



DISCOVER MEDITERRANEAN LONGEVITY

# The Mediterranean Longevity Guide

Six practices to protect your energy, health and independence

This practical guide will help you understand where to begin, choose the habits that matter most and create a 7-day plan you can sustain.

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MEDICAL INSIGHT. MEDITERRANEAN LIVING. A MORE PERSONAL PATH TO LONGEVITY.

## A NOTE FROM ZEM

# Longevity is not measured in years alone, but in how you experience them

For us, **longevity** means protecting the energy, clarity, mobility and independence that allow you to live well at every stage of life.

That begins with understanding your health. Your medical history, daily habits, current symptoms and personal priorities provide the context that no single test or trend can offer.

**The Mediterranean way of life** gives us a practical framework: nourishing food, regular movement, restorative sleep, time outdoors and meaningful relationships. This guide translates that framework into six foundations and a simple plan you can begin today.

You do not need to change everything at once. Start with what matters most, then build from there.

**Juan Antonio García**  
CEO



# Where should your longevity begin?

Longevity is personal. Your starting point should be too.

Before exploring the six practices in this guide, take a moment to consider where you are today. There is no perfect score. The purpose is simply to notice which areas of your health may deserve more attention.

## Your Mediterranean Longevity Check

Rate each statement from 1 (Not at all) to 5 (Very much).

### ENERGY

I have consistent energy throughout most of the day.

☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5

### SLEEP

I usually wake feeling rested and restored.

☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5

### PHYSICAL CAPACITY

I feel confident in my strength, mobility and endurance.

☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5

### NUTRITION

My everyday diet is varied, predominantly whole-food based and supports how I want to feel.

☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5

### RECOVERY

After periods of physical or mental stress, I am able to return to a sense of balance.

☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5

### CONNECTION

I regularly make time for relationships and experiences that give me a sense of connection and meaning.

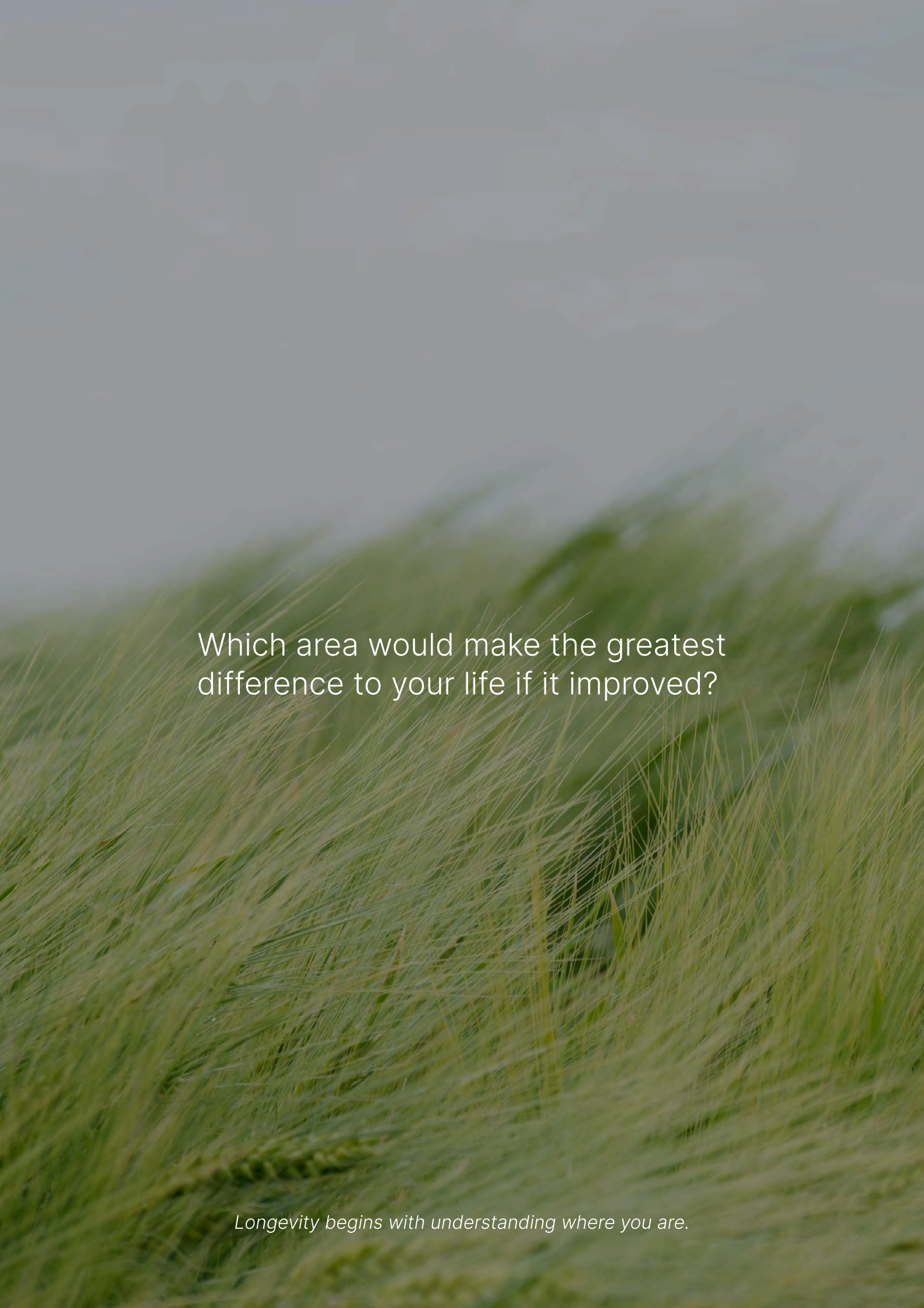
☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5

### HEALTH AWARENESS

I understand my current health status and know which areas I should prioritise for the years ahead.

☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5

**Do not focus on the total.** Notice your lowest scores. They may tell you more than the highest ones.



Which area would make the greatest  
difference to your life if it improved?

*Longevity begins with understanding where you are.*

## A DIFFERENT WAY TO THINK ABOUT LONGEVITY

# More years are not enough

Living longer has little meaning if the years gained are accompanied by a progressive loss of energy, mobility, clarity or independence.

*The more useful question is not simply:*

*"How long could I live?"*

*But:*

*"How well could I live for longer?"*

## MEDICAL UNDERSTANDING

Knowing your current health, risks, physiology and priorities.

## MEDITERRANEAN LIVING

Creating the daily conditions that support nourishment, movement, restoration and connection in a sustainable way.

Neither works particularly well in isolation.

Information without action changes little.

Healthy habits without understanding your individual health can lack direction.

Understand your health.  
Live in a way that supports it.  
Measure what matters.  
Adapt as you change.

Make it your journey.

That is the principle behind Mediterranean Longevity.

The objective is not simply more time.  
It is more health within that time.

Your time.

*"In clinical practice, true longevity is not simply a matter of how many years we live, but of preserving the biological autonomy, mental acuity and physical strength to live each stage of life with vitality, purpose and personal fulfilment."*

**Dr Carlos Gutiérrez**  
ZEM CLINIC DIRECTOR

# The Mediterranean Longevity Method

Six practices. One connected system.

Long-term health is rarely shaped by one intervention.

Sleep affects energy. Energy affects movement. Movement influences metabolic health. Nutrition supports recovery. Stress can affect all of them. Connection helps make healthy behaviours sustainable.

This is why Mediterranean Longevity looks at health as a connected system.

## 01 UNDERSTAND —————> KNOW YOUR BASELINE

Understand your health, current capacity, priorities and what deserves attention.

## 02 NOURISH —————> EAT FOR VITALITY

Build nutrition around quality, variety, seasonality and individual needs — with enjoyment at its heart, so eating well becomes a way of life rather than a temporary diet.

## 03 MOVE —————> PROTECT YOUR CAPACITY

Preserve the strength, mobility, balance and endurance that support independence.

## 04 RESTORE —————> PROTECT SLEEP AND RECOVERY

Create the conditions that allow body and mind to recover.

## 05 REGULATE —————> BUILD RESILIENCE

Recognise stress and strengthen your ability to return to balance.

## 06 CONNECT —————> BUILD BELONGING

Make relationships, purpose and shared experiences part of health.

Then repeat.

Understand → Act → Observe → Adapt

Because longevity is not a programme you complete. It is a way of understanding and caring for your health over time.

## PRACTICE 01

# Know your baseline

The most effective health strategy begins with context. Your medical history, symptoms, routines and goals help determine which measurements matter and what action is appropriate.

01

**WHY IT MATTERS**

Trends in sleep, energy, mood, digestion and recovery can reveal where you need attention. Clinical assessment can then place those observations in context.

02

**NOTICE**

For the next two weeks, record your energy, sleep quality, movement, mood and any recurring symptoms. Look for patterns rather than judging individual days.

03

**ACT**

Choose one priority you would like to improve over the next month. If clinical testing may be useful, discuss the appropriate checks and frequency with a qualified healthcare professional.

04

**ASK**

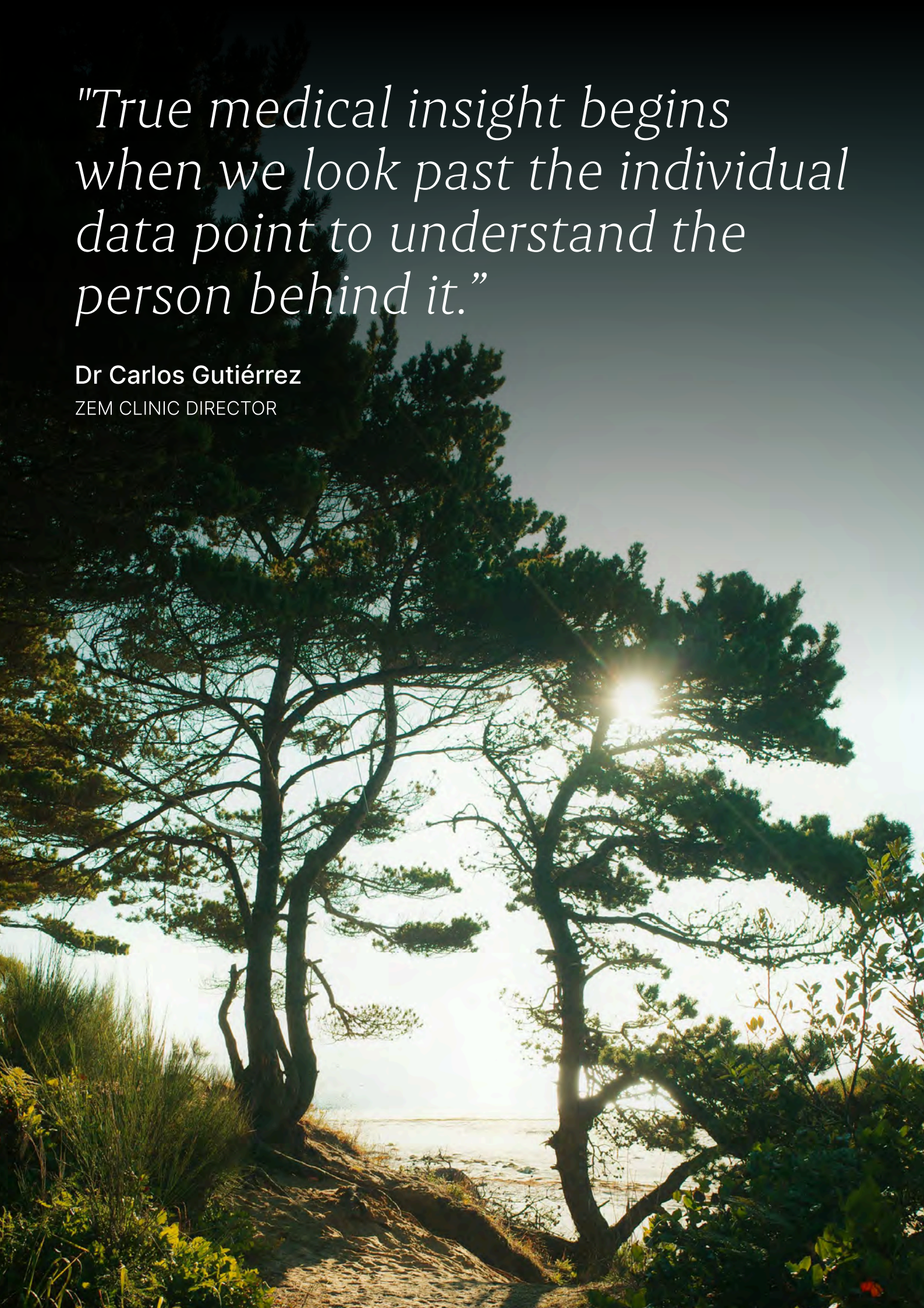
*"What do my results mean in the context of my health, and which change should I make first?"*



*"True medical insight begins  
when we look past the individual  
data point to understand the  
person behind it."*

**Dr Carlos Gutiérrez**

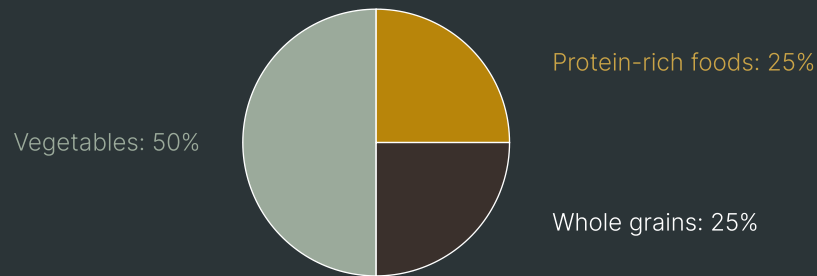
ZEM CLINIC DIRECTOR



## PRACTICE 02

# Eat for vitality

Mediterranean nutrition is a flexible pattern built around vegetables, pulses, fruit, whole grains, nuts, seeds, extra virgin olive oil and moderate portions of quality protein. Seasonality, enjoyment and eating with others help make it sustainable.



\*A simple Mediterranean plate.

01

## WHY IT MATTERS

A varied, minimally processed diet can support cardiometabolic health while making everyday meals satisfying and practical.

02

## BUILD YOUR PLATE

Fill about half the plate with vegetables. Use the remaining half for a source of protein and, when appropriate for your needs, whole grains or other fibre-rich carbohydrates. Add flavour with extra virgin olive oil, herbs, spices, citrus, nuts or seeds.

03

## TAKE ACTION

At your next main meal, add one more type or colour of vegetable. Over the week, rotate your plant foods instead of relying on the same few ingredients.

04

## PERSONALISED

Portions and food choices should reflect your health, appetite, activity, allergies and intolerances. Seek professional guidance when your needs are complex.

## PRACTICE 02 / HOW ZEM APPLIES THE PRINCIPLE

# ZEM Nutrition

Nutrition is an essential pillar of long-term health. At ZEM, we conceive it as an integrated approach where exceptional produce, clinical expertise, and fine gastronomy work in harmony.

## From Soil to Cell

### 1. ORIGIN

**Finca Althaya** supplies seasonal fruit, vegetables, legumes and greens grown according to organic farming principles and Mediterranean cycles.



### 2. CLINICAL PERSONALISATION

Our nutrition team considers each guest's health, physiology, goals and lifestyle before recommending an approach.

The aim is to support measurable health priorities through food choices that remain practical over time.



### 3. GASTRONOMY

At **Salvia Restaurant**, Chef Javier Díaz Esterri translates nutritional guidance into food with technique, flavour and a clear sense of place.

Dishes are prepared from carefully selected ingredients so that health and pleasure can share the same table.



*"Our Nutrition and Culinary teams work closely together to ensure every dish is tailored to each guest's individual needs and goals."*

**Javier Díaz Esterri**  
ZEM EXECUTIVE CHEF

## PRACTICE 03

# Move for the life you want

Physical capacity supports independence. Strength helps you lift and carry. Balance helps you recover from a misstep. Mobility keeps everyday movement comfortable. Aerobic fitness helps you sustain effort.

## WHY IT MATTERS

The goal is not simply to exercise more.  
It is to preserve the abilities you want to rely on in daily life.

### 01

#### STRENGTH

Include progressive resistance exercise on at least two days each week, adapted to your experience and health.

### 02

#### ENDURANCE

Accumulate regular moderate aerobic activity and increase intensity gradually.

### 03

#### BALANCE

Practise stability, coordination and controlled single-leg movements in a safe setting.

### 04

#### MOBILITY

Break up long periods of sitting and move through comfortable ranges each day.

## ACT

Take a ten-minute walk after one meal today.  
Choose a pace that allows you to stay comfortable and consistent.

## PRACTICE 03 / HOW ZEM APPLIES THE PRINCIPLE

## Movement based on your current capacity

At ZEM, movement begins with an assessment of your current physical condition, movement quality and goals. This helps the team select an appropriate starting point and monitor progress.

- FUNCTIONAL MOVEMENT

For coordination, stability and daily tasks.

- CARDIOVASCULAR CONDITIONING

For endurance.

- PROGRESSIVE RESISTANCE

For strength and muscle function.

- WATER-BASED EXERCISE

For supported low-impact movement.

- OUTDOOR WALKING

At a personalised pace.

- REHABILITATION

When recovery from injury requires specialist support.

*"Every person is different, which is why every training programme should begin with an assessment. What is not measured is difficult to improve. Assessment allows us to understand each person's starting point, make informed decisions and tailor exercise prescription so that every step forwards is purposeful."*

**Henry Rodríguez**

ZEM FITNESS MANAGER

## The PURE Study & Grip Strength

Published in The Lancet, the PURE study analysed nearly 140,000 adults across 17 countries. Lower grip strength was associated with a higher risk of death and cardiovascular events. Grip strength predicted all-cause and cardiovascular mortality more strongly than systolic blood pressure. These findings support its potential role in health assessment, but do not establish that increasing grip strength itself reduces these risks.

## PRACTICE 04

# Protect your sleep

Sleep supports memory, emotional regulation, physical recovery and many of the processes that help the body function well.

## 1. Why it matters

Sleep difficulties can affect how you feel and behave during the day. They can also be a sign that clinical assessment is needed.

## 2. Act

### → KEEP YOUR WAKE TIME

Reasonably consistent, including at weekends.

### → CREATE A SHORT WIND-DOWN ROUTINE

With lower light and less stimulation.

### → NOTICE

Whether caffeine, alcohol, late meals or stress can disrupt your sleep.

### → SEEK NATURAL LIGHT

Early in the day.

### → KEEP THE BEDROOM QUIET

Dark and comfortably cool.

## 3. Seek support

Speak with a healthcare professional if you experience persistent insomnia, loud snoring or marked daytime sleepiness, or if someone notices pauses in your breathing during sleep.

*“A sleep problem should be assessed by a medical professional when it begins to interfere with a patient’s daily life, whether at work, at home or during leisure activities.”*

**Dr Francisco Mira Berenguer**  
ZEM NEUROLOGIST



## PRACTICE 04 / HOW ZEM APPLIES THE PRINCIPLE

# Three conditions for better rest

At ZEM, sleep is considered across the full guest experience.

Three layers of care. One purpose: deeper restoration.

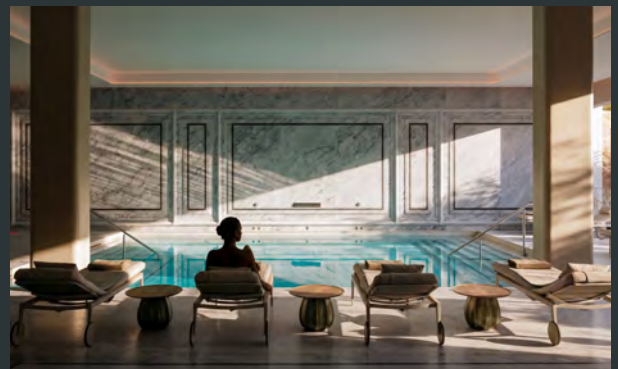
## 1. CLINICAL UNDERSTANDING

Assessment can explore sleep patterns, stress, daytime symptoms and relevant aspects of cognitive wellbeing. Recommendations are then adapted to the individual.



## 2. DEEP RELAXATION

Our Wellness & Spa brings together therapeutic technology, restorative rituals and spaces designed to promote relaxation and nervous system regulation.



## 3. SPACE

From Mediterranean light to the privacy of your room, every detail is designed to support rest, combining the comfort of a 5-Star Grand Luxury hotel with understated elegance and a deep sense of calm.



The Neuro Balance Programme and Sleep Transformation Boost bring these elements together for guests who want focused support.

When every detail is considered, deeper rest follows.

## PRACTICE 05

# Regulate stress

Stress is a normal response. Difficulty arises when pressure remains high and opportunities for recovery remain scarce.

## 1. Why it matters

Learning to recognise your early signs of activation makes it easier to respond before stress dominates the rest of the day.

## 2. Notice

What changes first when pressure builds: your breathing, thoughts, sleep, appetite, patience or muscle tension?

## 3. Act

### → ONE MINUTE

Breathe comfortably and allow the exhalation to last slightly longer than the inhalation. Stop if you feel light-headed.

### → FIVE MINUTES

Step outside, walk slowly and direct your attention to the space around you.

### → TWENTY MINUTES

Choose an activity that reliably helps you settle, such as movement, nature, music, meditation or conversation.

### → EVERY WEEK

Protect one period that has no productivity goal.



## 4. Seek support

Persistent anxiety, low mood or stress that affects daily life deserves professional attention.

## PRACTICE 06

# Build belonging

Relationships shape daily routines, emotional resilience and our sense of meaning. Mediterranean life offers a useful reminder: connection often grows through ordinary, repeated moments.

## 1. Why it matters

Social wellbeing deserves the same intention as food, movement and rest.

## 2. Notice

Which relationships leave you feeling supported, understood or more like yourself? Which ones have received too little time recently?

## 3. Act

- Share one device-free meal this week.
- Give one person your full attention without rushing the conversation.
- Offer practical help where it is genuinely useful.

## 4. Ask

*"Who would benefit from hearing from me today?"*

## Harvard Study of Adult Development

Running for more than 80 years, the Harvard Study of Adult Development has followed hundreds of people throughout their lives to explore what supports lasting health and happiness.

Its key finding is clear: strong relationships and meaningful social connections are among the most powerful predictors of long-term wellbeing, helping to protect both body and mind as we age.

*"Good relationships keep us happier and healthier."* - Dr Robert Waldinger, *Harvard Gazette*, 2025.

## THE MEDITERRANEAN ADVANTAGE

# Let place become part of the practice

The Mediterranean can make healthy choices easier through daylight, walkable routines, seasonal food, outdoor life and time shared with others. You can apply the same cues wherever you live.

01

**LIGHT**

Seek daylight early and reduce bright artificial light before bed.

02

**NATURE**

Use nearby green or blue spaces for movement and mental recovery.

03

**RHYTHM**

Create pauses between effort and rest instead of filling every hour.

04

**SEASONALITY**

Let seasonal ingredients bring variety to your meals.

05

**CONNECTION**

Make shared food or conversation part of the week.

## Altea brings all these elements together

Nestled on the Mediterranean coast, Altea is a place shaped by light, sea, nature and a gentler rhythm of life.

Local stories tell of many who arrived at turning points in their lives, chose to stay and found a better way to live. Here, the climate and natural surroundings inspire conscious nutrition, while genuine human warmth helps shape the path towards lasting longevity.

## THE MEDITERRANEAN PANTRY

## Ten staples to keep close

- 01 **EXTRA VIRGIN OLIVE OIL**  
Make it your primary culinary fat.
- 02 **SEASONAL VEGETABLES**  
Aim for variety across the week.
- 03 **LEGUMES**  
Rich in fibre and plant protein for lasting satiety.
- 04 **NUTS & SEEDS**  
A compact source of healthy fats.
- 05 **OILY FISH**  
Include regularly as part of a balanced diet.
- 06 **WHOLE GRAINS**  
Prefer whole grains in their least processed form.
- 07 **FERMENTED FOODS**  
Bring variety to your diet while supporting gut wellbeing.
- 08 **HERBS & SPICES**  
Build flavour beyond excess salt.
- 09 **SEASONAL FRUIT**  
Choose whole fruit over juice.
- 10 **WATER**  
Make water your main drink and adjust intake to climate, activity and medical needs.

Choose variety rather than searching for a single 'longevity food'.



# What longevity science can teach us

Sometimes, the signals that matter are surprisingly simple.

## 01 STRENGTH —————> YOUR STRENGTH SAYS MORE THAN YOU MAY THINK

Muscular strength is not only about physical performance. Measures such as grip strength have been associated with important long-term health outcomes. Protecting strength means protecting capacity.

## 02 SLEEP —————> SLEEP IS NOT TIME LOST

Sleep supports memory, emotional regulation and physical recovery, while persistent sleep difficulties can sometimes indicate a need for clinical assessment. Recovery is part of health, not the absence of activity.

## 03 CONNECTION —————> HEALTH IS SOCIAL TOO

For more than eight decades, the Harvard Study of Adult Development has explored the relationship between human connection, health and wellbeing. Its findings reinforce something Mediterranean culture has long understood: relationships matter.

## 04 NUTRITION —————> THERE IS NO SINGLE LONGEVITY FOOD

Health is shaped more by the pattern of what you eat repeatedly than by any one ingredient. Variety. Quality. Plants. Healthy fats. Appropriate protein. Pleasure. Think pattern, not superfood.

## 05 PERSONALISATION —————> THE SAME ADVICE IS NOT RIGHT FOR EVERYONE.

Age, medical history, physical capacity, symptoms, lifestyle and goals change what should be prioritised.

The better the understanding, the more personal the action can become.

Measure what matters.  
Change what matters.  
Keep what works.



# From knowing to doing

Do less. Learn more.

The purpose of the next seven days is not to transform your health.

It is to discover something about it.

Before you begin, record how you feel today.

|                    | DAY 1 | DAY 7 |
|--------------------|-------|-------|
| ENERGY             | /10   | /10   |
| SLEEP QUALITY      | /10   | /10   |
| PHYSICAL WELLBEING | /10   | /10   |
| STRESS / CALM      | /10   | /10   |
| MENTAL CLARITY     | /10   | /10   |
| OVERALL WELLBEING  | /10   | /10   |

Then follow the 7-day Mediterranean Reset.

At the end of the week, return to this page.

Ask yourself:

*"What improved?"*

*"What was difficult?"*

*"What surprised me?"*

*"What would be worth continuing  
for another 30 days?"*

The purpose is not perfection.

It is awareness.

## A GENTLE RESET

# Your 7-day Mediterranean reset

The aim is to build habits you can sustain, not to complete the month perfectly.

**DAY 1 / BASELINE**

Rate your energy and sleep from 1 to 10. Note your movement and main meals.

**DAY 2 / PLANTS**

Add two plant foods or colours you do not usually eat.

**DAY 3 / MOVEMENT**

Take a ten-minute walk after a meal. Add a short strength session if it is appropriate for you.

**DAY 4 / SLEEP**

Set an alarm to begin winding down 60 minutes before bed.

**DAY 5 / CALM**

Spend five minutes outdoors without a screen and notice how you feel before and after.

**DAY 6 / CONNECTION**

Share an unrushed meal or give someone your full attention.

**DAY 7 / REVIEW**

Identify what felt useful, what was difficult and which two practices you will repeat for 30 days.

If a day does not go to plan, continue with the next one. Consistency is built by returning.

# Your Mediterranean Longevity Blueprint

Turn what you have learned into something you can sustain.

## MY PRIORITY

The area of my health I want to protect or improve is:

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## MY OUTCOME

In 30 days, I would like to feel or be able to:

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## MY ONE PRACTICE

The action I will repeat consistently is:

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## MY RHYTHM

I will do it \_\_\_\_\_ times each week at / after:

---

## MY MEASURE

I will know it is helping when:

---

## MY SUPPORT

The person who can help me stay consistent is:

---

## MY REVIEW

I will review my progress on:

---

Better health is rarely built through one perfect decision.  
It is built through better decisions repeated over time.

## GET HELP

# When to seek professional support

This guide provides general education and cannot diagnose or treat a health condition. Contact a qualified healthcare professional when symptoms are persistent, worsening, unexplained or affecting daily life.

- Arrange an assessment for...

ONGOING INSOMNIA

BREATHING PAUSES

SEVERE SNORING

SIGNIFICANT DAYTIME SLEEPINESS

MARKED FATIGUE

WEAKNESS

DIZZINESS

UNEXPLAINED LOSS OF CAPACITY

PERSISTENT DIGESTIVE SYMPTOMS

UNINTENTIONAL WEIGHT LOSS

DISORDERED EATING

COMPLEX NUTRITIONAL NEEDS

PERSISTENT ANXIETY

LOW MOOD

LOSS OF INTEREST

- Seek urgent medical help for...

CHEST PAIN

SEVERE SHORTNESS OF BREATH

SUDDEN NEUROLOGICAL SYMPTOMS

ACUTE DETERIORATION

THOUGHTS OF SELF-HARM

Follow the emergency guidance for your location.



## FURTHER READING

# Trusted starting points

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**WORLD HEALTH ORGANIZATION**

Guidance on physical activity, sedentary behaviour and healthy food.

[who.int](https://www.who.int)

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**FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS**

Resources on healthy and sustainable diets.

[fao.org](https://www.fao.org)

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**WORLD SLEEP SOCIETY**

To bridge sleep medicine science, practice, and advocacy.

[worldsleepsociety.org](https://www.worldsleepsociety.org)

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**NATIONAL INSTITUTES OF HEALTH**

Information on sleep and healthy ageing.

[nih.gov](https://www.nih.gov)

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**EUROPEAN SOCIETY OF CARDIOLOGY**

Prevention guidance.

[escardio.org](https://www.escardio.org)

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Evidence evolves, and recommendations should be interpreted in the context of your health, history and goals.

Last editorial review: September 2026.

# Your next step should be personal too

You have explored six foundations of Mediterranean Longevity.

You have considered where you are today.

And you have identified something you would like to protect, improve or understand better.

## The next question is: “Why?”

Low energy can have different origins.

Poor sleep can have different causes.

Changes in weight, strength, recovery or mental clarity can mean different things for different people.

That is why at ZEM we do not believe the right programme should begin with a programme.



## *It should begin with you.*

Tell us what you would like to improve,  
what you are experiencing and what you want from your health.

Talk to a ZEM Longevity Advisor

[WhatsApp](#) · [Telephone](#) · [Request a call](#)

[zemattea.com](https://zemattea.com)

*Your longevity is personal.*

Your biology.  
Your history.  
Your priorities.  
Your way of living.

There is no universal path to longevity.

But there can be a better understanding of yours.

*Discover Mediterranean Longevity*

ZEM Wellness Clinic Altea

**WHERE TIME BECOMES HEALTH**



# ZEM

WELLNESS CLINIC ALTEA