

The SRT

From: Dr Steven Dundry, MD

Hey Martin,

Over the weekend, I had an interesting conversation with a close friend of mine. His name is Ryan.

Now, since we're both in our 60's, most of our chats revolve around health.

And on this day, Ryan asked me an unusual question:

"Is there a way to predict how LONG you'll live?"

In other words, he was asking for a crystal ball. Impossible, right?

Well, what I'm about to say next may surprise, or even shock you... *(It sure threw Ryan for a loop.)*

The answer is yes.

Believe it or not, there's an incredibly simple method to gauge your longevity.¹ Even better, it's accurate!

It's called: The SRT

And it stands for the Sit-Rise Test.

It was invented in Brazil by my colleague Dr. Claudio Gil Araujo.

But before I show you how to do this little-known longevity test, I want to explain why it works.

You see, there are **three** key indicators when it comes to your longevity:

Flexibility, balance, and muscle strength.

As you get older, these "big three" become VERY important to your health.

They're the foundation of your fitness at the most basic level...

Because each of these elements are crucial in your daily life. Plus, they help you maintain your independence as you age.

Ready to give "The SRT" a try?

Great, let's begin...

NOTE: If you have any health issues that make you prone to falls, please consult your doctor before attempting, or have a friend or family member “spot” you when you perform the test.

Start by lowering yourself to a sitting position on the floor — without leaning on anything.

There is a catch though: You can only use your legs. You can't use your hands, knees, forearms, or any other part of your body for that matter. (That's why I recommend trying this on a carpet.)



Here's how to score yourself:

- If you can sit all the way down with no support, you get **+5** points
- And if you can stand all the way up from the sitting position, you get another **+5** points
- But each time you use your hands, arms, or knees to sit or stand, you lose **-1** point for each “cheat”
- So if you can sit all the way down but need your knee and hand to stand up, your score is **10 - 2 = 8 points**

RESULTS: A “10” is the best possible score — and a “0” is the WORST. (*Physicians consider anything above a 7 to be an excellent longevity score.*)

Okay, how did you do?

If you scored an 8 or higher... you did excellent!

And if you scored a 7 or lower... there's good news for you too.

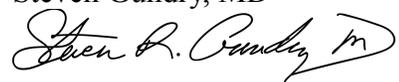
Because fortunately, you can practice this once a week and **improve** your numbers over time...

And every single point you can increase your SRT score means a huge boost to your longevity!

I hope you find this simple, at-home test as valuable as I did.

Looking out for you,

Steven Gundry, MD

A handwritten signature in black ink that reads "Steven R. Gundry MD". The signature is written in a cursive style with a large, sweeping initial 'S' and a distinct 'MD' at the end.