



RICH SADIV

A Guide To Health Span

Redefining Midlife: Embracing Health and Fitness for a Richer Tomorrow

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SPECIAL POINTS OF INTEREST:

- The golden years should be your best years
- Health Span vs Life Span
- Overcoming obstacles
- I'm here to Guide you.

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Health Span – How to take control of your Golden Years.

As we grow older, our physical well-being significantly influences our enjoyment of life. Research highlights that a considerable part of our lives is affected by chronic diseases like heart and respiratory illnesses, diabetes, and cancer. Peter Attia, in "Outlive," terms the final decade of life as 'marginal,' but I assert that no phase of life should be diminished. Embracing aging with strength and grace can transform these years into a fulfilling and vibrant part of our journey, not a period to fear.

CHRONIC DISEASES IN AMERICA

6 in 10

Adults in the US have a chronic disease

4 in 10

Adults in the US have two or more



THE LEADING CAUSES OF DEATH AND DISABILITY



Health Span

Health Span refers to the period in one's life spent in robust health, free from chronic diseases or disabilities. This state is influenced by several controllable factors like environmental conditions, stress management, diet, and regular health screenings. Exercise plays a pivotal role in determining one's health span, and the type of exercise is key. This is where my expertise comes into play, helping you find the right balance and type of exercise to optimize your health span.

Let Me Be Your Guide

Over the past 18 years, I've dedicated my career to sports performance coaching, focusing on achieving tangible goals with athletes. Recently, my passion has shifted towards helping my peers, those in the 40-60 age group, to enhance their health span. This shift comes as I approach 60 myself, realizing the importance of health for enjoyment in life. With increasing age, physical health becomes crucial to life satisfaction. My mission now is to guide others to age with vitality and dignity, making this phase of life rewarding and fulfilling. Let me be your guide in this journey.

Overall, my style as a personal trainer is characterized by personalized training programs, a focus on long-term wellness, and a deep commitment to your success and well-being. My approach goes beyond physical training, encompassing a holistic view of health and vitality.

How I Work

- 1. Client-Centric Approach:** I provide personalized training programs, with a strong focus on long-term wellness. I am deeply committed to the success and well-being of my clients. My method extends beyond physical training, embracing a holistic perspective on health and vitality.
- 2. Emphasis on Long-Term Wellness:** I believe in the importance of long-term wellness and the role it plays in enjoying a fulfilling life in your golden years. I serve as your compass and roadmap, guiding you toward a healthier and more active future.
- 3. Accountability and Personal Connection:** I hold myself accountable to my clients and foster a strong sense of accountability in return. I use my personal experiences to emphasize the significance of wellness, making a genuine connection with you. My presence, commitment, and dedication to each client are central to my training style.

Guide vs Coach



For the past 17 years, I've embraced the title of 'COACH,' a role that has been a cornerstone of my identity and career. This passion for coaching was evident even during my 27-year tenure at UPS, where I felt coaching was my key contribu-

tion. Now, as I navigate through life and career changes, I find myself evolving into a guide, assisting others in their wellness journey. My expertise in coaching, combined with a lifetime of personal experience, empowers me to guide others effectively, lever-

aging modern advancements in health and longevity. My mission is to impart this knowledge and experience.



BLOG

RICH SADIV BLOG

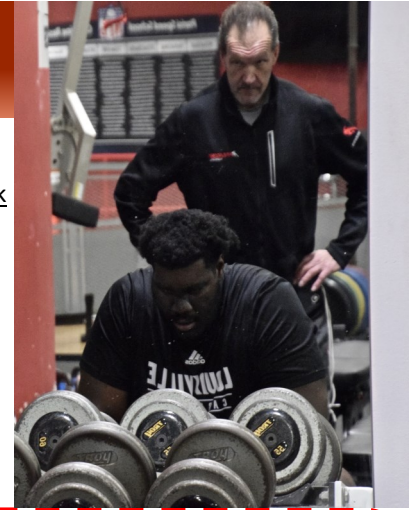
Each month I will highlight a blog post from my website. This month's feature discusses overcoming a mindset that is steep in perceptions that aren't productive to one's health.

[Fitness as Fortification: Overcoming Perceived Obstacles to Lifelong Health > Rich Sadiv](#)

Feature Article

[You Don't Have to Be a Pro Athlete to Get Into The Best Shape of Your Life - New York Wire \(nywire.com\)](#)

This article first appear in New York Wire on June 30th. I wrote it with the premise you don't have to be a pro athlete to get in the shape of your life you just need a pro mindset.



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As the owner of the Parisi Speed School and Escape Fitness in Fair Lawn I'm very proud of the facility I've built and the clients I've trained.

My approach combines personalized workouts, behavioral adaptation, and nutrition-focused guidance. I am now using all my training and skills to help guide mid-life people meet their prime of life goals. I'm one of the few trainers who is laser focused on working with mature clients. My clients are 40 – 60 years old and they all have the same goals:

To age well.

To maintain flexibility, their mobility, and their vitality.

To retain range of motion.

To have a vibrant and active future.

Ready to redefine your journey?

Email me at rsativ@parisiusa.com or visit <https://richsativ.com>

