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# 10 COMMANDMENTS OF LONGEVITY



**NEXT LEVEL**  
HOLISTIC HEALING



# THE NEXT EVOLUTION OF WELLNESS

**Our goal is to evolve the way we care for our bodies**

Founded on the belief that you truly have the power to change your health, we want to help you unlock your body's natural ability to heal so you can change the way you think and feel.

*"I created Next Level to be a place of hope and inspiration, improving the health and quality of life both now and for generations to come."* Joseph Gonzalez | Founder

Here are our top 10 commandments to help you reach longevity and prevent future diseases before they even occur.

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# HEALTH SPAN VS. LIFE SPAN

## Quality vs. Quantity

It's not just about the number of years you live, but the quality of those years. A longer life doesn't always translate to a life of quality. Often, the extended years can come with chronic ailments, diminished physical capabilities, and reduced cognitive functions.

On the other hand, imagine a life where age is merely a number, and every day is lived with energy, clarity, and purpose. That's the difference between health span and mere lifespan.

Health span refers to the number of years one lives in good health, free from chronic diseases and disabilities. It's about optimizing your life so that you're not just alive, but truly living.



### **Lifespan:**

The total number of years a person lives.

### **Health Span:**

The portion of your life spent in good health, free from debilitating chronic diseases and functional incapacitations.

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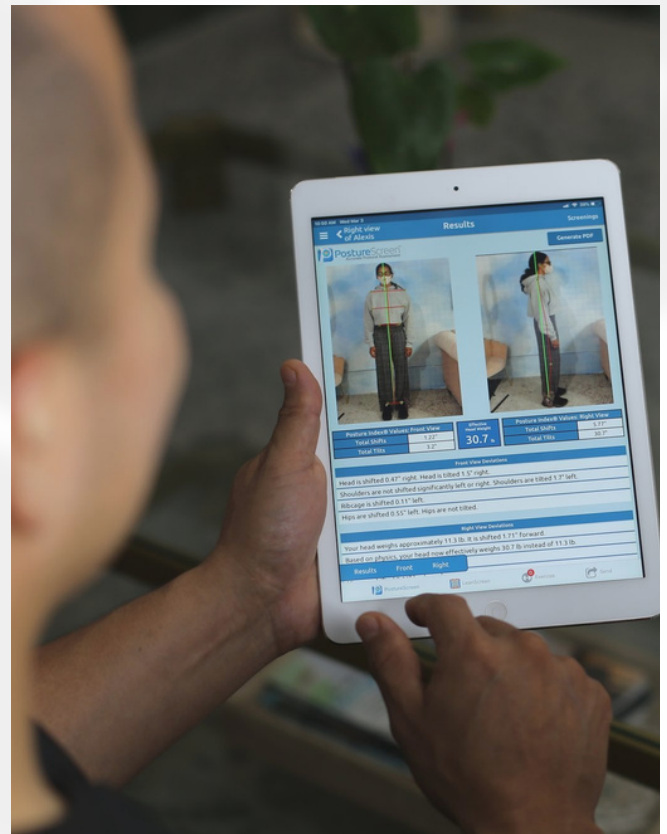


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# 1. POSTURE

The foundation of good health starts with posture. Proper posture is more than standing tall, it is the proper alignment of your spine that informs organ function and blood flow, reduces wear and tear on joints and muscles, and allows the proper communication between nerves. Without good posture, your entire body will suffer.



# 2. MOVEMENT

Exercise is key to good health but many of the ways we work out are actually hurting not helping our overall health. You need to work with your body's natural movement pattern to train without triggering pain. The right blend of aerobic, anaerobic, and plyometric exercises not only keeps the heart robust, muscles toned, and spirit energized - it can prevent injuries and keep you functional.



### 3. STRETCHING

Stretching goes beyond touching your toes. Regular stretching and mobility exercises ensure fluidity in movement, reduce the risk of injuries, improve circulation, and promote graceful aging. While this is often an overlooked area, the reason stretching is key to longevity is that without it, your body will begin to show poor body mechanics and posture. This creates imbalances and compensations that lead to the accumulation of stress in the body.



### 4. SLEEP

Quality sleep is the cornerstone of a healthy mind and body. Sleep isn't a luxury; it's a necessity. It's the time when the body repairs, the mind refreshes, and the soul rejuvenates. A deep, uninterrupted sleep cycle is the unsung hero behind cognitive sharpness, emotional stability, and physical vitality.

## 5. HYDRATION

Proper hydration ensures optimal cellular function, detoxification, and overall vitality. Water is the essence of life, the medium where all cellular activities take place. It aids in digestion, detoxification, temperature regulation, and so much more. Hydrate to invigorate and energize every cell in your body.



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## 6. BREATHWORK

Deep, conscious diaphragmatic breathing reduces stress, increases energy, and promotes mental clarity. Proper breathing techniques can elevate your physical, emotional, and mental states. They combat stress, invigorate your organs, and bring clarity to the mind. Reducing cortisol levels, increasing oxygenation, and releasing stored trauma, breathwork is a powerful tool to increase your quality of life.





## 7. RECOVERY

Embrace the therapeutic effects of infrared sauna sessions, icy plunges, and compression boots to rejuvenate and revitalize your body. You can remove a week's worth of stress in just 1 session. In the long term, investing in your recovery allows your body to become more resilient to the inevitable stress and triggers of modern life. As you build capacity in your body, you're training your body and nervous system to get stronger.

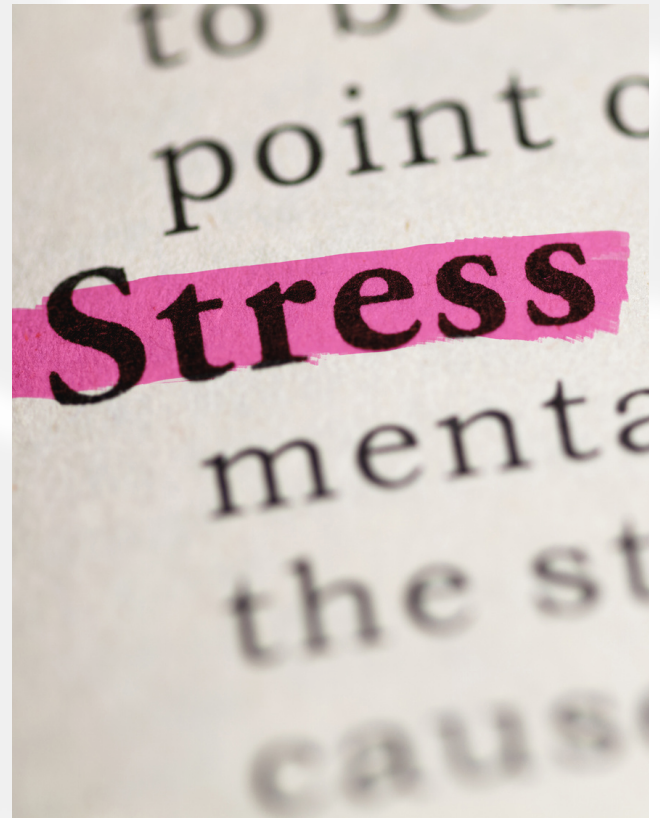


## 8. NUTRITION

Fueling your body with nutrient-rich foods ensures that every cellular function is optimized. The food you eat becomes the building blocks upon which your body rebuilds itself. It's not about stringent diets, but about wholesome, conscious choices that nourish both the body and soul. When in doubt, go back to basics and simplify your nutrition.

## 9. CORTISOL CONTROL

Chronic stress is a silent killer causing high cortisol levels that wreak havoc on your body and nervous system. From weight gain to impaired cognitive functions, cortisol control is important to long-term well-being. From how you workout to managing daily life and work stress, lifestyle changes are a big part of controlling your cortisol levels. Equip yourself with tools like meditation, mindfulness, and relaxation techniques to minimize dis-ease and keep cortisol levels under control.



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## 10. EMOTIONAL HEALTH

Engage with life. Find purpose, rhythm, and balance. Connect with nature and foster deep community ties for holistic emotional health. Human beings are inherently social creatures. The bonds we forge, the emotions we navigate, and the connections we establish with nature are pivotal for holistic health, quality of life, and longevity.



## CONCLUSION + TAKEAWAYS

It is commonly accepted that as we age there are inevitable aches and pains that become a part of daily life. We don't adhere to that philosophy. We believe that with the right treatment plan, you can prevent disease, injury, and not only achieve but maintain optimal health.

When you approach healing with a symptom-based approach, you have a narrow viewpoint that limits your ability to treat the whole body. If you don't fix the underlying issue, while the symptom may temporarily get better the problem won't actually go away.

Syncing up what we know with science and intuition, we've been able to evolve our bodywork to take things to the next level.



*Thank you!*



# OUR SERVICES

## BODYWORK

The latest and most evolved therapy, our bodywork is a deep tissue pressure point therapy that integrates the best parts of both massage and physical therapy. Check out our signature treatment [Holistic Posture Therapy](#) for a holistic approach to healing.

## STRENGTH

Our signature training program works with your body's natural movement pattern to train without triggering pain. It focuses on strengthening areas of the body that have a large job duty to support your body's structure but usually get neglected in traditional training regimes.

## RECOVERY


Our private recovery room is a combination of modalities that systematically helps your body heal itself. Take advantage of our full-spectrum infrared sauna, commercial-grade cold plunge, and medical-grade compression boots to help your body heal.



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