

Five Basics That Still Work at 65

A short field guide from Chef Olive — for anyone who wants lasting energy without another protocol stack.

Your body already knows how to repair, adapt, and protect itself. Modern life mostly interrupts that. These five conditions are the floor I trust. Everything else is bonus.

1. Sun / time outside

Get morning light when you can — coffee outside before 10, no sunglasses if it feels right. Add more outdoor time later in the day; when it's too hot, shade under trees still counts. Light is a signal, not a luxury.

2. Real food

Principally solid protein and enough fat. Eggs, red meat, chicken, fish when you want it; butter, cheese, skin and connective bits when they're there. Skip the endless food rules. Eat real food so you're full and steady.

3. Human connection

Family, friends, students, neighbors — people in the room. Isolation is its own kind of interruption. A meal shared or a class taught counts.

4. Regular physical activity

Move most days. Work that uses your body, a sport you keep, a walk, training — consistency beats heroic intensity. You're building a floor, not a peak week.

5. Good sleep

Protect the night. Make the last meal early enough that dinner isn't still fighting bedtime (about 3–4 hours before sleep works for many people). Dark, quiet, boring sleep is underrated medicine.

Kitchen years I often ate late. When I can, I keep a few hours between the last meal and sleep — it matters. The other basics I kept more steadily; this one, when life allows.

That's the list

Not seven secrets. Not a stack. Five conditions. Stick with them long enough and the body usually remembers what to do.

— Olivier (Chef Olive)

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