

"Dr. Plasker ensures that your best years are yet to come!"

Barbara De Angelis, Ph.D., #1 New York Times bestselling author, *How Did I Get Here?*

The 100 Year Lifestyle™

**DR. ERIC PLASKER'S
BREAKTHROUGH SOLUTION
FOR LIVING YOUR BEST LIFE—
EVERY DAY OF YOUR LIFE!**

Create an everlasting network of friends and family
Build a prosperous financial framework
Enhance health, vitality, and quality of life
Get ready for your next big thing!

ERIC PLASKER, D.C., Internationally Acclaimed Wellness Expert

About the Book

Centenarians are one of the world's fastest growing segments of the population, and people are far more likely to reach this milestone today than ever before. During the past 40 years, the number of centenarians increased nearly tenfold. Anyone who is 40 years old today could live to be 100 years old—and their grandchildren even longer than that.

Based on wellness guru Dr. Eric Plasker's bestselling wellness system, *The 100-Year Lifestyle* reveals the secret to making the most of this extended lifespan and living it to the fullest. This revolutionary book is the answer to embracing this journey without fear and completing it with excellence.

Dr. Plasker's breakthrough solutions in *The 100-Year Lifestyle* enable people to make the most of their remaining years through a unique, total-life program that addresses health, diet, nutrition, exercise, mental agility, creativity, finances, friends and family, work, community, and achieving a sense of purpose. Dr. Plasker's plan offers the mindset, tools, and strategies to enjoy the highest quality of life as we age in years—without aging in body and mind. Readers can even customize a new 100-Year Lifestyle to address their own specific needs.

Dr. Plasker's book gives us valuable foresight about aging that our parents and grandparents never received. Many of the world's 450,000 centenarians grew up during eras of poor healthcare and were blindsided by their longevity, often now living with physical, financial, emotional, and spiritual difficulties. Dr. Plasker seeks to raise awareness that we are more responsible for our aging fate than our genes are. According to a study by the John D. and Catherine T. MacArthur Foundation, only 30 percent of aging is based on genetic heritage while 70 percent is attributed to lifestyle choices.

Inspirational accounts of real people who broke destructive patterns and overcame adverse situations help readers grasp Dr. Plasker's theme of aiming for "progress over perfection." A contender of quick fixes, he argues that consistent change over a lifetime results in the long-term transformation necessary for an extended lifespan. This preventative, "non-crisis" approach helps to support the body to function at its maximum potential for optimum personal gain. *The 100-Year Lifestyle* shows readers how to not only survive, but also thrive into their second century, and learn to accept this gift of time—not with reluctance, but a sense of opportunity.

If you knew you'd live to be 100, how would you change your life?



About the Author

Eric Plasker, D.C., is a man on a mission. That mission: To help every man and woman in America live to realize “a long life, well-lived.” Fit and energetic, Dr. Plasker is a prime example of *The 100-Year Lifestyle* in action. He brings a wealth of talent, drive, and experience to his work, capitalizing on his roles as:

Wellness expert

A graduate of Life Chiropractic College and former owner of two highly successful family practices, Dr. Plasker is the founder of the Council on Family Wellness for the World Chiropractic Alliance.

Leader in the health care field

In just 5½ years, he has become one of the leading names in the \$8.2 billion per year chiropractic industry. Dr. Plasker is recognized as an innovative wellness expert by more than 60,000 chiropractors in the U.S. alone, who employ over 110,000 people and see an estimated 30 million patients per year. His columns and advertisements reach over 60,000 doctors 24 times per year.

With the launch of *The 100-Year Lifestyle*, he is expanding his message directly to the public and building relationships with the fitness industry, including Gold’s Gym (3 million customers), where he was just named as an exclusive member of their Fitness Institute; celebrity trainer, media personality, and Results Thru Research founder Doug Caporrino; along with the American Council on Exercise, to name a few. A master networker and relationship builder, Dr. Plasker vows to become the #1 salesperson for everything good for you, as he stands for people living their ideal 100-Year Lifestyle.

Health care entrepreneur

Since 2001, he’s sold more than a half-million copies of his health and wellness guides, audiotapes, CDs, DVDs, and related material, which have been distributed in more than 14 countries. Dr. Plasker’s wellness messages and products have reached nearly one million people around the world through his global network of doctors.

Media personality

Dr. Plasker is a mediagenic powerhouse. Featured on the Discovery Channel’s *Forever Young* and Connecting With Kids television network, he’s shared the stage with such luminaries as Dr. Barbara De Angelis, Dr. Wayne Dyer, Dr. Andrew Weil, and Dr. Deepak Chopra, to name a few.

Speaker

Dr. Plasker runs 11 workshops per year, and speaks on numerous other platforms, appearing before 15,000 health care professionals around the world each year. From February 15–June 18 and July 10–December 24, Dr. Plasker is on the road getting his message out about the 100-Year Lifestyle—at least 60 days a year.

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If you knew you’d live to be 100, how would you change your life?

Author Q&A

Q WHY DID YOU WRITE THE *100-YEAR LIFESTYLE*?

A People are more likely to become centenarians than ever before. Centenarians are the fastest-growing segment of the U.S. population. During the past 40 years, the number of centenarians increased nearly tenfold. While this truth encourages me in my work with clients, I am surprised by how many people express a reluctance to ride this road for fear they'll outlive their assets, experience declining health, or be a burden to their family. I wrote this book to confront their fears with smart breakthrough solutions.

Q WHO SHOULD READ THE *100-YEAR LIFESTYLE*?

A Anyone who might live to 100, and that's everyone! The truth is our bodies have the hardware to live to 100 years and beyond. Understanding and accepting this genetic opportunity will help us to express our unlimited life potential. There are now 450,000 centenarians living in the world. Anyone who is 40 years of age today could live to be 100 years old—and their grandchildren even longer than that.

Q WHAT IS THE *100-YEAR LIFESTYLE* MESSAGE AND WHY IS IT SO IMPORTANT?

A The *100-Year Lifestyle* strategies in my groundbreaking book will not only help readers embrace an extended lifespan, but teach them how to live life to the fullest. I want people to *live* their best possible legacy while they are still living, rather than leave it behind after they are gone. This book inspires people to accept this gift of extra time with gratitude not reluctance, and with a sense of opportunity. Readers will learn how to create a signature life plan to prepare themselves physically, financially, and emotionally to live a joyous life no matter their age every step of the way. *The 100-Year Lifestyle* provides the consciousness and tools for living an incredible life every day—for 100 years and beyond.

Q WHY ARE YOU DELIVERING THIS MESSAGE OF CHANGE?

A As a dedicated wellness expert, health care consultant, columnist, lecturer, and Doctor of Chiropractic, I have been a catalyst in helping people of all ages maximize the quality and quantity of their lives and was known as a "Change Master" by my colleagues and patients. Unwilling to compromise on my own quality of life as I age, I dedicated my career to teaching audiences around the world how to change their lives and embrace this new lease on longevity and minimize any of its ill effects.

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The 100-Year Lifestyle™ Assessment

Are you living the 100-year lifestyle? Find out by honestly answering the following questions about your current life.

	Never	1	2	3	4	Always
I am excited about the possibility of living to 100	1	2	3	4	5	
I have many goals that I would like to achieve over my extended life.....	1	2	3	4	5	
I am willing to make changes to improve my quality of life as I age	1	2	3	4	5	
I have youthful energy in spite of my age	1	2	3	4	5	
I enjoy a full night of restful sleep and feel energized each morning	1	2	3	4	5	
I can consciously shift my energy whenever I want to.....	1	2	3	4	5	
I am aware of the diseases in my family history.....	1	2	3	4	5	
I live a lifestyle that counteracts the diseases in my family history	1	2	3	4	5	
I am motivated by quality of life health goals rather than crisis management.....	1	2	3	4	5	
I feel good about my current health condition.....	1	2	3	4	5	
I exercise 4 to 5 times a week and am getting the results I want from my fitness routine	1	2	3	4	5	
I eat healthy foods and supplement my diet.....	1	2	3	4	5	
I visit health care providers proactively to stay healthy and avoid unnecessary health problems.....	1	2	3	4	5	
I live in a peaceful, stress-free home environment.....	1	2	3	4	5	
I work in an environment that nurtures my talents and where I feel appreciated	1	2	3	4	5	
My home and work environment reflect my inner feelings and voice	1	2	3	4	5	
I support myself through choices that I know are good for me.....	1	2	3	4	5	
I actively seek out opportunities and enjoy learning new things	1	2	3	4	5	
I am surrounded by supportive relationships at home and at work	1	2	3	4	5	
I have achieved the balance I am looking for	1	2	3	4	5	
I am able to separate work time from play time	1	2	3	4	5	
I have a clear picture of how I want to use my time during my extended life	1	2	3	4	5	
My current financial path can sustain me until I reach 100.....	1	2	3	4	5	
I am passionate about work and the way I earn money	1	2	3	4	5	
I am living within my means and saving money regularly.....	1	2	3	4	5	
I feel like my life has purpose and I am making a difference.....	1	2	3	4	5	
I am actively involved in my community.....	1	2	3	4	5	
I have a mentor and I use my leadership skills to mentor others	1	2	3	4	5	

Add all the circled numbers. This is your total score: _____

Refer to the back to see what your results mean.

If you knew you'd live to be 100, how would you change your life?

What Your Score Means

If your score was

0 to
35

Slam On The Brakes and Change Your Life.

You are either in denial, at the end of your ropes, or just don't care. At the rate you are going both your mind and your body are headed for trouble. You are taking years off your life and will be a financial burden to your children or society. It's not too late to turn things around. Keep reading and embrace the Three Life-Changing Principles of the 100-Year Lifestyle to make the remaining years of your life the best. Take the Lifestyle Leap and pay close attention to the Three Life-Changing Principles in Chapter 2!

If your score was

36 to
70

Stop Killing Yourself Slowly.

At the rate you are going you are headed for a deteriorating and depressing extended life. You have no vision, poor habits, and lack a sense of purpose. You are using crisis as the motivation to take action on the habits that you know are good for you, rather than embracing the quality of life you deserve. Stop compromising on yourself. You can simply, steadily, and easily make 100-Year Lifestyle changes to enjoy your longevity with the health, passion, and meaning to make it all worthwhile. Take the Lifestyle Leap and enjoy the youthful energy and enthusiasm that you will learn about in Chapters 3 and 4!

If your score was

71 to
105

Get Ready to Go from Good to Great.

You are probably on a roller coaster filled with ups and downs. You are enjoying your life, but you are out of balance with swings that go too far to the extreme. Some things are working well for you, while other areas of your life are out of control. Address the areas of the 100-Year Lifestyle that will impact your life the most and you will find that your life gets easier, your results go up, and you start having a lot more fun. You will add better health, financial security, peace of mind, and purpose to an already solid foundation. Take the Lifestyle Leap and discover how to attract new friends, find new passions, and achieve the balance you are looking for by embracing the ideas in Chapters 14, 15, 16, and 17!

If your score was

106 to
140

Enjoy a Sensational Century.

You are on your way. You are living your dreams while you plan for the future, both at the same time. You enjoy your work and feel like you can do it forever. The good news is that by following this plan, it won't be something you have to do, but something you can choose to do if you want to. You are in good health, you have goals to achieve, and a world of opportunity ahead of you. Embracing the 100-Year Lifestyle will ensure that you enjoy your legacy while you are alive, enjoy youthful energy and passion, and make the most of this precious gift called your life. Take the Lifestyle Leap by refining your life vision, having more fun than ever, and making your life matter by adopting the concepts in Chapters 17, 19, and 20!

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Live Long and Strong Exercise

If you knew you were going to live to 100, how would you change your life?

List the immediate changes that you know deep down in your heart that you need to make:

1. _____
2. _____
3. _____
4. _____
5. _____

What are the long-term and lasting changes you would make?

1. _____
2. _____
3. _____
4. _____
5. _____

Live Long and Strong Exercise

The 100-Year Lifestyle™ Fitness Assessment: Get Your ESS in Shape

ENDURANCE: Do at least 30 minutes of cardiovascular training three to four times a week. Exercise with a heart monitor and monitor your baseline. Get a personal trainer or other health professional to monitor your progress and get you started on the right track.

STRENGTH: Evaluate the strength of your major muscle groups, including your chest muscles, back muscles, arms, and legs. Set goals for building your strength in each of these areas and get a personal trainer or other health professional to get you started on the right track.

STRUCTURE: Measure your neck, chest, waist, hips, and thighs. Evaluate your posture and your weight balance. Set goals for your shape in each of these areas and get a personal trainer, chiropractor, or other health professional to start you on the right track.

- ▶ Get a 100-Year Lifestyle Fitness Assessment. Measure your current endurance, strength, and structure. Customize an exercise program for yourself and set goals. Keep yourself active, strong, and balanced as you age.

Live Long and Strong Exercise


Check off the statements below that apply to you.

MY ENERGY DRAINERS:

- Sugar
- Caffeine
- Not exercising
- Arguing with my spouse
- Stress
- Drama
- Interruptions
- Being overweight
- Overscheduling my day
- Saying yes when I mean no
- Overworking
- Not taking play time
- Taking abuse
- Worry
- Slouching
- Overanalyzing
- Trying to change other people
- Being a people pleaser
- Stressing out
- Mindless television
- Not having a purpose
- Not completing things that I start

MY ENERGY ENHANCERS:

- Speaking my truth
- Quality time with kids
- Being honest
- Following through
- Reading good books
- Keeping promises to myself
- Being grateful
- Prayer
- Eating healthy
- Taking my supplements
- Date night with spouse
- Quality time with friends
- Focusing on the positive
- Having faith
- Expressing gratitude
- Standing up for myself
- Staying on task
- Letting go of the things that are out of my control
- Taking action on my goals
- Making time to exercise
- Getting chiropractic care
- Good posture
- Massages
- Saving money
- Being involved in things I believe in
- Celebrating special occasions

-  On what types of activities do you spend most of your time? Do you tend to do things that fuel you? Or do you find that most of your time is spent on activities that deplete you? Your personal energy inventory is a reality check on where your energy is being distributed. I don't want you to perceive it as a list of problems, or a way to defend why things are the way they are. Instead, it is a way to raise your awareness about where all your energy is going and how to get it flowing back into your life.

Centenarian Fact Sheet

- Centenarians are the fastest-growing segment of the population in the United States. As of 2001, the U.S. Census reported 50,454 U.S. centenarians.
- During the past 40 years, the number of centenarians increased nearly tenfold. There are now 450,000 centenarians living in the world.
- One in 50 women and one in 200 men will live to be 100 years old.
- Frenchwoman Jeanne Calment, the oldest person ever documented, lived for 122 years until her death in 1997. She stayed active by fencing, cycling, and rapping.
- Only 30 percent of aging is based on genetic heritage while 70 percent is attributed to lifestyle choices, according to a study by the John D. and Catherine T. MacArthur Foundation.
- Aging is viewed by gerontologists as the breaking down of cells, tissues, and organs over time, much like a disease. They hope to actually “cure” people of aging someday. Currently, calorie manipulation is the only strategy known to extend life consistently in a variety of animal species.
- In 2003, the Centers for Disease Control and Prevention (CDC) reported a record high 77.2-year life expectancy for U.S. residents.
- The world’s oldest living person, as recognized by Guinness World Records in 2006, is 116-year-old American Elizabeth Bolden.
- The number of super-centenarians (people that live past 110 years old) drops to between 300 and 450 people worldwide, only 70 of which are validated claims.
- The average lifespan of women in almost all societies exceeds that of men. In Japan, for example, women’s average life expectancy is 85 and men’s average life expectancy is 75 years.
- Current retirees are more interested in an active life, including continuing to work, than their parents’ generation, according to studies reported in *The Wall Street Journal*.

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