Greetings, Alumni College Students!

Reunion just concluded; it is always a special time to celebrate learning and friendship in this remarkable setting in Vermont. I hope that you are as excited as I am to gather at Bread Loaf this Labor Day weekend when we can immerse ourselves in the science of exercise and aging. There is so much to consider, it is challenging to decide what to focus on.

If you type the term “aging and exercise” into your favorite search engine, it will return dozens of books and podcasts as well as hundreds of articles in the popular and scientific literature. For our course, I ask you to read the book *Outlive: The Science & Art of Longevity*, by Peter Attia. Attia is a physician and podcaster with a strong media presence. I like his book because it is derived closely from laboratory and clinical studies. We will use it to frame the main themes of our course and refer to some of the research studies that have informed our understanding of exercise and aging.

We will be joined at Bread Loaf by Hilary Achauer ’95. Hilary is a freelance journalist and athlete who writes for the *New York Times* about fitness. She has also written for the *Washington Post*, *Slate*, and *Outside* online about health, wellness, and nutrition. Hilary will participate throughout and on Friday afternoon will lead a session on strength training and balance.

Here is a first pass at a schedule of topics for our course, but I am open to revisions, either before we meet or after we get started in person.

**Alumni College – The Science of Exercise and Aging**

**Session 1 Thursday, August 29**

**Personal Introductions. Overview of Longevity and Healthspan.** The five principles: genetics, nutrition, exercise, emotional health, and sleep. **Myth vs. Fact.** Attia introduces these topics in the first section of *Outlive*, Chapters 1–3.

**Session 2 Friday, August 30**

**Genetics and Metabolism.** How do our genetics affect lifespan, and how do metabolism and total energy expenditure change as we age? *Outlive*, Chapter 4.

**Session 3 Friday, August 30**

**Exercise: Physical and Mental Benefits.** This is at the heart (pun intended!) of the course. *Outlive*, Chapter 11; Chapter 12, pp. 235–251.

**Session 4 Friday, August 30**

**Strength and Balance (led by Hilary Achauer).**
**Strength**: The importance of strength training, especially as we age, and why it is never too late to start lifting weights. An introduction to progressive overload and different methods of increasing your strength.

**Balance**: The connection between balance and longevity and how to improve your balance throughout your life.  
*Outlive*, Chapter 12, pp. 252–262; Chapter 13.

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**Session 5 Saturday, August 31**  
**Nutrition**. What we eat, how much, and when. So much to toss (how about some salad?) around…  
*Outlive*, Chapters 14 and 15.

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**Session 6 Saturday, August 31**  
**Sleep and Mental Health**. The importance of sleep is underestimated, especially by college students. Quality sleep as we age can be elusive. *Outlive*, Chapter 16.

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**Session 7 Saturday, August 31**  
**Emotional Health, Longevity, and Healthspan**. We will revisit previous topics and discuss the longest longitudinal study of happiness. *Outlive*, Chapter 17.

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**Session 8 Sunday, September 1**  
**Consolidation and Planning**. An opportunity to summarize our learning and make individual plans and commit to healthy goals and experiences for the future.

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Throughout our four days together, we will discuss shorter readings (mostly newspaper and magazine pieces on the topic of the day) to supplement *Outlive*.

Most of our sessions will involve lecture/discussion with PowerPoint presentations that organize and emphasize the topic of the day. Undoubtedly, your questions and interests will determine where we go. There will be no shortage of things to discuss.

In the meantime, while you read *Outlive*, consider how what you learn will influence how you will live going forward. That is what our course is all about!

Be well, and Strength of the Hills to you,

Bob