

Best Exercises for Overall Health & Longevity | Dr. Peter Attia & Dr. Andrew Huberman

<https://silosolo.com/888781>

Summary

The video discusses various factors that impact longevity and all-cause mortality. Smoking increases the risk of death by about 40%, while other factors such as high blood pressure, end stage kidney disease, and type 2 diabetes also contribute to increased mortality risk. Low muscle mass and strength are associated with a higher risk of death, while improving these factors can improve longevity. Cardiorespiratory fitness is strongly associated with all-cause mortality, with lower fitness levels leading to higher risk. Aia's rule suggests that discussions about supplements and nutrition should be avoided until certain fitness goals, such as a minimum VO2 max and the ability to dead hang and wall sit, are achieved.

Silo sample questions

- What is the impact of smoking on longevity?
- What are some other factors that increase the risk of all-cause mortality?
- How does muscle mass and strength affect longevity?
- What is the impact of cardiorespiratory fitness on longevity?
- What is Aia's rule?

Topics

Smoking

Risk factors for all-cause mortality

Muscle mass and strength

Cardiorespiratory fitness

Aia's rule

Key Takeaways

- Smoking increases the risk of all-cause mortality by approximately 40%. This means that at any point in time, a smoker has a 40% greater risk of death compared to a non-smoker.
- Other factors that increase the risk of all-cause mortality include high blood pressure, end stage kidney disease, and type 2 diabetes. These conditions can increase the risk by 20-25%, 175%, and 25% respectively.
- Low muscle mass is associated with a 200% increase in all-cause mortality, while low strength is associated with a 250% greater risk. Improving muscle mass and strength can help improve longevity.
- People with lower levels of cardiorespiratory fitness have a higher risk of all-cause mortality. For example, those in the bottom 25% for their age and sex have a two times higher risk, while comparing the bottom 25% to the top 2.5% results in a 400% difference in all-cause mortality.
- Aia's rule suggests that until certain fitness goals are met, discussions about supplements

and nutrition should be refrained from. The goals include being able to dead hang for at least a minute, having a VO2 max at least at the 75th percentile, and being able to wall sit for at least two minutes.

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