

Art: Welcome everyone. Welcome back to the Successful Aging Academy podcast. I've got a great guest for you today. I'm really excited to introduce Dan Ritchie. I've known Dan for quite a number of years now. Dan is the president and co-founder of the Functional Aging Institute. They are ... Certified trainers actually and up to ... Dan, I think you said 18 different countries now specifically to work with an older population. Dan also has his PhD from Purdue University. But Dan, welcome aboard and it's great to have you.

Dan Ritchie: Well thanks a lot. Yeah, I love being here.

Art: Great. Great. So let's talk about ... I wanna dive right into this. You used some terminology recently on a conversation we had, which I like, and I'm probably going to blatantly steal. I love the term 'cause it applies to anyone who is gonna be listening to this podcast. You talk about functional aging trajectory and I love that term 'cause really you get the good visual there of where you're heading across the horizon as it were. But can you tell us a little bit how you come up with that and some of the ways that people need to be thinking about their trajectory?

Dan Ritchie: Yeah. So the functional aging trajectory is not something we came up with. It came out actually in the late 90s at a world congress aging event and basically it's something we all know. Right? I mean we're all born, we physiologically mature. There's some debate as to what age that is, right? Is it 18? Is it 25, 35, right?. In some sports it's definitely later and some sports, it's earlier. Right? You and I unfortunately have agreed that we're past our peak.

Art: Yeah, sadly.

Dan Ritchie: On the downward slope of that physiological trajectory. And so what we look at is but what's the trajectory after our physiological needs, right? Our 30s, 40s, 50s, as we begin to decline and our health starts to change. Are we on a trajectory that's going to take us into our 80s, 90s, even 100s, still above a disability threshold, still above a functional limitation? Or are we going to be on a trajectory that plunges us into early disability and plunges us into a life of dependent living? And so there's quite a bit of diversity as we see people age, right? Why is it that some people age really, really well into their 90s and are still doing crazy things like water skiing and wakeboarding and their 90s, and other people are in a nursing home in the early 80s? And so we look at that and say well, what does the science show us? What does the research show us? What does the evidence show us is the huge difference between these people. The vast majority of it is lifestyle. We realized that 90 doesn't mean you have to be frail, right?

Art: Yeah.

Dan Ritchie: Like You can be frail at 65 years old. And so we realized that the difference in this path of trajectories has a number of reasons. Right? Some of it is illness,

some of it is chronic conditions and a lot of it is lifestyle and choices. Right? Our choice every day in terms of how much we move and what food we put in our bodies and how much we sleep and how we deal with stress and our environment and our relationships and just so many factors that impact what are remaining years look like. Right? And in fact, when you look at the chart, it's interesting. People in their 50s and 60s are still way, way up there on their functional ability.

Art: Right.

Dan Ritchie: Sure, they're not their peak anymore. Right? But I mean we still see this in sports, right? And we're always amazed when someone in their 50s does something, right? In certain sports like tennis and golf and some of the sports that aren't quite as physically punishing, we see people in their late 30s and their 40s or 50s sometimes competing and surprising us because guess what? In our 40s and 50s, we're still at a really, really high functional capacity. And so it's just an interesting chart that usually makes people realize, "Aha. There's a lot of choices that I make in my 30s, my 40s, my 50s that impact my next three, four or five decades." And so we just want people to be thinking about that.

Art: Right. And that's something I say often is that the choices we're making now are lifestyle choices for decades from now, and that's what people ... people sometimes of course don't make that connection saying, "This pattern that I'm doing that I know is maybe a negative pattern. Well it's got longterm repercussions." And then ... So once they realize that, then they can realize that it is these choices. It's not as we said, the chronological age that means that much, it just doesn't. I mean, around this area, I'm in north of Boston and of course in this area, the big news is, Tom Brady continuing to play at an elite level certainly is astounding ... People would argue whether it's as good as he's ever been, but he's certainly right there and that trajectory, he's an example of somebody who's taken that trajectory under his control, which is another concept that people don't think ... people think that aging just happens to them right, and this is ... that they have not so much influence over that. So I like really putting it ... What you're doing in your work that you do, puts it back ... really puts it back on the individual to make those choices and not accept all of this decline and frailty as you say as inevitable.

Dan Ritchie: Yeah, yeah, absolutely. Yeah. You're totally right. So much of it is under our control. Now there are some things that aren't. Right? I mean we get injured playing a sport right, or we were in a car accident, right? Or we get cancer. I mean there are things that come along in life that are road bumps. Right? I mean, it's sort of like, "I didn't expect it to my ACL when I was 35 years old."

Art: Exactly.

Dan Ritchie: But how do we respond to those things, right? I mean we can bounce back from those things. We can train, we can recover, we can rehab and say, "I'm gonna be the best version I can be." Or we can go the other way, right? We can say, "Oh

well, I'm in my 40s or 50s. So there's nothing I can do, right? I'm not gonna recover from this car accident or this injury.", or whatever it happens to be. And when that happens, we make a significant change in our trajectory. Right? We basically say ... and you hear people say this all the time, "Well, I'm such and such age, so therefore I can't expect to be able to do a certain thing." And they bought into a mindset of a different trajectory of aging and I just say-

Art: Yeah.

Dan Ritchie: That none of that's true. You've, you've bought some concept of what it's like to grow that isn't true, isn't based on science and you can bounce back from all sorts of things. And so we have to make sure ... We just have to make sure we're really thinking about how can we live our best years. Right?

Art: Yeah.

Dan Ritchie: Whether it's our 50s, 60s, 70s or 80s, each and every decade can be tremendous.

Art: And that aspect that you touched on there is so important, that resiliency. You said some people have it innately, some people can learn it though. People don't think that that's just the way I am. It's like, no, you can learn to be more resilient when these issues come up. I mean, a lot of people know my story. I've told it to you where I just last year, just over a year ago, ruptured both quad tendons at 56 years old and it was really traumatic. I mean it was a major surgery. I had to be in front of surgeon, one on each knee. I did both quads at the same time. I had a surgeon on each knee within 15 hours of the incident because tendons will contract as some people may or may not know. You have to get on them right away. It's not like a ligament which will kind of stay in place for ages.

But anyway, the ability to come back from that ... Now fortunately because of my background in the field that I'm in, had enough knowledge to put a program together and stay on it and realize the consistency required to bounce back. But a lot of people, you're right. That would be an event where like, "Oh gosh, no. That kinda ... I guess that's gonna happen and what do I do now?" And they kind of ... You see these people every day who just ... they give up. They've accepted a certain trajectory and a certain state of health and they just kinda go with it. And I'm like well that's

Dan Ritchie: Yeah.

Art: It's so go against ... that what we're trying to do here with the Functional Aging Institute, with Successful Aging Academy is really ... That attitude is the antithesis of what we're talking about.

Dan Ritchie: Yeah, absolutely. I'll share a story with you. I had a gal come in, who was 72, 73, early 70s, and she had already given up on the idea of going to the Galapagos Islands, right? Like, "It's too late for me. I'm not going to be able to do that." And I looked right at her and I knew she knew Joanne, which was really helpful. I said, "Well, I know you know Joanne, and I know you know we trained her to go to the Galapagos Islands. And she was 80 when she went and I know you know that she has Parkinson's disease." Right?

Art: Wow.

Dan Ritchie: And the look on her face, I mean it was literally ... It was sort of like I had slapped her upside the head and she had this almost like seven year old kid's excited look on her face like, "You mean you think I can still do it?" And I was like, "I don't think you can do it. I know you can do it. I've done it with other people much older than you with Parkinson's disease. Right? Like you absolutely can do it. Right?" And so it totally changed her outlook. Right? I mean immediately she was like, "Well, so if this is possible, what do I need to do?" Right? I said, "Well you need to do all the things that we did with Joanne. Right? We will train you. You don't have to be that functionally fit to go to the Galapagos Islands. You have to be able to hike like a mile. Right? I mean, it's not even that robust."

And so pretty quickly I completely flipped her mindset to I'm too old to do what I had hoped to do to you're too old, right? Like your age number is not the issue, right? You just have to get trained and ready and prepped to do it. You can absolutely do it and so we can absolutely flip our thinking. Sometimes we just need some to wake us up and make us realize, "Well there's lots of things I can still do, lots of adventures still to come."

Art: Absolutely.

Dan Ritchie: "I just have to prepare my body to do it."

Art: Yeah, absolutely. And what's important, I think to distinguish there is 'cause she had ... Like you said, that's a great story, I mean people just accepting one mindset over another. And you mentioned something earlier that I wanted to get a clarification out to people. You talked about like a disability threshold. Before we launch into any other stories, is what does that mean briefly, a disability threshold?

Dan Ritchie: Yeah. So as we see people age, people begin to cross different disability thresholds. Now there are thresholds for so many different things and when we do disability inventories with people, it's things like, "Art, do you have trouble opening a heavy door?" Right? Or can you open jars?

Art: Right.

Dan Ritchie: Do have trouble putting stuff up on a shelf? Can you climb stairs?

Art: Stairs, yep.

Dan Ritchie: Can you climb stairs without a railing? Can you climb stairs carrying something? Right? I mean different levels of tasks, right? Can you get down on the floor? Right? Some people can't get down on the floor and then of course the tricky one, can you get up from the floor? Right? How much trouble do you have getting out of a chair, in and out of a car? Right? Mowing the lawn, raking the lawn. I mean you can list 100 different activities, right?

Art: Sure.

Dan Ritchie: And then you ask people how much difficult do they have doing this. Right? And so people start to cross certain disability thresholds, right? Like, "Well I can climb stairs but I have to have a railing for at least one hand." Right? Or "I can climb stairs but I really need two railings to hold onto." Right? Or "I can climb stairs, but only if it's six steps at a time." Right? And so we start to see different thresholds pass. Right? And so we're just looking for markers of have you passed any of these disability thresholds. Even things like can you walk a block? Right? Can you walk a mile?

Art: Sure.

Dan Ritchie: Can you ... There are so many different tasks than we could list. Some of them are ... get real simple to real basic tasks when you start to realize that somebody's crossed the threshold of dressing themselves right, of going to the bathroom themselves, of bathing themselves. Now they're really getting into dependent living where they need someone to help them. But a lot of tasks that we don't think a whole lot about like, "well yeah. I can't go up and downstairs carrying something." Right? That's a disability threshold, right? We should go up and downstairs carrying stuff. Right? "How do you take your laundry up and downstairs?"

Art: Right.

Dan Ritchie: "I can't. I had to move the laundry room or I had to move out of my home into a single story home because I couldn't go up and downstairs carrying stuff." Right? So that's a disability threshold.

Art: Gotcha. Yeah. And we'll talk about ... In a minute here, we'll talk about what categories those little disability threshold puts you in and you've elaborated on that ... those categories. And just so everyone knows, I've used a lot of your material in ... and when I was teaching at UMass Lowell, teaching physical therapy students how to design programs and we would talk about an aging population. I used a lot of your materials to try to explain to people what these categories are and we're gonna jump into those categories in a minute. But you

mentioned the last time we spoke a great story. It was really phenomenal that people are going to be able to connect with 'cause this gentleman is known the world over. And could you tell me and tell us the Nelson Mandela story?

Dan Ritchie: Yeah, absolutely. So it's from ... There are several different biographies on him, but I take this story from Every Body Matters by Gary Thomas. And I love the story because when we think of a man who basically has his 40s, 50s, and 60s taken from him through incarceration, and I think most of us would agree, incarceration that was not deserved. But you live in-

Art: Oh, of course yeah.

Dan Ritchie: South Africa and I think most of us know that his incarceration didn't include a weight room, there was no rec time. Like he might've had some physical labor that he was required to do, but these were not good prison conditions and I'm sure even his food was probably not adequate. And so if ... I mean let's be honest, if you were to do this to me at my age and say, "Hey, Dan Ritchie, good luck. We'll see you when you're 72.", I really don't think we would expect that much out of me. Right? In fact-

Art: It would be devastating.

Dan Ritchie: Yeah. I think you would expect most people to give up. Right? If not, have their spirit broken for sure, not come out of prison at 72 ready to lead their nation. And so in fact, when you think about it, he comes out of prison at 72, spending most of his adult life in prison, he should have been beyond some disability thresholds. Right? He should've been frail. He should've been weak. He should have been to the point where he's like, "Well, you know what? I'm glad they let me out to live my last 10 years under a free South Africa.", but not to have any energy left. But he doesn't come out that way. Right? He comes out vigorous, he comes out strong. He comes out ready to transform the world, becomes president of South Africa at the age of 75 or 76-

Art: Yeah.

Dan Ritchie: Which is just daunting. Right? Then goes on to win the Nobel Peace Prize, lives to 95 years old. But he just had his 100th birthday a few weeks ago, but the reality is none of that would've happened if he had not been exercising in prison. Right? If he had given up, if he had had the mindset of, "Well, my life has been taken from me. I'm never gonna have an opportunity.", he didn't have that mindset. In fact, there is some co-inmates who said he drove us nuts. Right? That they basically driven nuts by him running in place and running laps in their small cell together. When he was in large enough cells with other inmates, he would do pushups and sit ups, run in place, run laps in his cell. He kept himself ready so if he ever did get an opportunity, he'd be physically able. And so the takeaway from that story, I know most people listening are like, "Well, I'm never gonna be a Nobel Peace Prize winner. I'm not going to become president of my

country." I get that. Right? But the takeaway is what opportunity might be coming to you in your 70s or 80s that you have no idea is coming and what are you doing today to make sure you're still looking to be ready for it? Right?

Art: Exactly.

Dan Ritchie: We have no idea what opportunity might come our way 10, 15, 20 years from now, and if we're not doing things to take care of our physical ability, our energy, our vitality, we'll never ever see those opportunities come to fruition. And so Mandela was just a great example of someone who had every opportunity taken away from him, but when he finally had opportunity in his 70s, he made the most of it.

Art: It just really is a great story because not only did he come out physically able to be viewed as robust and viewed as, "Is this man capable of leading our nation?" Yes. He certainly looks vigorous, but he kept his mind sharp. He didn't come out as defeated, frail. "Well, this man's not a leader. We can't put our trust in him." No, just the opposite. He was motivational and inspiring and just the complete opposite of what you would expect for anyone who had been through what he had been through. So he came out ready and ready for an opportunity that he never knew was gonna come. There was no guarantee of that. Of course, there was no guarantee he was ever going to get out. But when he did, he was ready. It's just a phenomenal story.

Dan Ritchie: Yeah. Yeah. And that's one of the big takeaways, right? Is will you be ready? You know, my ... It's not that far from home for me because my grandmother at 80 years old decided to go to Pakistan to teach Afghan refugee women that were coming across the border in droves, decided to sign up to teach English as a second language. Right?

Art: Wow.

Dan Ritchie: 81, 82 years old. Right? Now she's never gonna win a Nobel peace prize, nobody's ever gonna recognize her for that sort of service or any of those sorts of things. But it just makes me realize like people can do all sorts of wild and crazy things in their 70s, 80s, even 90s, but they have to be physically ready and physically able.

Art: Exactly. Exactly. So let's talk about that, it's great transition. How do you know where you stand? Maybe all of us know what we're capable of, I certainly ... You and I certainly can't do the things that we were able to do even a decade ago or previous. So coming from a sports background, that ship has sailed. We all know that, you said at the beginning. But where we compare to what we should be able to do is a very distinctive, very well researched type of scale. Can you talk to me about that functional scale that you've written so much about?

Dan Ritchie: Well, it's certainly gonna vary for people. Right? But when we look at really functional fitness assessments, it changes with every decade. Right? What I expect a 50 year old to do versus a 60 year old versus a 70 year old does change. Right? But we're really ... we're looking for can people still ... For our perspective, we get down to what is it that you need to do, like to do and want to do, Art. Right? And so we say on that scale right, is Art able to do all the things he enjoys doing? Right? And so when we look at sort of the hierarchy of what we call physical function right, not everyone wants to be an elite athlete later in life. Right? Now Art, you might be the exception to that, right? You might wanna still compete later in life and things like the National Senior Games might interest you. If you say, "Hey, I'm gonna take these two torn patellar quad tendons and see what they can do." Right?

Art: Right.

Dan Ritchie: And you're gonna get out there and compete, and there are elite athletes, right? The vast majority of us that were like, "You know what? Those days are behind me. I don't need the elite athlete, but I do want the fully fit." Right? And so-

Art: Right. So that's level ... So you have elite and then you have fully fit.

Dan Ritchie: Yeah. The fully fit is really where most people really would strive to be. These are people that they can go water skiing, then go downhill skiing and they can play tennis and do horseback riding, pretty much anything. Right? Like you Art, you wanna go do what ... Sure, let's go do it. Right? There's really not a limit to what they can do. Now some people, they're not even that quite motivated, right? They're like, "I don't wanna water ski or downhill ski." Right? "I just wanna be able to play with my grandkids and go to the park and hike, and maybe play tennis or golf." Right? So they are in that what we call semi fit category. Right? Like they can do most activities. Right? But you're probably not gonna see them enter a triathlon or a marathon or anything like that. Right? They're like, "No, I'm not gonna do anything crazy." Right?

Art: Sure.

Dan Ritchie: Like, "But I can go out and play tennis or golf or things like that." So we've got the elite athlete, which really is a very small percentage, the fully fit, the semi fit, and then we get into what we call the independent categories and there's really a couple of categories of independence if we even think about people that are independent. It's sort of like we have a real high level of independent people, right? Like they have no trouble doing pretty much anything. Right? They can climb stairs, they can carry stuff up and downstairs, they can throw their grandchild over their shoulder, but they're not really in that fit category. Right?

Art: Yeah.

Dan Ritchie: They're not regular exercisers, they're probably not ready to go out and play tennis, but they're totally independent. And then we have the light independent and these are people we tend to depict doing things like cooking at home. Right? So they're certainly cooking and cleaning for themselves. They can do all their activities of basic living. They might start to have trouble carrying laundry up and down stairs. Right? They're not as robust, independent. They're certainly not carrying their grandchildren around. They probably would have some trouble getting up and down from the floor, but they're totally independent. Right? Like they don't need help from anyone.

Art: Right. Right.

Dan Ritchie: They're not even ... Like you and I would never see them and go, "Gee, that person looks like they're a little frail." But we'd never think that, right? I mean they're, they're totally independent. They're having everyone over for Thanksgiving and they're cooking the meal. Right?

Art: Okay. Yeah.

Dan Ritchie: So then we move from that category to what we call pre-frail and these are the people we're absolutely seeing have crossed several disability thresholds. Right? Going up and downstairs, big challenge. Taking a walk for more than a quarter of a mile, big challenge. Getting in and out of a chair, big challenge. Might need a cane. Right? I mean, you're definitely like, "Boy, this person's really starting to struggle." In fact, these tend to be the people that we're having the conversations with like "Mom, dad, is it time to consider moving out of your home?" Or "We're kind of worried about you. You might fall at home." They may have fallen recently. Right? And so we've shifted a long ways from the fully fit and semi fit. We're way, way, way down the chain from independent, right? And then from pre-frail we move right into frail and then to dependent. So the frail, I mean this is the person that's obviously using a cane or a walker, they're definitely a fall risk. They probably have fallen within the last six months, probably have osteoporosis, all the markers of frailty. And if they don't do something pretty quickly, their physical decline is going to be significant to the point which they may be in their last couple of years of quality of life.

Now some people will live in frail and dependent for years, which is really the downside of growing old poorly, is that we have this long span of morbidity where we're very weak, we're very limited in our abilities and we're very dependent, and we can live that way for many years. And then of course, dependent are people that have moved to a level where they have to have help, right? Whether that's in their home or in a nursing home, they literally have so many activities of daily living they cannot do on their own. Right? Like they probably can't cook for themselves, they can't clean for themselves. They might even need help dressing themselves. They're very dependent, which of course is, is really not a stage that any of us wanna move-

Art: Right.

Dan Ritchie: Move to, and the reality is we don't really have to move to any of those last three. In fact, really the goal is for people to live really, really well and die in the independent state. Right? Still fully independent, right? That we don't have to. And I think sometimes people think, "Well, when I ..." And I run into trainers all the time and they think, "Well, I thought growing old meant you had to become pretty frail and dependent." Right? You don't have to. Right? I mean, people live into their 90s and even hundreds completely independent and then they just die. Right? Their life just ends.

Art: Right.

Dan Ritchie: Or they might experience what we call a really compressed morbidity. Right? They're sick for maybe two to three weeks, right?

Art: Sure.

Dan Ritchie: Howard was an excellent client of mine in the independent category. I wouldn't have really called him suddenly fit anymore even though ... You would have loved this guy, Art. He was the strongest 95 year old [crosstalk 00:25:43].

Art: That's awesome.

Dan Ritchie: So strong, right? Of course he didn't think he was strong. Right? He's like, "I'm nothing compared to what I was 40 years ago." And I'm like, "Yeah, but for 95 you're just ..." He was stronger than most of our 60 year olds.

Art: That's phenomenal.

Dan Ritchie: He was totally independent, came in, trained a couple times a week and one week he didn't show up and I was like, "What the heck? He's never missed, never without calling." So I call his wife Dee Dee and I'm like, "Hey, where's Howard?" She's like, "Oh, he got pneumonia last weekend and he's been down and he's in the hospital for a couple days." I'm like, "Okay." Called back a couple of days later, he died.

Art: Wow. Geez.

Dan Ritchie: I was like, "What?" Compressed morbidity, right?

Art: Yeah.

Dan Ritchie: He was totally independent, seven days later he was gone. Right?

Art: Wow.

Dan Ritchie: At 95 years old and that's really what we want when we look at the functional aging trajectory. We think about how can I stay independent for the rest of my

life and never cross disability thresholds and then I just die. Right? I don't have to spend years dependent, frail, weak, having other people take care of me. And that's really the goal.

Art: I think that's a ... that last bit there was probably a revelation to people, is that they don't have to necessarily pass through those stages on the way down. That maintaining that independent is a great goal for that ... the over 80 over 85 crowd if you will, that they say, "You know what? Why not? Why do I have to accept this pre-frail, frail, dependent path along the way?" I mean, great stuff Dan and obviously you've got this down to a fine point in what you do and what the service that you provide. I mean, you actually still run a facility where people come in still now at this age and work with you directly. Is that still the case?

Dan Ritchie: Yeah. Miracles Fitness here in Lafayette, Indiana, just five minutes from Purdue University. We have about 240 training clients and we've trained over 2,000 people now in the last 11 years. So it's been a lot of fun.

Art: That's great.

Dan Ritchie: I don't directly trained clients anymore, but I have six full time functional aging specialists that train our clients Monday through Saturday and we still have just amazing stories of people doing stuff all around the world. The vast majority of our clients are our training for some next adventure. Right? Whether it's to go to Australia and climb the bridge at Sydney or it's to climb Mount Kilimanjaro with their daughter or who knows what it is they want to do it. Some of it's just as simple as, "I wanna take the grandkids to Disney World and wear them out instead of them wearing me out."

Art: Right.

Dan Ritchie: It's all over the place, but it's a lot of fun.

Art: That's great. That's fantastic and a lot of this is ... I'm sure your approach is summarized, you have a book that covers all of this. Can you tell people if they want to find out more about you and your approach, where do they track that down?

Dan Ritchie: Yeah. So, is that something you're gonna be able to put in the show notes so they can get the link 'cause I don't want to have to try to give people the link here.

Art: Absolutely. Now ... Yeah, I'm gonna put that just so the folks listening ... They will be in a text version. The transcripts of this show will be the link to the book, so you'll have access to it. Well what's the name of the book?

Dan Ritchie: Well, we actually have two books that I'd love to reference. So we have a free ebook called 'The Big Book of Functional Exercises', which is why I said you're gonna have to put the link in the show notes 'cause the link's too crazy.

Art: Sure.

Dan Ritchie: And that's a free ebook and one of the things I love about it Art, is we have fitness models if you want to call them models in their 30s, 40s, 50s, 70s, and 80s. I don't know how we missed the 60s there. So we tried to hit every decade. We tried to show like look, people in their 30s can do these things, but hey people their 80s can do these things, and look what this guy in his late 70s can do. And we show all sorts of different functional exercises and when you see them you're like ... some of them you're like, "That's an exercise?" And it's like, "Yeah. It's called a good old fashioned get up." Right? I mean literally he's laying down on the floor and it gets up, right? And then we show him do it with a dumbbell in his hand. Right? And we just show different levels of getting out of a chair and getting out of a chair with a weighted object, climbing stairs and climbing stairs with a weighted object.

So free ebook, really simple resource. And then the other one is actually our best selling book on Amazon called 'Never Grow Old'. People can find that on Amazon if they just type in Never Grow Old. That's-

Art: Perfect.

Dan Ritchie: Me and Cody as well and we've sold several thousand of those. I don't even know how many these days, but that's a really nice book that's got pictures in it if you're someone that likes a physical book in your hands. It's a really nice resource and quite affordable on Amazon. I think it's like 12 bucks or something.

Art: Awesome. Yeah, I'm definitely in that old school group that likes to have a physical book in my hand to read and reference.

Dan Ritchie: Right.

Art: But-

Dan Ritchie: [inaudible 00:30:44]. I hear you.

Art: Yeah and I think most of the people listening to this podcast would fall into that category. Well, Dan, I wanna wrap it up and I wanna thank you very much for your time. I mean some great insights. I hope this gave some people plenty to think about, especially what trajectory they're on, that it's under their control, what category maybe they fall into and things to look for. All those things, really invaluable. I really appreciate that.

Dan Ritchie:

Yeah, absolutely. I love this stuff. This is an absolute passion of ours and I always tell people when you have to ... You have to really start changing your mindset into every day is a gift and there's always a new adventure somewhere down the road. I don't know if it's three months from now or three years from now. But because of that you got to be doing stuff to take care of your physical health.

Art:

Absolutely, absolutely. Invaluable. All right. Dan Ritchie from the Functional Aging Institute. Dr. Dan Ritchie, I definitely appreciate your time and insights and we look forward to catching up to you soon. Thanks everyone, have a great one.