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THE BEST OF ISSUE

THE BEAUTY OF
SOUTHWEST FLORIDA ENDURES

Founder Dr. William Kapp at Longevity Performance Center, the wellness center component of the company, which uses MRI and DNA analysis to equip people with the information they need to be "CEOs of their healthcare."



NEXT-GEN WELLNESS FOUNTAIN OF YOUTH

HEALTHY LIFE

A Naples-based orthopedic surgeon creates a wellness program of the future.

Most of us would like to live longer and feel younger. To do so, we need to know our bodies.

That's the guiding force that led Dr. William Kapp, an orthopedic surgeon who founded the respected Landmark Hospitals, to launch Longevity Solutions last year. With it, he created a system to equip people with the information they need to master the art of living well, using MRI, whole-genome sequencing and other tests. "We want to give people enough information that they can become CEOs of their own healthcare," he says.

One of the only places in the world to use DNA analysis for preventative care, Longevity BioImaging—the testing part of the company—uses the genetic data, along with cardiac CT, labs, medical history and MRIs

that take 10,000 pictures of the body, to create a complete health picture of an individual, including what diseases they're prone to get and what is currently developing.

The team then creates customized workout and meal plans to counteract disease and physically reduce biological age. The plan can be implemented at Longevity Performance Center—the wellness center, which has smart workout equipment and cold-laser therapy, as well as an on-site nutritionist, physician and personal trainers. "You can see your biological age change as you do the exercises and continue to get healthier," Dr. Kapp says.

If it all sounds like sci-fi and too good to be true—well it kind of is, and it kind of isn't. The technology has existed. Diagnostic tools, like

MRI and CT machines, show what's happening inside the body. But, Dr. Kapp realized, these haven't been leveraged for preventative care. Technology is rapidly evolving, too, and becoming more accessible. Drawing from his background with molecular biology and technology (he also founded the healthcare IT and app company Technomad), the doctor aims to shift our healthcare approach from reactive to proactive.

Part of that requires taking a holistic approach. At Longevity Performance Center, the team tackles your nutrition and fitness from a data-driven, 360-degree perspective. AI-based machines register preset workouts and stats, like how much weight should be on your bicep curl machine. You just hop on the machines, which automatically

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Based on your results, the team creates customized food and workout plans that can be implemented at the AI-assisted gym.

adjust, and follow the prompts. "We gamified it," Dr. Kapp explains. "We call it playing PAC-MAN, you just do the reps to collect the dots."

The workouts place emphasis on strength training, since it's proven that increased muscle mass has the largest overall impact on health—

from keeping joints healthy to improving brain function.

The gym uses Synexis, the same microbial-reducing system used at Landmark Hospitals, to eradicate bacteria and other microorganisms that create that dreadful gym mustiness. During the coronavirus outbreak, Dr. Kapp noted, Longevity was about the safest place you could be.

The full assessment (with DNA, MRI, labs and more, performed in a spa-like setting with chef-cooked meal to break the fast) currently runs about \$6,500. More basic test-

ing, with blood biomarker and body composition scan, can be done for \$400. A monthly gym membership is comparable to other premium programs at \$149, with ongoing nutritional help.

More Longevity centers are planned around the country, but Southwest Florida was a natural choice for the first one. "People in Naples are very interested in longevity, with the Blue Zones and everything else," Dr. Kapp says. "We felt that we could make a real difference here." —S.G. ■

Neil Grayling

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