The Top 11 Longevity Insights of 2025

6 MIN READ

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What we learned from the Global Wellness Conference in Dubai on December 22, 2025

Longevity Through a Wellness Lens was the focus of this year's Global Wellness Summit, which took place last month in Dubai. For three days and nights, experts from around the world shared new research, lectures, conversations, and workshops, all centered on the future of healthspan, and how we can extend our long-term vitality.

11 Insights Signaling Where Longevity Is Headed Next

1. Longevity Drives What's Next in Wellness

The global wellness economy has reached $5.6 trillion, according to the **Global Wellness Institute**, and longevity is one of its fastest-growing drivers. This year's summit showed how aging well is moving far beyond traditional spa and fitness models. Longevity thinking is shaping biotech, hospitality, architecture, travel, real estate, and clinical medicine, becoming a cultural and economic force in its own right.

2. Stay Young to Get Younger

A staggering 90% of longevity is shaped by modifiable lifestyle factors, explained Dr.

Michael Roizen, former Chief Wellness Officer at Cleveland Clinic and author of the *RealAge* books. Longevity research shows that the habits that keep your body biologically young are the same habits that can reverse elements of aging over time. Once you stabilize your daily behaviors (sleep, movement, nutrition, stress, social connection) you create the physiological conditions that allow your cells to repair, your inflammation to drop, and your biological age to slow or even improve. So don't wait until you feel old to start.

3. Epigenetics as the Roadmap to Healthspan

"The real story of longevity lives in epigenetics – the way our daily choices influence how our genes are expressed," said **Dr. Kenneth Pelletier**, clinical professor of Medicine at the UCSF School of Medicine. Aging in this epigenetic model unfolds across three layers: our genetic blueprint, the signals circulating in our blood that determine how that blueprint is expressed, and the microbiome that ultimately translates those signals into health or disease. Your genes are not your destiny, emphasized Pelletier, and your lifestyle helps decide which ones switch on, which stay quiet, and which support vitality over decline.

Your choice of lifestyle can shift your genetic expression towards vitality instead of decline, resilience rather than disease.

4. Movement and Strength: Core Predictors of Healthy Aging

Exercise remains one of the strongest factors of vitality, and strength training may be the most protective habit of all. Researchers shared that muscle mass is a key biomarker of healthspan, tied to metabolic health, immune strength, and functional independence. After age 40, we lose approximately 8 percent of muscle per decade

without strength training. But that decline is changeable: strength training slows, and in some cases partially reverses, that decline. Walking, lifting, mobility, none of it needs to be extreme. What matters is consistency.

5. Sleep And Recovery Are Vital for Longevity

Experts repeatedly underscored the biological necessity of sleep. It's when the body rests and repairs, the brain cleanses, and hormones recalibrate. Good rest regulates inflammation, mood, cognitive clarity, immune function – all mechanisms that shape how we age.

Recovery, the body's ability to adapt to external load, also surfaced as one of the strongest predictors of long-term performance. Those who pause and balance effort with restorative downtime, stay biologically younger, more resilient, and more adaptable.

6. Beauty, Health & Wellness Are Converging

Beauty is entering a new era, becoming a measure of overall wellbeing as it moves from appearance-driven standards towards those reflecting cellular, hormonal, microbiome, and emotional health.

According to Olivia Houghton, foresight editor of **The Future Laboratory**, we are seeing a shift across cultures from beauty as exhibition to beauty as health, a transformation where beauty is viewed as an external signal of internal well-being tied to sleep, hormones, stress regulation, inflammation, and longevity.

7. The New Science of Aesthetic Longevity

One of the most compelling insights from the summit was the impact of aesthetics

(what we hear, see, and feel) on stress, cognition, and emotional balance at a biological level.

In a standout session, Freddie Moross, Founder and CEO of **Myndstream**, and Dr. Dawn Mussallem, an Integrative Oncologist at the Mayo Clinic, and herself a cancer and heart-transplant survivor, shared evidence showing how therapeutic music, which they aim to make prescribable, is used in clinical settings to reduce anxiety, stabilize breathing, decrease pain, and support recovery.

“When we change what a patient hears, feels, and experiences in their environment, we change their biology,” explained Dr. Mussallem.” Therapeutic music allows us to bring calm, safety, and coherence into moments that are otherwise stressful.”

8. AI Will Personalize Longevity

One of the boldest visions for future health is the move toward truly personalized biology. Isaac Bentwich, M.D., introduced the pairing of AI with “organs on a chip,” tiny versions of a person’s tissues grown from a blood sample, to move beyond one-size-fits-all health. By training AI on the real behavior of living human cells, drugs can be developed faster, therapies tailored to specific populations, and individuals can understand how their unique biology will respond to supplements or medications before taking them. Bentwich described this combination of robotics, nano sensors, stem-cell biology, and AI as a bio-intelligence platform that listens to the body directly and offers a more precise, preventive, personalized path to longevity.

9. The Rise of Wearable-Powered Longevity

Wearable data is quickly becoming a powerful tool for shaping recovery, resilience and long-term health. Kristen Holmes, PhD, Global Head of Performance at **WHOOP**, showed how consistent movement, balanced strain, and real recovery impact everything from metabolic flexibility to emotional wellbeing.

In partnership with the **Buck Institute**, a WHOOP device can now synthesize nine core metrics, sleep/wake consistency, VO? max, time spent in higher training zones, lean body mass, strength-training frequency, light exposure, and more, to estimate a person's functional age and even their weekly pace of aging.

When you track how your body responds to effort and rest, you gain the ability to design your schedule around the minimum effective dose for longevity. "The opportunity isn't just precision health," Holmes reminded attendees, "It's living your values with more energy, joy, and connection to what, and whom, matters most."

10. Senior Living is Being Reimagined

The evolution of 50-plus living into intergenerational, purpose-driven, and socially connected environments was highlighted by Mary Leary, President and CEO of **Mather**, a non-profit focused on creating ways to age well and change the way society views aging. With research showing that a positive mindset can add more than 7 years to life (and genetics accounting for far less than once believed), Leary emphasized giving older adults real tools to understand their wellbeing, from biological age to daily habits. Mather's work in democratizing wellness through community hubs, food-as-medicine programs, and creative, movement-based connection points to a future where aging well is accessible to everyone.

11. Spirituality Remains a Pillar of Healthspan

Longevity is no longer just about physiology, it's about meaning. Anna Bjurstam, Senior Adviser to Six Senses, reminded us that healthspan must also focus on purpose and connection. Drawing on ancient wisdom, modern science, and even the data behind trauma and near-death experiences, she suggested that spirituality belongs

alongside sleep, nutrition, and movement as a core longevity pathway. “Let’s build clinics that don’t just extend years,” said Bjurstam, “but ones that deepen connection, purpose and awe.”

Nine Longevity Practices for Everyday Life

Small shifts can have a big impact. Here are some practices that will keep your body and mind thriving over time.

1. Move your body daily and intentionally. The research is clear: what matters most is consistency. You don’t need perfect workouts; **you just need to move**. Walk, stretch, climb stairs, dance for a song or two, daily, anything that wakes up your system and keeps it circulating.

2. Build strength. Your future depends on it. Muscle is one of the most reliable predictors of **healthy aging**. And you don’t need a gym to get started. Aim for a few foundational moves: push, pull, squat, hinge. Twice a week. Steady, simple, sustainable.

3. Sleep well now and age well later. Sleep is now considered a biological pillar. It regulates hormones, supports the brain, and helps you repair at the cellular level. **A sleep routine is a must.** Try dimming lights after dinner; stepping away from screens 30–60 minutes before bed; taking three intentional breaths before you get under the covers. These will signal to your body that it’s time to downshift.

4. Eat for energy and longevity, not perfection. Long-lived cultures focus on **plants, fiber, healthy fats, and whole foods.** It’s not about restriction; it’s about

nourishment. Make one meal a day plant-forward or fill half your plate with vegetables or legumes. Simple and effective.

5. Use micro-practices to manage stress. Stress ages the body. Micro-resets reverse that trajectory. **Try three deep breaths** before a meal; a 1-minute pause between meetings; a quick step outside for fresh air; a short gratitude note before bed. You may not notice, but these resets create regulation, which creates resilience.

6. Cultivate your social connections. Connection is a **pillar of longevity**. Research shows that loneliness is as damaging as smoking. Reach out to one person each day: a text, a phone call, a voice note, a moment of real connection.

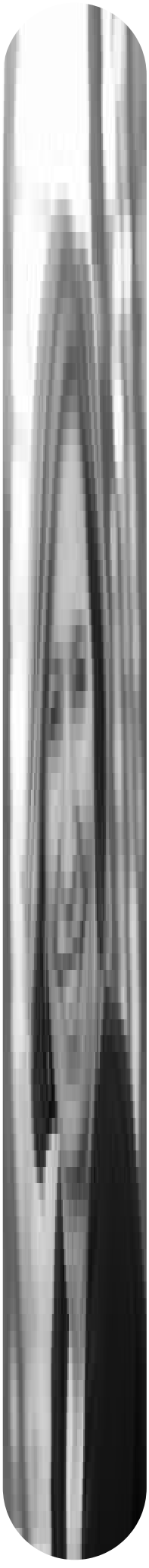
7. Keep your brain learning and stretching. Neuroplasticity thrives on novelty and consistent use. Try reading a new book genre, learning a few words in a new language, a cooking experiment, taking an online class, or playing a musical instrument.

8. Get outside. Nature nourishes everything. Nature is a proven longevity enhancer, benefitting mood, inflammation, immunity, and sleep. Spend 10 to 20 minutes outdoors each day. Morning light is especially good. A tree, a breeze, a bit of sky. Let it reset you.

9. Know your numbers. Data is power. Preventive care is one of the most effective longevity tools we have. When you understand your body, you can best support it. Prioritize your annual physical with baseline blood work; track sleep and physical activity; get biomarker testing if it's accessible.

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