



Living and working in the  
age of longevity.

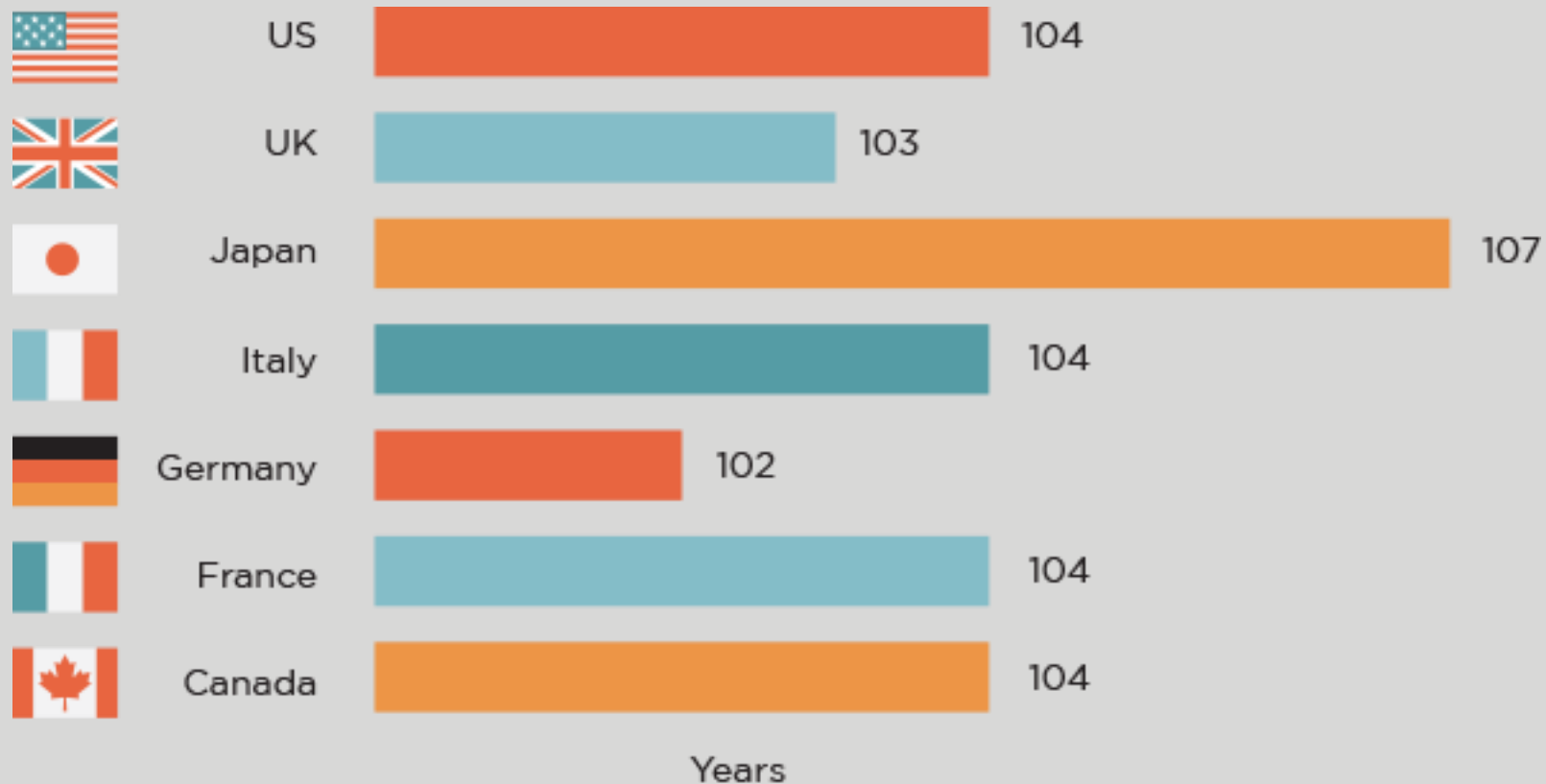
Duncan Young  
Head of Health & Wellbeing, Property



**lendlease**

# We are living longer

Oldest age of which 50% of babies born in 2007 are expected to live.



Human Mortality Database. University of California, Berkeley

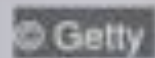


# Elongated lives

Increasing 'healthy' life-spans will change how we live & work



Source: [The 100-Year Life: Living and Work in an Age of Longevity](#)



**lendlease**

# World Happiness Report 2019

The World Happiness Report is a landmark survey of the state of global happiness that ranks 156 countries by how happy their citizens perceive themselves to be. This year's World Happiness Report focuses on happiness and the community: how happiness has evolved over the past dozen years, with a focus on the technologies, social norms, conflicts and government policies that have driven those changes.

[Explore the Report](#)

MARCH 20, 2019



## Asset type

Longer life spans will require both tangible and intangible assets.

### Productivity

Knowledge,  
Social Capital &  
Reputation

### Transformation

Lifelong learning  
Different groups

### Health

Health, Balanced  
Living &  
Regenerative  
friendships

We spend one-third of our lives at work

Leading health organisations identify workplaces as a priority setting for health & wellbeing



Dr Tedros ADHANOM GHEBREYESUS



# Health is a Journey

We are all on a journey, combining awareness, aspiration and frameworks



A person in a grey suit and dark trousers is running on a set of wide, light-colored concrete steps. The person is captured in mid-stride, with their right leg forward and arms pumping. The background shows a modern building with large glass windows and a clear sky. The lighting is bright, suggesting a sunny day.

## Feeling good + functioning effectively

70% of people report they  
are either “functioning” or  
“flailing.”



**lendlease**



# Movement

Physical inactivity is the 4<sup>th</sup> largest killer of people globally



## Building Movement

Building incidental  
exercise into each day is  
important



# Purposeful lives are longer and healthier

People who find a sense  
of purpose and have a  
positive outlook live longer  
and have lower risk of  
anxiety and depression



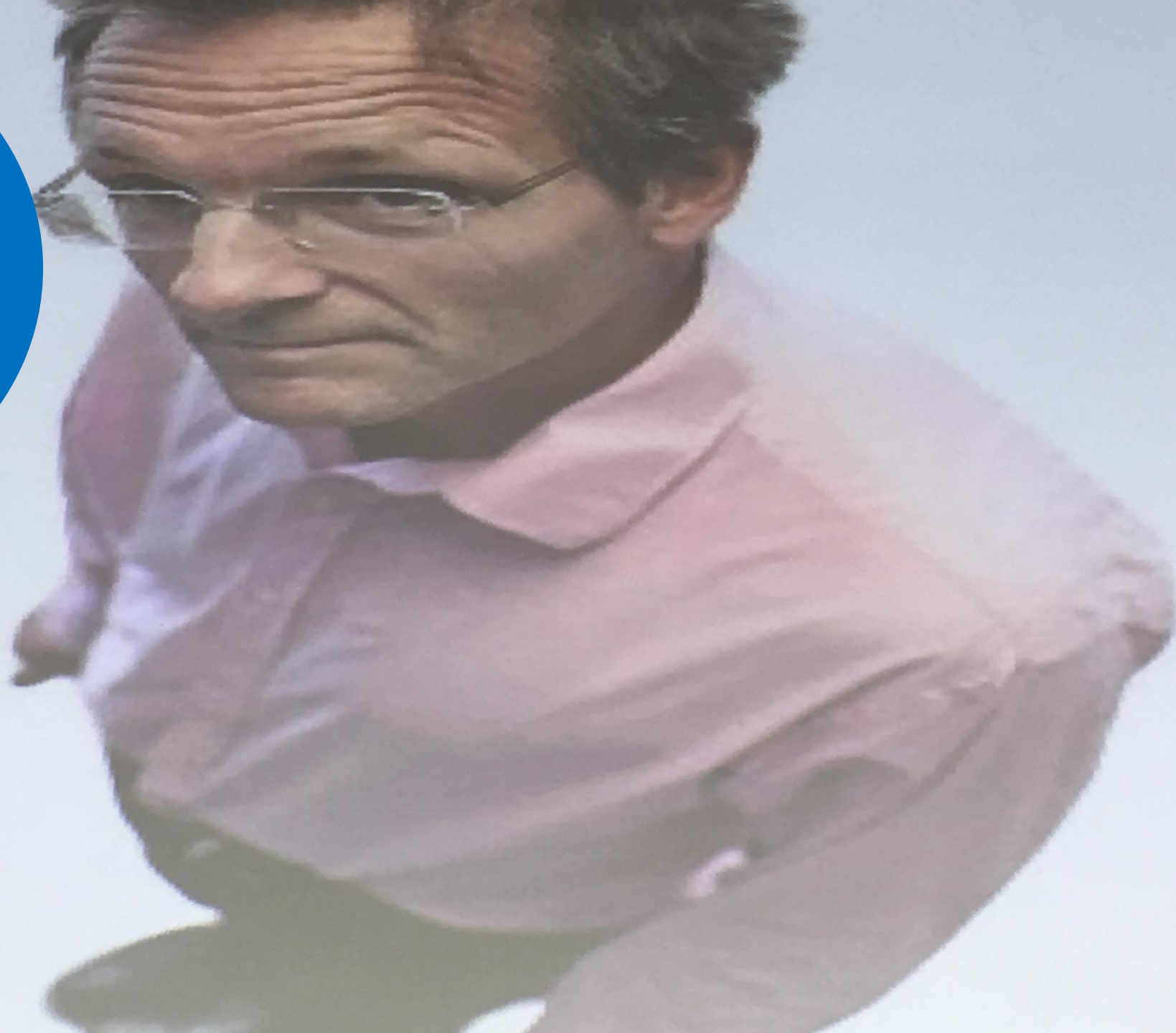
# Nutrition

You are what you eat.  
Try and eat your way to a  
healthier you



## Fast approach to living longer

Intermittent fasting or time restricted eating extends lifespans



A photograph of a group of people sitting around a table, eating pizza. In the foreground, a woman with dark hair, wearing a white polka-dot top, is smiling and holding a slice of pizza. In the background, a man with glasses and a woman are also eating. The scene is set in a casual dining environment. A blue circular graphic is overlaid on the left side of the image, containing white text.

## Social connection

It is more than just the food we eat but the social bonds created at work that increase engagement

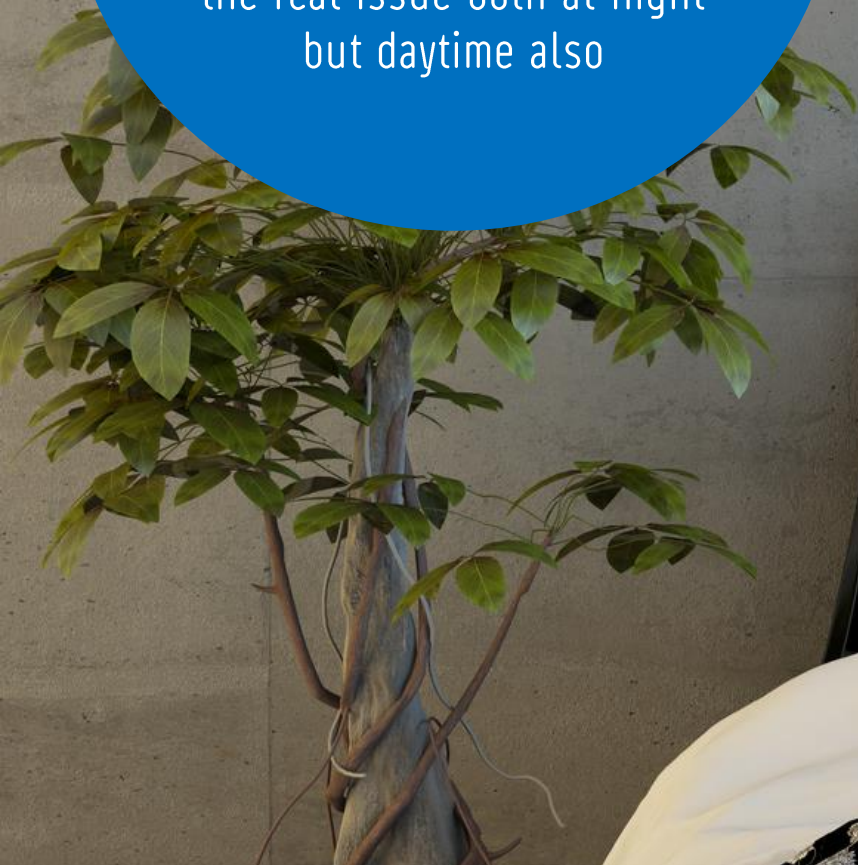
A photograph of a stone path in a forest. The path is made of irregular, grey stones and leads into the distance. The path is flanked by lush green foliage and ferns. In the background, tall trees are visible, and sunlight filters through the canopy. A blue circular overlay is on the left side of the image, containing text.

# Biophilia

Spending time  
outdoors is key for  
good health

# Recovery is key to avoid burnout

Not all stress is bad but the lack of recovery that is the real issue both at night but daytime also







# Olympic Athletes

Train in cycles

# Corporate Athletes

What can we learn from high performance sports and introduce our workplace



# Data Sets

What have we learnt from  
600 participant 1,200 days  
of data



# What's Working Well?

Taking an appreciative approach to change enables you to build upon your strengths.

4-D Framework



(Cooperrider & Whitney, 2005)



# Marginal gains

Small choices, big impact



# How can we build more wellbeing into everyday 2.0

