

The **future of fitness** is here!

We bring together advanced technology, artificial intelligence, scientific algorithms, and “smart” exercise equipment to create a new approach to fitness with an easy user interface.

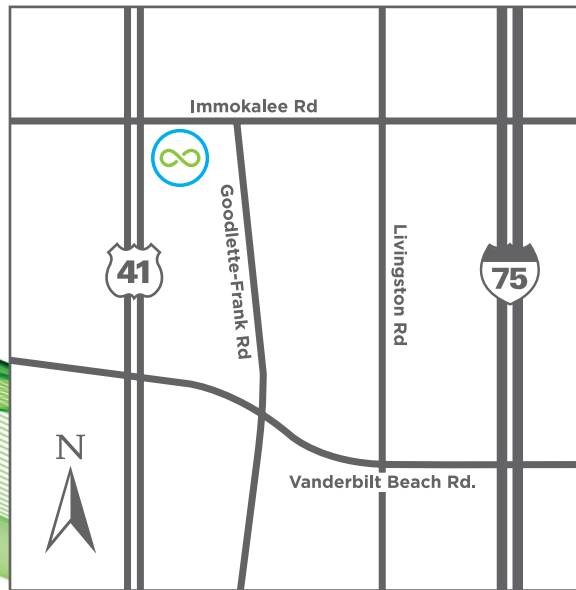


We use your own DNA to plan and monitor customized nutritional and exercise programs, believing that this state of enhanced vitality and peak personal performance will lead you to experience a healthier life.

Is there such a thing as a “fat gene?” Do you really have a “sweet tooth?” Could your metabolism be affecting your progress toward fitness? Why do your joints ache after a workout? There is solid scientific evidence that genetics play a major role in how our bodies respond to food and exercise.

Are you ready to make the rest of your life the best of your life?

Call us, stop in to see us, or visit us online.



LONGEVITY
PERFORMANCE CENTER

A fitness & nutritional plan based on **YOUR DNA** - *because there is only one you!*



LONGEVITY
PERFORMANCE CENTER

LONGEVITY Performance Center
1000 Immokalee Road, Suites 65 & 66
Naples, Florida 34110

 /LongevityPerformanceCenter



Smart gym equipment you can customize and results you can access anywhere, anytime!



Regular assessments using blood biomarkers to tell you just how healthy you are!

LongevityPerformanceCenter.com

LongevityPerformanceCenter.com

Customize Your Exercise

The fitness equipment at LONGEVITY may look familiar, but, trust us, you've never seen anything like this before!



Our fitness equipment uses cloud-based software to efficiently and securely track your workouts.

Just swipe your RFID bracelet at each station and that machine will retrieve your previous workout data, automatically program the chosen machine for your workout based on your pre-loaded fitness plan, and then give you instant feedback once you have completed your circuit.

You can even target your workout to a specific condition like diabetes, or a favorite sport like golf!

Synchronize your devices like Fitbit®, Runkeeper® and others, to track your performance anywhere, anytime.



*Access Your Results...
Anywhere, Anytime.*

Use your personalized app to connect with friends, compare results, and celebrate achievements.

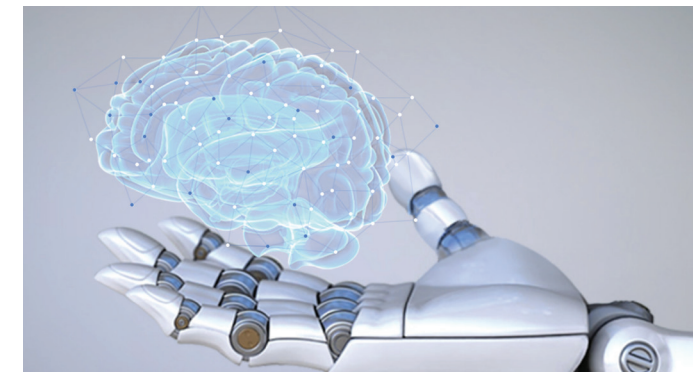


The circuit takes approximately 30 minutes to complete and gives you a balanced workout.



Build A Personalized Fitness Program On Your Own DNA

Did you know that 99.9% of your DNA code sequences are identical to those of every other person on earth? Just 0.1% varies between people! That difference is what makes us unique. Armed with that knowledge, we can create the optimum nutritional and exercise plan for your unique body. Your initial assessment includes the administration and analysis of two genetic profiles - fitness and nutrition - obtained through a simple cheek swab.



Use Artificial Intelligence To Make Smart Health Decisions

Aging naturally produces a set of biological processes which can be measured by biomarkers. These biomarkers have been recorded and can be used to analyze your blood to determine where you are, health-wise, in the natural progression of life. At LONGEVITY, we will use AI to analyze your blood biomarkers every six months. Our goal is to help you stay, or even reverse, those processes through your customized fitness and nutrition plan.