

006: A Glimpse at the Future Lifespan of Humans


10 Point Checklist

Christine Peterson

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**

A close-up portrait of Christine Peterson, a woman with short brown hair, wearing glasses and smiling. The background is blurred.

"For people in your generation, my generation, and younger, there's certainly hope that although cancer doesn't disappear, it becomes much more of a treatable thing."

CHRISTINE PETERSON

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Start eating more fresh food – and watch out for mold on your processed food.
- Interested in longevity? Check out [ALCOR's](#) life extension options.
- Find the best companies to invest in and donate to regarding life extension and biohacking at [lifeextension.com](#).
- Research your supplements at [examine.com](#)
- Check out Finding Love and a Life Partner to optimize the way you look for love to find a lifetime of happiness.
- Hack your sleep by getting a sleep tracker; find out what your optimum times to start sleep and set your alarm are.
- Check out the [Quantified Self](#) movement to learn more about biohacking.
- Want to learn more about the singularity? Check out the [Machine Intelligence Research Institute](#) for more info on how machines might change the course of history.
- Invest in the development of nanotechnology and of medicine to take action in having the best options to prolong your life.
- Feeling adventurous? Try cryotherapy as a unique cutting edge life extension practice.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/a-glimpse-at-the-future-lifespan-of-humans-christine-peterson/>