The 100 Year Lifestyle®

Adjust Your Lifestyle!

The Healthspan Crisis:
Why Our Community Needs a Different Approach to Healthcare

Imagine if the United States spent more on healthcare than any other nation in the world, yet still ranked behind many other developed countries in both **how long people live** and **how healthy they remain throughout those years.**

That isn't a hypothetical.

It's our reality.

The United States spends nearly **18% of its Gross Domestic Product on healthcare**—far more than any other developed nation. Yet Americans have a **life expectancy of about 78.4 years, approximately 2.7 years below the average for other high-income OECD countries**, despite spending dramatically more on healthcare. Even more concerning, the U.S. performs better than the OECD average on only **3 of 10 major health status and risk indicators.** This means we are paying more for healthcare while achieving poorer overall health outcomes than many of our peers.

And perhaps the biggest challenge isn't simply lifespan.

It's healthspan.

Healthspan is the number of years we live healthy, active, mobile, mentally sharp, energetic, and independent.

While Americans are living longer than previous generations, too many of those additional years are spent managing arthritis, spinal degeneration, chronic pain, diabetes, heart disease, obesity, cognitive decline, and increasing dependence on medications.

At the same time, one of the greatest demographic shifts in history is taking place.

The number of Americans reaching **100 years of age is expected to more than quadruple over the next three decades**, increasing from approximately **101,000 today to more than 422,000** by the middle of this century.

That's incredible news.

But it also raises one of the most important healthcare questions of our lifetime:
Will those additional years be healthy years?

Will people spend them traveling, hiking, golfing, playing tennis or pickleball, enjoying grandchildren, volunteering, and living independently?

Or will they spend them struggling with chronic disease and declining function?

That is the **Healthspan Crisis.**

Creating Health Instead of Waiting for Disease

At **100 Year Lifestyle,** we believe healthcare should do more than treat illness after it develops.

It should help people build health long before disease limits their lives.

Modern medicine performs miracles in emergency care, trauma, surgery, and disease treatment.

But maximizing healthspan requires something different.

It requires creating health through the choices we make every day.

Every healthy meal.
Every walk.
Every workout.
Every night of quality sleep.
Every effort to manage stress.
Every meaningful relationship.
Every healthy habit.
And every opportunity to optimize the function of your spine and nervous system.

Those choices accumulate over months, years, and decades, determining not only how long we live—but how well we live.

Why Your Nervous System Matters

Your nervous system is your body's master communication system.

Every heartbeat.
Every breath.
Every movement.
Every organ.
Every healing response.
Everything your body does depends on healthy communication between your brain and body.

Your spine protects this remarkable system.

When your spine moves well and your nervous system functions at its best, your body is better equipped to adapt, recover, stay active, and perform throughout every stage of life.

That's why chiropractic care has always been about much more than pain relief.

While helping people feel better is important, our greater purpose is helping you function better for life.

Every chiropractic adjustment is an investment in your future healthspan.

The 100 Year Lifestyle® Healthspan Plan

As a **100 Year Lifestyle Certified Chiropractic Office**, we focus on helping patients create health—not simply manage symptoms.

Our Healthspan Plan is built on the pillars of **The 100 Year Lifestyle®:**

- Healthy nutrition
- Regular movement and exercise
- Quality sleep
- Effective stress management
- Meaningful relationships
- Purpose and contribution
- Lifelong healthy habits
- Optimizing spinal and nervous system function

Together, these principles help children grow into healthier adults, parents remain active with their families, athletes perform at their best, and older adults preserve mobility and independence.

Our Commitment to Our Community

Long before **healthspan** became a popular healthcare topic, **The 100 Year Lifestyle®** was teaching that the future of healthcare isn't simply about adding years to life.

It's about adding life to those years.

That's been our philosophy for years, and it's the mission we bring to our community every day.

Whether you're looking to relieve pain, improve your mobility, stay active with your family, or invest in a healthier future, we're here to help you build a life filled with strength, vitality, and independence.

Because our goal has never been simply to help you live to 100.

Our goal is to help you live at 100% for 100 years.

Plasker Family & Performance Chiropractic

770-509-9938

PlaskerChiropractic.com