

THE SCIENCE OF AGING GRACEFULLY

Explore More

Participant Resource Guide | Weeks 1-3

How to use this guide

These resources are optional. Choose what interests you most. Watch a short TED Talk, listen to a podcast during a walk or drive, read an article, or explore a book in more depth.

Resource titles are active links. Click an underlined title to open it.

WEEK 1: What Is Aging, Really?

Aging, biological age, individual variability, longevity, well-being, and challenging assumptions about later life.

BOOKS

- **SUZANNE'S PICK** [Successful Aging - Daniel J. Levitin](#)
A broad, accessible tour of aging, brain health, relationships, personality, and the enormous variability in how people grow older.
- [The Age-Proof Brain - Marc Milstein](#)
A practical overview of memory, brain health, sleep, immunity, and everyday behaviors associated with healthy aging.

LISTEN

- **SUZANNE'S PICK** [Hidden Brain: The Best Years of Your Life](#)
Psychologist Laura Carstensen discusses research showing that aging is not only about decline; priorities, emotions, and well-being can shift in meaningful ways.

- **Hidden Brain: Relationships 2.0 - An Antidote to Loneliness**

A conversation with Vivek Murthy about social connection, loneliness, and why relationships matter for physical and mental health.

WATCH

- **Gary Small: The Formula for Successful Aging**

A TEDx talk translating research on lifestyle, memory, and cognitive health into practical strategies.

READ

- **NPR: 7 habits to live a healthier life, inspired by the world's longest-lived communities**

A readable look at patterns common in long-lived communities, including movement, food, purpose, and social connection. Best viewed as food for thought rather than a single formula for longevity.

- **National Institute on Aging: Brain Health**

A reliable starting point for understanding age-related brain changes and evidence-informed ways to support cognitive health.

WEEK 2: The Brain at Every Age

Memory, attention, processing speed, neuroplasticity, sleep, normal cognitive change, and lifelong brain health.

BOOKS

- **SUZANNE'S PICK** **Why We Sleep - Matthew Walker**

An engaging introduction to sleep science and its relationship to memory, learning, physical health, and brain function.

- **The Age-Proof Brain - Marc Milstein**

A participant-friendly discussion of memory, dementia risk, sleep, immunity, and habits that support brain health.

LISTEN

- **SUZANNE'S PICK** [Hidden Brain: Are Your Memories Real?](#)

Memory researcher Elizabeth Loftus explains why memory is reconstructive, how memories can change, and why confidence is not the same thing as accuracy.

- [Huberman Lab: How to Use Exercise to Improve Your Brain's Health, Longevity & Performance](#)

A much more technical deep dive into exercise, neuroplasticity, BDNF, brain blood flow, and training approaches. Best for participants who enjoy mechanisms and detail.

WATCH

- **SUZANNE'S PICK** [Wendy Suzuki: The Brain-Changing Benefits of Exercise](#)

A concise and energetic explanation of how physical activity can affect mood, memory, and long-term brain health.

- [Matt Walker: Sleep Is Your Superpower](#)

A popular overview of sleep's role in learning, memory, immune function, and overall health.

READ

- [National Institute on Aging: Cognitive Health and Older Adults](#)

Practical, evidence-informed guidance on medications, sensory health, sleep, physical activity, and other factors related to cognitive health.

- [National Institute on Aging: Sleep and Older Adults](#)

Explains how sleep changes with age, why sleep matters for memory and daytime function, and strategies that may improve sleep.

WEEK 3: Bones, Muscles, and Movement

Bone remodeling, loading, sarcopenia, strength, balance, mobility, fall prevention, and adapting movement for real life.

BOOKS

- **SUZANNE'S PICK** [Built to Move - Kelly Starrett & Juliet Starrett](#)
A highly practical guide to maintaining mobility and physical capacity through habits that fit everyday life.
- [I Know I Should Exercise, But... - Diana Hill & Katy Bowman](#)
An approachable look at common barriers to movement and realistic ways to make activity easier to sustain.

LISTEN

- [The Peter Attia Drive: Exercise for Aging People - Where to Begin and How to Minimize Risk](#)
A long-form discussion of strength, aerobic capacity, falls, balance, bone density, protein, and how older or deconditioned adults can approach exercise progressively.

WATCH

- **SUZANNE'S PICK** [Keith Diaz: What Sitting All Day Does to Your Brain and Body](#)
A short TED Talk emphasizing that movement does not have to be a formal workout; small movement breaks across the day can matter.

READ

- [NPR: Strength training boosts longevity, mood and metabolism as it builds muscle](#)
A participant-friendly article on resistance training, muscle health, joint support, and the importance of maintaining strength with age.

- **NPR: Muscle memory can help you regain lost strength after a break from lifting**

A useful complement to our discussion of muscle adaptation, showing why prior strength training may make it easier to regain strength after time away.

- **CDC: What Counts as Physical Activity for Older Adults?**

Examples of aerobic, muscle-strengthening, balance, and multicomponent activities, including walking, resistance work, yoga, tai chi, gardening, and more.

- **National Institute on Aging: Falls and Fractures in Older Adults**

Connects strength, balance, vision, medications, sleep, footwear, home design, and assistive devices to fall prevention and independence.

A health note: Educational resources can support informed choices, but they are not a substitute for individualized medical advice. Discuss major changes in exercise, sleep, medication, or health routines with an appropriate health professional.