

Successful Aging and Preventative Health: A Business Owner's Perspective

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Abstract

Successful aging can be viewed as a continuous and ongoing holistic process or as a goal-oriented approach. Both views provide sufficient exploration and definition toward development continuing through adulthood into the latter. However, the investigation of successful aging and how its definition can become affected by technological-based health innovation is an under-researched topic. Using literature and qualitative interview findings, successful aging may be considered to also incorporate the use of health-related innovation assets under the umbrella of preventative health, which contributes as an important factor toward how older individuals perceive the success of themselves and the various areas of their life as they continue to develop in late adulthood.

Keywords: successful aging, preventative health, health innovation, development

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Methodology

APAPsychInfo was the only database utilized. The primary search included the keyword: successful aging. To focus the search limiters, abstracts, academic journals, and the English language were used. The logic behind using the abstract limiter meant that the terms had to appear in the abstract, and it was felt that if the terms appeared in the abstract, they must then be a focus of the article, eliminating cursory mentions. Using the search term 'successful aging' brought up 927 article hits within a ten-year window (2014-2024). Most of these articles were of an empirical nature (quantitative, qualitative, or longitudinal-based studies primarily).

The secondary search was carried out with the same limiters and used the keywords: successful aging and preventive (preventative) health. The following had two hits within a ten-year window and five total hits within a 23-year window (2001 to 2024). Additionally, one French article by Crawford-Achour et al. (2012) was used.

Two articles were used outside these search windows: Baltes & Baltes's (1990) book chapter and Rowe & Khan's (1997) journal article. These were included as they carried the fundamental base theory associated with successful aging. The literature was collected through a narrative review (Paré et al., 2015) in order to develop avenues and theories for defining successful aging and attaching new systems to such a definition.

In addition to that, one semi-structured qualitative interview was conducted. The interview included questions based on the narrative review and also utilized a projective technique - word association, in order to identify behaviours/attitudes toward certain words and phrases related to successful aging. This was also done in order to analyze the validity of the two aforementioned fundamental base theories and to explore the characteristics associated with successful aging and innovation through exploratory research. The participant screening included one criterion: an individual over 65 years of age. Purposive sampling was used due to time restraints with the researcher. This qualitative interview was coded, categorized, and themed through a bottom-up approach for analysis using grounded theory (Glaser & Strauss, 1967; Corbin & Strauss, 2008).

Successful Aging Background

The definition of successful aging has become more complex over time. Firstly, Rowe & Khan's (1997) study elaborates upon successful aging to base itself upon a high functioning and disease avoidance mode, which relies on a) the absence of disease and disability, b) high cognitive and physical functioning, and c) continuous active engagement with life. While such a model is comprehensive, it limits itself in its generalizability. For example, using a cross-cultural psychology lens, aging Asian Americans did not have the same predicted outcomes for the factors associated with Rowe and Kahn's model when compared to the white American aging adult demographic who did (Leong et al., 2023).

In addition to that, limitations with other models are prominent, such as that presented by the Whitley et al. (2016) study, which elaborates on successful aging to be based on a self-rated health and life satisfaction scale; however, such a scale was only tested within clinical applications. Others have built off the holistic nature of Rowe and Kahn's model, and have emphasized the development of an individual to be an ongoing and dynamic process that is heavily influenced by sociocultural factors (Stowe & Cooney, 2015). However, an earlier study suggested that such development is influenced by social determinants instead, which expand outside sociocultural factors and more into childhood conditions, socioeconomic conditions in childhood, social inequality based on geolocation, and more (Brandt et al., 2012). Successful aging may, therefore, be an ongoing, holistic process that begins in infancy and continues into old age. Overall, this process emphasizes adaptability to keep achieving goals through the natural changes that occur with aging. Comparatively, this model promotes better inclusivity for defining successful aging than Rowe and Kahn's model.

However, successful aging may also be viewed as being of a behavioural nature. Baltes & Baltes's (1990) model is based on how successful aging is determined through selective optimization with compensation (SOC). Such an approach emphasizes the importance of goal orientation as a process of lifelong learning and development. In the selection phase, an individual focuses on specific goals in a given domain or area, which could include work, social relationships, physical fitness, etc. Next, the optimization phase focuses on how to achieve a given goal through strategies such as practice or skill development. Lastly, the compensation phase looks at new and innovative ways to achieve goals when the strategies that used to work are no longer possible due to age-related decline. Compensation could introduce technology, modify skills, change an environment, etc.

In this context, successful aging carries adapting processes over psychological, social, and physical domains, which are highly interconnected (Bhattacharyya et al., 2022). However, successful aging continues to be independently defined in different contexts, such as a sociocultural-based definition which involves cognitive gerontology (Hartley et al., 2018) or an organizational definition which focuses on sustainable management (Kooij et al., 2020). While these more modern definitions address age-related concerns, the Baltes and Baltes model lacks clear inclusion criteria to address the concern of ageism, which the Rowe and Kahn model addresses more thoroughly through its inclusion of cultural criteria. In this context, individuals have personal agency, but there remains a need to address ableism and ageism to reduce social exclusion and health inequalities over time (Langmann & Weßel, 2023).

Despite the differences in defining successful aging, even among Rowe and Kahn's model and Baltes and Baltes's model, today's literature leans toward an integrated biopsychosocial model with criteria in each respective category (Martin et al., 2015).

Successful Aging and Preventative (Preventive) Health

Given the immense research on successful aging, tying successful aging to preventative (preventative) health has not been a significantly explored topic. Only five English articles and one French article tied in preventative health to successful aging.

The oldest study, Parker et al. (2001), is a United States-based study that provides a military perspective on successful aging. Primarily, the study views preventative health through a preventive medicine perspective coupled with health promotion-related activities (Parker et al., 2001). These mechanisms (health promotion, spirituality, general health, and life course) are used along with successful aging to provide a holistic model for lifelong development for military personnel and their families.

The Cruz-Jentoft (2009) article coming out of Poland was meant to address the policy advocacy of an integrated health model in Europe. The main focus of this article was to address current methods used on aging populations in a health-related scope. Through that, the paper built on preventative health through health promotion, preventive healthcare, health research on aging factors, better clinical care integration, and healthcare training. These recommendations focused on bridging successful aging for older adults.

The Crawford-Achour et al. (2012) study is an article based out of France, which explored successful aging and individual well-being. The article discusses that successful aging is based on an individual level and is comprised of preventive strategies. Such strategies include mental health support, physical activity, proper nutrition, social engagement, etc. These preventive strategies are tailored to a specific individual, and healthcare providers should act as communicators to help older adults understand their views of successful aging and promote specific preventative measures.

The Hollis-Sawyer (2015) paper is a United States-based article that reviews the book: *Keep Your Brain Young: A Health & Diet Program for Your Brain, Including 150 Recipes* by Fraser Smith and Ellie Aghdassi (2014). In this article, successful aging is crafted through an emphasis on a correct diet to maximize specific nutrients that support brain health and cognitive functioning. The review supports that preventative health is shown through preventative measures toward improving brain health and maintaining its longevity.

The Boyes (2013) study is based out of New Zealand and bases itself upon the testability of outdoor adventure programs within a community sample. From this study, outdoor recreation was shown to promote positive leisure experience, social engagement, and environmental connection. This led to immense health benefits given the low-cost, community-based program design. Such activities were shown to be effective for successful aging strategies and offered preventative health benefits.

Lastly, the Silva-Smith and Benton (2021) study based out of the United States analyzed self-reported rates of successful aging versus the actual efficacy of health behaviours undertaken. While all older adults engaged in preventative measures, they underreported health behaviours but had a better self-perceived aging rating. Most older adults (75+) scored higher on successful aging.

Given these six (6) articles, preventative health is connected to successful aging through the act of health prevention strategies. However, preventative health is not generally considered outside of this scope. None of these articles highlighted the use of technology and focused on successful aging in the previously mentioned biopsychosocial model. With that, preventative health can be shown to be a multi-faceted approach that focuses on health prevention strategies, but focuses significantly outside of that traditional boundary, which can extend into health and non-health related sectors. Additionally, based on the two aforementioned fundamental base theories of successful aging, there remain limitations toward how aging may be impacted by technological innovations.

Qualitative Findings

As such, one anonymous participant, given the pseudonym Brett, was interviewed to identify what he believes successful aging to be and suggest any correlations to the effects of technology-based innovation toward the definition of successful aging. Brett is a 65-year-old who is a business owner who makes an above-median income, is married, has one child, and continues to work. He identifies as a Caucasian male and has an above-average BMI. (See Appendix A1).

Based on Brett's responses, he initially defined successful aging as actions undertaken to live and lead a healthy life. However, after we explored the parameters associated with successful aging through the given interview questions, he added that successful aging can be made through enjoyment of life and through productivity.

The main three themes uncovered were successful aging, health through enjoyment, and technology. Through that, the following model has been built that can view successful aging in the context of individual actions that are taken to achieve preventative health. (See Appendix A2).

Particularly, within the thematic analysis, successful aging was broken down into four categories: Health Stressors, Technology Innovation, Health Activities, and Life Strategies. While these four categories are similar to previous literature, the participant emphasized health and life activities through enjoyment (reducing stressors), as well as technology.

Brett highlighted specific stressors for his health were his thyroid disorder, sleep disorder, vaping, working full-time, and having no retirement plans. Brett also relayed that the economic and aging obstacles in his life were not heavy stressors due to his resilience/coping strategies, most of which he picked up from when he taught Dale Carnegie courses.

Brett was also into technology, predominantly his Fitbit. He does not use assistive devices, with the exception of his CPAP machine for his sleep disorder and always went back to the use of a 'smart watch' or his 'Fitbit' when discussing physical activity in the interview. Brett also suggested a highly favourable view of new innovations that could assist with health prevention strategies. An example given during the interview was body composition analysis technology, which Brett viewed highly.

In addition to that, Brett's health activities helped him stay focused on living a healthy lifestyle but not being so restrictive with it. He mentioned that he eats carefully but is not on a strict diet. As well as that he has a home gym, but does not consistently use it. He mentioned that he used to be heavily involved with physical activity when he was younger.

Lastly, Brett's life strategies focused on making a tight-knit social circle instead of finding new connections. He described himself as easy-going but remained dedicated to a specific roadmap that had weekly business goals and short/long-term personal goals.

Given the exploration of those four categories and their connection to the three main themes uncovered. Preventative health is shown to include individual actions, but within individual actions, successful aging can be considered a substantial factor for older adults. When successful aging is situated under individual actions, aging is meant to become focused and perceived on an individual level, but the individual actions undertaken by these older individuals can cross-pollinate into other areas, such as preventive care, organizations, etc. This can support literature on successful aging in specific areas, such as preventive medicine policy, organizations, etc. However, successful aging remains on the individual and the actions the individual undertakes when aging.

Conclusion

In conclusion, successful aging can include technological innovation. But such innovation can directly affect preventative health, with technologies cross-pollinating from separate sectors, such as private organizations, preventive medicine, primary care, and more. Successful aging can be both pursued by a holistic approach, highlighted by Rowe and Kahn, in combination with a goal-oriented approach, highlighted by Baltes and Baltes. Successful aging can be defined as how older individuals perceive themselves in combination with the goals they carry and the actions they take within the realm of preventative health across biological, psychological, and social domains.

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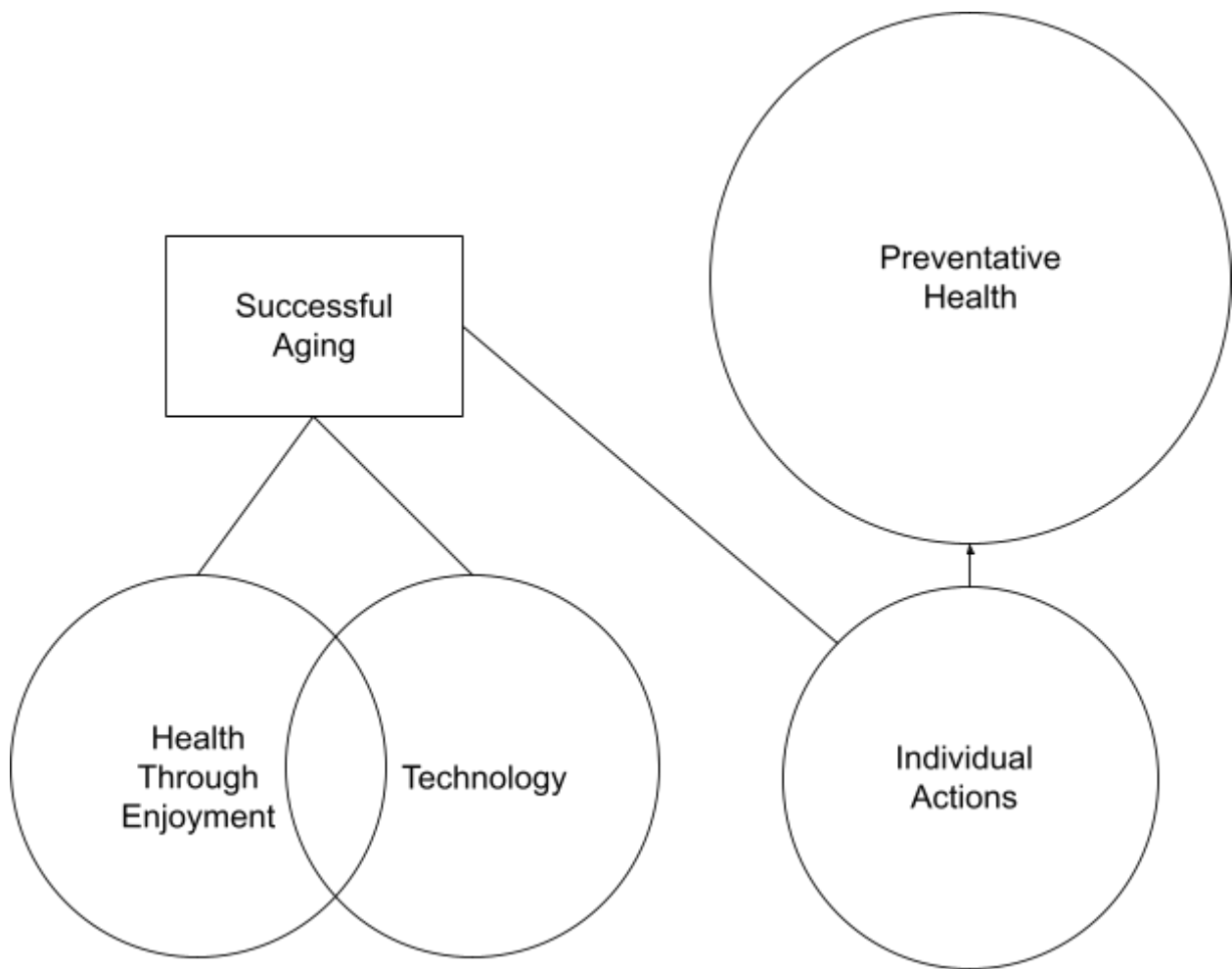
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Appendix A1: Coding, categorizing, and theming of qualitative primary data from in-depth interview

Codes	Categories	Themes
<p>Health Staying Active Smart Watch Stress Free Don't overeat Thyroid Problem Full Physical/Bloodwork (Not a) Social Butterfly Enjoy (Feedback can be) Good or Bad Continuous Learning Active Stress-free Blessed Goal-setting/Monitoring Live Comfortably Learn the Hard Way Dale Carnegie Diplomatic Successful aging is living a healthy, active life Thyroid disorder and sleep disorder Use of CPAP machine Keep your life in order Look after your body Go to my doctor when required Vape Eat healthy Gym Smart Watch Work Full-time Private but strong social relationships Develop a roadmap/goals Weekly business goals Short and Long term personal goals Dale Carnegie resilience strategies Easy Going (Lack of acute) stressor</p>	<ul style="list-style-type: none"> ○ Things associated with aging ○ Things associated with sociocultural factors and aging ○ Successful aging ○ Aging Factors ● <u>Subcategory:</u> <ul style="list-style-type: none"> - Health Stressors - Technology Innovation - Health Activities - Life Strategies 	<p>Health through Enjoyment</p> <p>Technology</p> <p>Successful Aging</p>

points Fitbit No retirement plans 100% for technology innovation for aging Successful aging is enjoying life and being productive		
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Appendix A2: Successful Aging Model



Appendix A3: Interview Guide

Interview discussion guide:

Author: Joshua Bell

Professor: Dr. Lori Harper

Preamble (3 minutes):

- Thank you and welcome
- Informal conversation, all views are welcome, you can disagree
- No right or wrong answers
- Audio/video recording
- Researchers taking notes
- Questions/concerns

Introduction and Warm-up (5 minutes):

- First name
- Background of position, experience, and organization (if applicable)

Word Association (15 minutes)

Successful aging

Preventative Health

Physical Fitness

Mental Health

Diet

Diseases

Medical Check-Ups

Social Relationships

Goals

Feedback

Continuous Learning

Assistive Devices

Seeking help

Stress

Adversity

Purpose

Quality of Life

Sleep Quality

Emotional Regulation

Emotional Intelligence

Online Activity (20 minutes)

Objective: To determine the factors associated with successful aging.

What do you believe successful aging to be?

Do you have any chronic diseases or disabilities?

If not, how have you minimized the risk of such illnesses?

Do you have often medical check-ups?
Do you engage in any harmful behaviours i.e. smoking, vaping, etc?
Are you currently on a diet?
Do you usually go to the gym or engage in physical activity?
Do you engage in the community at all?
Do you have strong social relationships with your family and friends?
Do you focus on achievable goals and activities (across multiple domains i.e. PA, dieting, cognitive functioning, etc) that can help you gain meaning?
If so, how often do you achieve and create these goals?
Do you engage in any resilience or coping strategies to minimize stress and adversity?
How would you describe the quality and length of your sleep every night?
How well do you think you respond to emotionally-loaded stressors and experiences?
Do you use any assistive technologies?
Do you think you will be able to retire soon (if applicable)?
Why not (if applicable)?
Do you think you would be more interested in PA if you had access to body composition analysis that could identify your bone density, lean muscle mass, and visceral/adipose fat tissue in every area of your body?
Do you think you would be more motivated to engage in health and activity factors if provided with better technology, such as advanced (BIA) wearables?
Lastly, how would you define successful aging based on our discussion?

Wrap up (5 minutes)

Thank the respondent and close the session
Thank you very much for your time and ideas

Appendix A4: Transcript of in-depth interview (cleaned)

Joshua: Hi, Brett. How are you?

Brett: I'm very well, Joshua. How are you?

Joshua: Good. So Brett, tell me a little bit about yourself and your background.

Brett: Well, my background is in sales and marketing. I have an MBA. I am married, have one child, and happy with the work that I'm doing and enjoying my family life.

Joshua: Oh, that's good. So we'll start off with a little game called word association. Basically, I'll say a phrase or keyword, and then you just reply with the first thing that comes into your head. Does that sound okay?

Brett: That sounds fine.

Joshua: Okay. The first word is successful aging.

Brett: Staying fit, healthy, and just enjoying all avenues of your life.

Joshua: Great. The second word is preventative health.

Brett: Well, I guess to me that that means what can I do long term to keep myself healthy. And that would be by eating right by exercising, by staying active, and keeping all the stress levels to minimum.

Joshua: Awesome. Next phrase is physical fitness.

Brett: Physical fitness. I've been avidly working out my entire life. I'm now middle aged, so leaning on the seniors end, so not quite as active as I used to be, but I live by my smart watch, and I make sure that I achieve over 10,000 steps a day. And I also work at our gym in the basement.

Joshua: Great. Next phrase is mental health.

Brett: Live stress free. So don't get bottled up with really with issues that you think might turn into something. Just take everything in stride.

Joshua: Awesome. The next word is diet. Diet.

Brett: Yes. Eating healthy. So like really don't overeat. I really don't overeat. I eat three meals a day, smaller meals, and I top up with eating snacks in between meals. The big thing for me is at nighttime, say after eight o'clock, I drink some water, have a glass of milk, but don't be eating too much before you go to bed.

Joshua: Okay. Next word is diseases.

Brett: Well, I guess I'm blessed that I don't have a bunch of chronic diseases. I have a thyroid problem that I take a synthroid that I've been doing that for, I'm going to say over 25 years. And I really don't have any diseases to speak of.

Joshua: Next phrase is medical checkups.

Brett: Medical checkups, I believe is important as well. By myself, I have physical and full blood work done on a yearly basis. Just to keep an eye if something's coming up that it's not going to hit me at the last minute, then I'll be able to foresee what's coming.

Joshua: Awesome. Next phrase is social relationships.

Brett: Social relationships. I'm by no means a social butterfly. I have most of my relationships are business oriented. I believe it's good to have healthy social relationships to a point. I'm also a private person, so I don't really care to go outside of my comfort zone too far to be a social butterfly.

Joshua: Okay. Next word is goals.

Brett: Goals. Well, so as I said, I'm middle aged and leaning on the senior years. My goals now are to eat right, to exercise, to stay healthy, to enjoy hobbies, and really enjoy my family and enjoy life.

Joshua: Awesome. Next word is feedback.

Brett: Feedback can be a good or a bad thing. But when you're talking anything regarding your personal health or your personal life, I guess feedback is important from your family members and from the people that you love.

Joshua: Awesome. Next phrase is continuous learning or lifelong learning.

Brett: I'm a big advocate of continuous learning. As I mentioned, I did my education. I went on to university. This was many years ago throughout my working career. There's been many different associations that I belong to. I've participated in many workshops. Learning for me is an enjoyable thing to do, and I thrive on learning. So to me, it's very important.

Joshua: Great. Next phrase is assistive devices.

Brett: Assisted devices. So by that, I believe we're talking smartphones, all the new technology that that's out.

Joshua: Yes. It would more so be along the lines of hearing aids, mobility aids, and that sort of thing.

Brett: Okay. Well, on that end of things, I'm going to say I'm blessed that I don't require any hearing aids or anything to assist me in walking. I am a fairly active guy, so is it important? I guess it's important if you need it to continue in life, but I'm really at the point in my life I do not require any of those devices.

Joshua: Oh, that's good. The next word is stress.

Brett: So I kind of mentioned it earlier in our conversation, but it's very important, I believe it's very important to not bottle up stress, to try and live your life stress free. Stress just causes mental anguish as well as physical anguish, so that I've really taken note of that many, many years ago, and I pride myself in living a stress free life.

Joshua: Awesome. Next words, adversity.

Brett: Adversity. Can you just elaborate a little bit on that?

Joshua: Adversity would be along the lines of any hardships that you incurred along any aspect of your life, whether it be the death of a family member, whether it be struggles with anything work-related and that sort of thing.

Brett: Okay, well, I think everybody in this world goes through parts of adversity. I myself, I lost my older brother many years ago. I've lost both my parents. I am blessed that my family's all healthy and my siblings are good, so it's all part of learning and it's all part of the life cycle. Unfortunately, we all go through it. And at the end of it all, I'm depending if it's work related or if it's more personal, there's always a bit of a learning curve in there as well, something that you can reflect back on and think in the future, could you do it a different way, like act a different way or say something differently. So it's just part of life and it's part of learning through what you do in your life.

Joshua: Okay. Now, next word is purpose.

Brett: Purpose. Well, I think everybody has to have a purpose. Purpose for me is really goal setting and monitoring myself to ensure I'm following where I want to go and what results that I want to achieve. So purpose for me is very big. I think it's a great way to grow with yourself and the people surrounding you. And that is whether it's business or social.

Joshua: Awesome. My next phrase is quality of life.

Brett: Quality of life is pretty important. I'm blessed. I live comfortably. I've never really gone through any strong financial hardship. So it's very important and I'm sitting probably where I want to be today with the exception of I haven't won that lottery yet. But I'm looking forward to it.

Joshua: Sounds good. Next phrase is sleep quality.

Brett: Sleep quality. Well, I can tell you I've learned that through the hard way. Sleep quality is very important. I use personally, I use a CPAP every day. The machine itself, I do not like it at all. But from achieving before I had it and getting an hour and a half to two hours sleep per night, I'm now enjoying four or five hours of good sleep. So it is very important.

Joshua: Well, that's good to hear. Next phrase is emotional regulation.

Brett: Emotional regulation. Well, that old stress word is coming up again. Years ago, I actually taught a course, Dale Carnegie, and how to win friends and influence people and really how to conduct your life. And if you do run into obstacles, really break it down and figure out what's the worst case scenario and prepare yourself

for that. And what's the best case scenario and try to or strive to achieve the best results you can in that situation.

Joshua: Okay. Next phrase is emotional intelligence.

Brett: Emotional intelligence. Well, I think emotions is a very strong thing and people let their emotions run them. A lot of people wear it on the sleeve. I try to keep my emotions in check. Again, control that stress factor and really I keep my cards close to my chest and I reveal only when required and I reveal it very diplomatically.

Joshua: Okay. Those are all the words. Next we'll be moving into the questions. Do you have any questions or concerns so far?

Brett: No, no, I'm just about ready for a break. So let's continue.

Joshua: Well, after these questions we'll be done. So let's get started. The first one is what do you believe successful aging to be?

Brett: Well, to me, successful aging is, you know, it's repetition of the keywords that you were feeding me before, but to live a healthy, active life.

Joshua: Okay. Do you have any chronic diseases or disabilities?

Brett: I do not. As I mentioned before, thyroid, I've had that for years and years. I have my sleeping disorder, I guess I use the CPAP machine, but other than that, that would be it.

Joshua: Okay. How do you minimize the risk of some of those illnesses or potential illnesses?

Brett: Well, I treat my body the best I can. I get proper sleep. I eat healthy. I don't overindulge. I am not a strong drinker. I have the occasional cocktail. So just try to keep your life in order and exercise and you look after your body and your body will look after you.

Joshua: Okay. So you mentioned that you have medical checkups once a year.

Brett: Yep.

Joshua: Do you usually go to the doctor for anything else related to cough or cold or for prescriptions?

Brett: Sure. Every time that I get sick, so if it's a bad cough, a strep throat or something, you know, that's handling me. Absolutely. I go to my doctor. I go to my doctor once a year for my physical, for my full blood work, but really anything else that's required, absolutely. I do and would go see my doctor.

Joshua: Okay. Do you engage in any harmful behaviors like smoking or vaping?

Brett: I do vape. I was an avid smoker for many, many years and I kicked the habit by transforming to vaping and I do vape.

Joshua: Okay. Are you currently on a diet?

Brett: No. I just try to eat healthy when I can.

Joshua: Oh, you're not on a seafood diet where you see food and you eat it? (Laugh)

Brett: No. That was very much in my younger days. So now I try to stay focused to keeping my body healthy.

Joshua: Okay. How often do you go to the gym or engage in physical activity?

Brett: Well, so as I said earlier, I do have a gym. It's in the basement of my house. I'm an avid smart watch where so if I go to work and I don't achieve my step goal, then I just go to the basement, do some light weights and work out on

the treadmill to achieve my daily goals.

Joshua: Okay. Do you engage in the community at all?

Brett: Not really a whole bunch. I did years ago. I find that I am busy enough with still working full time, going out to the lake on weekends and looking after the house, etc. Just really don't have a whole lot of time.

Joshua: Okay. Do you have strong social relationships with your family and friends?

Brett: I believe I do. Yeah.

Joshua: Okay. Do you focus on achievable goals and activities across multiple areas of your life that can help you gain meaning?

Brett: 100% I do. So, you know, business, you always have to look down the road to see where you are and where you want to be and develop a roadmap or develop some goals to achieve to get yourself there. Again, it's the same thing on your personal life. So, you know, if you want to stay active, as I mentioned, well, you probably want to develop some goals that you need to achieve on a daily or on a weekly basis. So, absolutely.

Joshua: Okay. Kind of following up on that. How often do you create and achieve those kinds of goals? Are they every few days, weekly, monthly?

Brett: Well, on the business end of things, it's more on a weekly or a bi-weekly basis. On a personal note, it really depends. I've got some short-term and long-term goals. Long-term goals are really for me on a yearly basis. And my short term is just little pieces to get me to where I want to be in the big picture or after a year's time.

Joshua: Okay. Do you engage in any resilience or coping strategies to minimize stress?

Brett: Kind of what I mentioned earlier is I taught Dale Carnegie years ago and I really learned a lot from his methods how to deal, how to cope, and really to this day, that's the guide that I use.

Joshua: Okay. How would you describe the quality and length of your sleep every night today?

Brett: That's a tough question. As I said, I use the CPAP. I've used it now for years and it still bothers me. I wake up through the night. I just try to do the best I can and get as much rest as I can in the allotted time of when I go to bed, trying to fall asleep, and getting up early the following morning to head or out to work.

Joshua: Okay. How well do you think you respond to emotionally-loaded stressors and experiences?

Brett: It's nothing like I used to be. I'm pretty easygoing now, so I do not let stressor points affect me. I really try to minimize that. In my younger days, yeah, it was definitely played a factor, but not so much anymore. I've learned very well how to deal with things and not to get stressed over different situations.

Joshua: Okay. So you mentioned you don't use any assistive devices, but you did mention you use some wearable technologies. Could you elaborate on that?

Brett: Well, really, it's my Fitbit, my step counter, heart monitor, all these things combined hooked up to my smartphone. That's really my daily goal setter of what I need to achieve for the day.

Joshua: Okay. Do you think you'll be able to retire soon?

Brett: To be honest, I'm not ready to retire, so I guess if I really wanted to retire, I probably could. I like work and I like what I do, and I do think if I retired, I would be twiddling my thumbs quite a bit with too much time on my hands. So no, I have no plans to retire anytime soon.

Joshua: Okay. Next question is, do you think you would be more interested in daily physical activity if you had access to body composition technology that could identify your bone density, your muscle mass, and your visceral and other fat tissues in specific areas of your body?

Brett: 100% technology is great, and really to me, if it identified something, say, on the negative end of my body, then it would be really up to me to set the goals and figure out how to deal with it and how to rectify it. So yes, 100%.

Joshua: Okay. Well, that kind of answers our next question, which is, do you think you would be more motivated to engage in health and activity factors if provided with better technology?

Brett: 100%. Yes, for sure. So by that question, do you have some items up your sleeve that you're going to allow me to use?

Joshua: We could discuss that in the future.

Brett: Okay. I'd be open to all of that, absolutely.

Joshua: Well, that's good to hear. Our last question is just coming back to what the first question was actually. So based on your discussion and all the questions I asked, how would you define successful aging?

Brett: Well, I kind of feel like that's repetition again, but to me, successful aging is staying healthy, enjoying life, enjoying your family, having a little bit of fun, getting some work done, accomplishing your goals, whether it's daily or weekly or yearly.

Joshua: Okay. That wraps up our meeting. Thanks for taking the time to meet with me.

Brett: Not a problem at all. You enjoy your night, sir.

Joshua: You as well. Take care.

Brett: Okay. Thanks. Bye-bye.