM

We Mean It, Please Rest

Sleep is a biological age eraser—and here's why. Each stage of sleep **plays a critical role in restoring your body and mind**:

- **Falling Asleep**
  This is your transition into sleep. Heartbeat and breathing slow, and muscles relax, preparing your body for deeper, restorative stages.
- **Light Sleep**
  This is where your body temperature drops and your brain produces "sleep spindles," brain waves that may play a role in integrating new memories.
- **Deep Sleep**
  This is your body's repair zone, and it happens early in the sleep cycle. Tissue, muscle, and bone repair, cell regeneration, and immune system strengthening all occur here. Deep sleep slows arterial aging, regulates metabolism, supports hydration regulation, and reduces heart disease risk by 20%.
- **REM Sleep**
  This is your dream zone and it happens towards the end of your sleep cycle. This is where memories get consolidated, emotions get processed, and creativity is stimulated. It's where mental resilience takes shape. This stage also helps control weight by regulating hunger hormones. **If you wake up early before you have completed your cycles, it is REM that gets disrupted,** and your memories from the day before tend not to all go into long-term storage.

We could go on (and we will definitely unpack this further in the future). The point is clear: please, get some sleep. Rest isn't just about recovery—it's about thriving

STAY AMAZED

The World's Oldest Skydiver's Secrets to Longevity

Alfred (Al) Blaschke is the world's oldest skydiver at 107 years old. He started jumping when he was 100 and has incredible wisdom to share. His secret to a long, vibrant life? Keep a "real good body," as he says, through these four key habits: **dance, sing, stay hydrated, and keep moving**.

Al swears by the power of movement—his favorite right now is dancing, which keeps him physically and socially engaged. Singing, he says, lifts his spirits, while hydration keeps his body functioning at its peak. His outlook? Keep learning, keep laughing, and never stop moving.

Al is fully Super Age! His motto for life sums up everything we stand for: **"If you think you can't, you're just underestimating yourself. Everyone is more capable than they think. They just need to make the decision to try."**

DID YOU KNOW?

The Hermés of Longevity Research Just Launched

This is something to keep an eye on: Scientists at Boston University just built a unique, **longevity-specific bank of stem cells from centenarians** to study their secrets to long life. Why? These cells could help us better understand aging, model diseases, and even develop therapies to rejuvenate damaged tissues. This research is a bold step toward **redefining what's possible in human longevity**. With stem cell clinics popping up globally and promising miraculous results—often unregulated—this study stands out as a beacon of rigor and potential.

EAT WELL

There's A Dark Side To Dark Chocolate

We've all heard dark chocolate is a superfood. It's rich in flavonoids—powerful antioxidants linked to reduced inflammation, improved heart health, and better brain function. Studies even show it can help **lower blood pressure** and enhance overall well-being. But not all dark chocolate is created equal.

A Consumer Reports investigation revealed that popular brands of dark chocolate contain high levels of heavy metals (namely lead and cadmium) that can **negate the health benefits**.

Some of the Worst Offenders:

- Green & Black's Organic Dark Chocolate 70% Cacao (high in lead and cadmium)
- Hu Organic Simple Dark Chocolate 70% Cacao (high in lead)

The Cleanest Options:

- Taza Chocolate Organic Deliciously Dark Chocolate 70% Cacao
- Mast Organic Dark Chocolate 80% Cocoa

Balance high cacao options with clean brands, and remember: A few squares go a long way.

*The information provided in this article is for educational and informational purposes only and is not intended as health, medical, or financial advice. Do not use this information to diagnose or treat any health condition. Always consult a qualified healthcare provider regarding any questions you may have about a medical condition or health objectives.**Read our disclaimers**.*

WRITTEN BY:



Heather Hurlock