

*THE LONGEVITY CODE*

# Week 1 Starter Kit

*The Plate, the Walk & the 7-Day Reset —  
for couples who want to start tonight*

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A free companion to *Longevity Code for Couples*  
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## Start Here

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You've read the system. This kit lets you **run it** — starting tomorrow morning — without planning a thing. Everything here is drawn straight from the book. No new theory, no extremes. Just the one plate, the one walk, and a simple 7-day rhythm you and your partner can follow together. The couple that starts small and stays consistent beats the couple that goes all-in and burns out in three weeks — every single time.

*Do it as a team. That's the whole point.*

## 1 • The Plate for Two

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One plate you can build with your eyes closed. Get the architecture right, and every lever — collagen, inflammation, hormones, insulin — pulls itself. The hidden logic behind it all: **keep insulin calm.**

|                |                                                                                                                                                               |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Half the plate | Non-starchy vegetables & leafy greens — the more colour, the more polyphenols (the compounds that switch inflammation down and your antioxidant defences on). |
| A quarter      | Quality protein — fish, eggs, poultry, legumes. The repair material for muscle, collagen and hormones.                                                        |
| A quarter      | Smart carbs — intact grains, beans, roots. Eaten last in the meal, after veg and protein, to keep insulin calm.                                               |
| On top         | Extra-virgin olive oil + herbs (turmeric+pepper, ginger, garlic, coriander). Not garnish — molecular fire-suppressants.                                       |
| Daily handful  | Pumpkin seeds — magnesium for insulin, zinc for hormones, anti-inflammatory fats, all at once.                                                                |

**The order matters:** vegetables first, protein second, carbs last. Same meal, calmer insulin response.

## 2 • The After-Dinner Secret

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You cannot outrun your fork — exercise isn't about burning calories, it's about **signals**. And the single most valuable signal takes about fifteen minutes and happens right after dinner.

A 15-minute walk after your evening meal tells your muscles to pull glucose out of the blood — blunting the post-dinner sugar spike without a single piece of equipment. Do it together. It becomes the calmest, most connecting part of your day.

### Your Week 1 movement on-ramp

- Every day: a 15-minute walk after dinner, together.
- Twice this week: one short strength session (bodyweight is fine).
- Don't overhaul everything. Stack one habit at a time.

## 3 • Your 7-Day Reset

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One small action per day. Check it off together. By Sunday, the system runs itself.

|       |                                                                                             |
|-------|---------------------------------------------------------------------------------------------|
| Day 1 | Build one dinner as The Plate for Two. Veg first, carbs last.                               |
| Day 2 | Add the 15-minute after-dinner walk. Same time, both of you.                                |
| Day 3 | Add a daily handful of pumpkin seeds. Magnesium + zinc + calm.                              |
| Day 4 | Upgrade one meal with polyphenols: olive oil, herbs, a colourful veg you don't usually buy. |
| Day 5 | Add one fermented food (kefir, sauerkraut) to feed the world inside you.                    |
| Day 6 | First short strength session. Ten minutes counts. Together.                                 |
| Day 7 | The Sunday Sync: 10 minutes to review the week and pick next week's one upgrade.            |

## The Five-Lever Sunday Sync

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Once a week, ten minutes, side by side. Rate each lever 1–5 for the week — not to judge, but to spot the one to nudge next.

|                  |         |
|------------------|---------|
| Sleep & recovery | ___ / 5 |
|------------------|---------|

|                  |         |
|------------------|---------|
| Food (the Plate) | ___ / 5 |
|------------------|---------|

|          |         |
|----------|---------|
| Movement | ___ / 5 |
|----------|---------|

|                     |         |
|---------------------|---------|
| Stress & connection | ___ / 5 |
|---------------------|---------|

|                |         |
|----------------|---------|
| Hormone habits | ___ / 5 |
|----------------|---------|

*Lowest score this week = your one upgrade for next week. One lever at a time.*

### Want this mapped to *your* two bodies?

This kit is the general system. Your bodies, your rhythm, your goals are unique. I offer a free 15-minute review — we find the 2–3 levers where you'll get the fastest result. No obligation.

**Book your free review at [SYAN.online](https://SYAN.online)**

*Educational only; not a substitute for medical care. Consult your physician before changing diet, exercise, or supplementation — especially if pregnant, managing a condition, or taking medication.*