

LIVING WELL: THE THREE PILLARS OF LONGEVITY

Take a thoughtful approach to active ageing

With the number of over 65s worldwide set to more than double by 2050, it's clear we are living longer. This generation can look forward to extended years, but if living well for longer is the goal, what's the best route there?

For Gideon Remfry, Wellness Director at consultants Kyros Project, longevity alone is not enough. "There's a resigned acceptance that longevity comes with declining health," he says. "Our work at Kyros Project with the over 65s concentrates on adding life to those years through three basic pillars: exercise, nutrition and social connections."

This approach informs Remfry's work at Auriens Chelsea, an exclusive community of homes for the over 65s in a quiet location off the King's Road in London. Auriens has partnered with Kyros Project to bring the benefits of active ageing to residents, creating bespoke programmes to improve the quality of later life.

"Every programme starts with a detailed health check and then a focus on building strength," says Remfry. "Research shows the benefits of resistance training, including increased strength and muscle mass, reduced body fat and metabolic health risk factors and improved cognitive function, resilience and well-being."

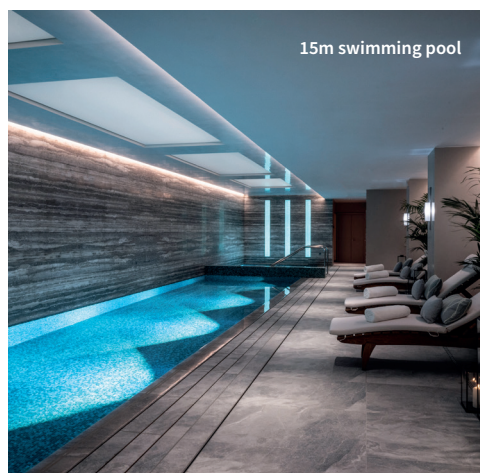
Auriens match this with menus designed for maximum impact on residents' diets. For example, chef Matt Tsistrakis, former head chef at the Savoy, sources salmon known for its high anti-stress properties and then cooks it with ingredients proven to maximise the health benefits and flavour.

Extensive scientific data supports Remfry's holistic outlook. Studies from UK Biobank show a sustained shift to healthier diets in later life can add up to 10 years to life expectancy. Even among those with chronic health conditions, following a healthier lifestyle was associated with longer life spans.

The results achieved are also reflected in Remfry's own data, gathered from a year-long study of 20 Auriens' residents. "After following this three-pronged approach, 80% reduced visceral fat, 64% increased their skeletal muscle mass, a major part of healthy ageing, and 40% reduced their cellular stress," says Remfry. "We've created our own 'Blue Zone' of longevity and health in Chelsea."

Maximising opportunities to stay physically and mentally strong is key to ageing well. Auriens provides that opportunity, with a framework of balanced menus, personal trainers and a community of like-minded people. It's a warm welcome to your future.

**Apartments from £2.75m. Other charges apply.
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EVERY PROGRAMME
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