My story behind The Longevity Games

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Founder, The Longevity Games CIC

Why I started



Turning 50 made me think about independence and understand what Longevity is all about

A Family Adventure Holiday

I want to stay active and involved with my family.
A small community bootcamp shaped the Games.
A welcoming place to train at your own level.



Aerobic fitness matters

VO_2 max measures maximal oxygen use.

Higher cardiorespiratory fitness is associated with lower mortality and chronic disease risk.

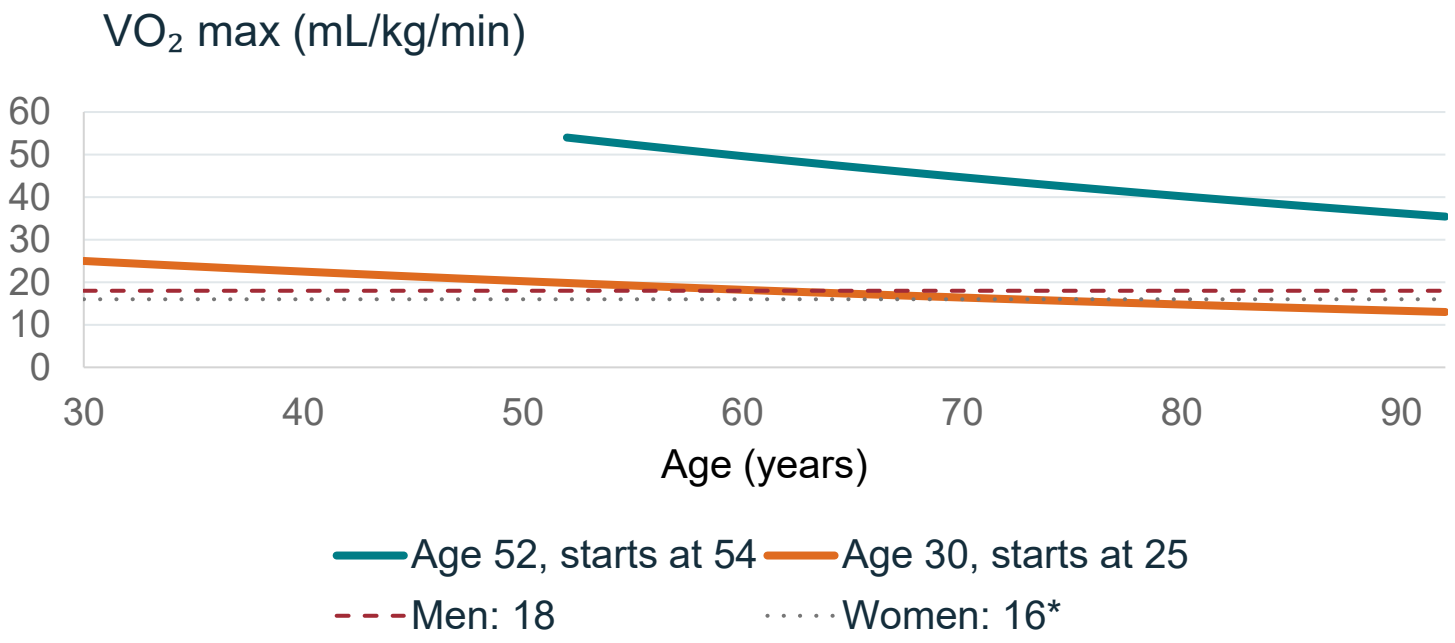
Age 40-45 year old, loose 10% per decade there after

Independence Line Men 18 Women 16

Source: Lang et al., BJSM 2024. Observational associations.

VO_2 max and the reserve for later life

Illustration: a 10% decline every decade, compounded from each starting age



VO_2 at a future age = starting VO_2 × 0.90^((future age − starting age) ÷ 10)

Without a smart device: a rough pulse-based estimate

The decade calculation

Previous value × 0.90

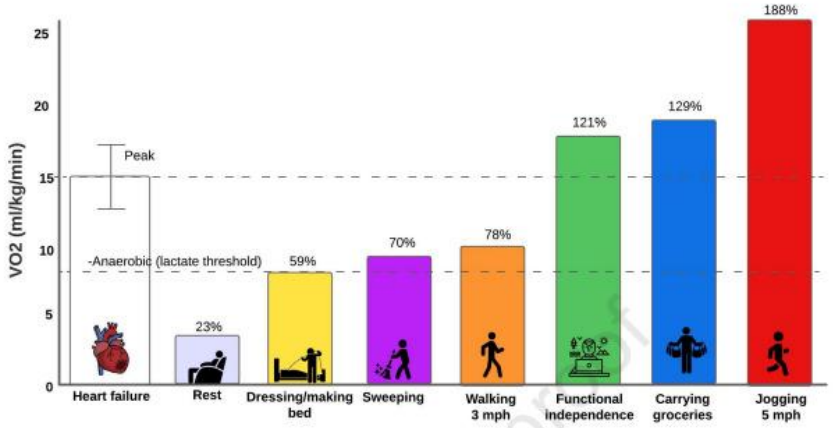
Years later	Age / VO_2	Age / VO_2
Start	52 / 54.0	30 / 25.0
10	62 / 48.6	40 / 22.5
20	72 / 43.7	50 / 20.3
30	82 / 39.4	60 / 18.2
40	92 / 35.4	70 / 16.4

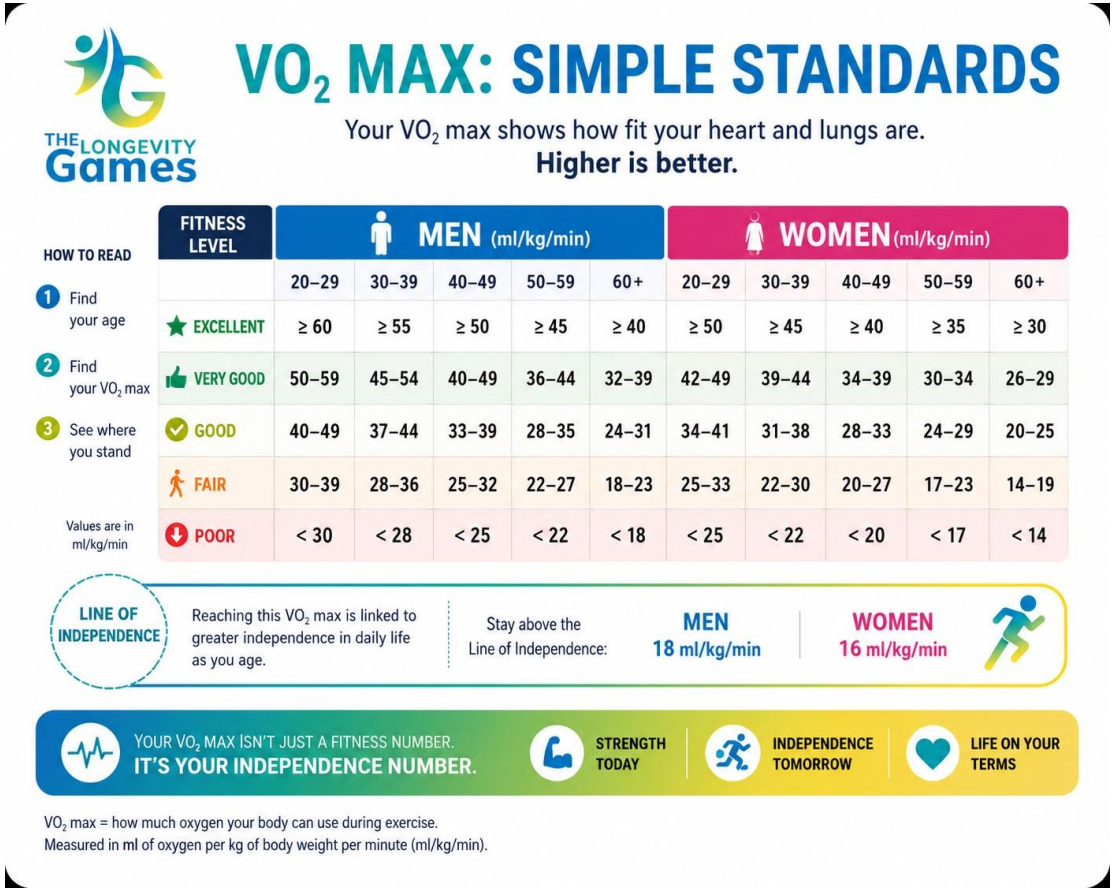
Starting at 25 at age 30 reaches 18 at approximately age 61

Men: VO_2 max ≈ (max heart rate ÷ resting heart rate) x 15.3. See notes for limits and worked example.

Illustrative trajectories, not individual forecasts. Decline can accelerate with age. Thresholds indicate risk, not certain loss of independence. *16 is the requested illustrative women's line. Shephard's published review gives 18 for men and 15 for women. Sources and methods in notes.

Function and independence





Source: American Heart Association

How the Games work

Five run or walk sections, each followed by an exercise station.

Novice: 5 × 400m
Intermediate: 5 × 800m
Proficient: 5 × 1,200m



The exercises in action



THE LONGEVITY Games

The movement stations

Squats: Leg strength for stairs and chairs.
Lie-down stand-ups: Practicing getting off the floor – when a grandparent
Hand walk-outs: Upper-body and trunk strength.
Lunges: Build strength to prevent and confidence
Burpee steps or jumps: Whole-body movement. Explosive and a Skill

The community in action



An accessible local starting point

Free community training on Tuesdays and Thursdays.

Funded expansion into Walcot
at Buckhurst basketball court.

A regular place to build confidence and connection.



A link with primary care

Identify inactivity and understand the barriers.
Agree a manageable first step.
Offer suitable local activity options.

Could we make that next step easier together?

Source: NICE PH44

Come and see for yourself

Sunday 22nd November 2026
Delta Tennis Centre, Swindon

Come along to watch and meet the community.
Taking part? Entries close this Sunday 8th November at 9pm.
www.thelongevitygames.co.uk