

## **What's Next!**

### **Episode Descriptions: 0401-0408**

#### **EPISODE 0401 "The First Steps Towards a Bolder Life"**

**08-31-24**

It is never too late, or too early, to take the first steps towards a bolder life. Longevity expert and author Maddy Dychtwald shares lifestyle changes that can improve your health span , plus former Olympic athlete and coach Lily Yip shows how table tennis can change your life in your later years.

#### **EPISODE 0402 "How to Create a Good Life**

**09-07-24**

What are the ingredients of a good life? An artist in his 90s shares why he's still passionate about creating, Dr. Cody Sipe explains how movement helps our brains and our bodies, and death doula and New York Times best-selling author Alua Arthur reveals how contemplating our mortality can lead to a more meaningful life.

#### **EPISODE 0403 "Embrace a Bolder Community"**

**09-14-24**

The company you keep plays a profound role in your attitude and lifestyle. Embrace a bolder community. Whether it is following positive role models on social media like 90-year-old water skiers and 100-year-old runners, or just joining a local sports team or dance club, social wellness can change your life.

#### **EPISODE 0404 "The Importance of Reinvention"**

**09-21-24**

One of the keys to happy and healthy longevity is the ability to continue growing, adapting and reinventing. In his 32 years at the TODAY show, Mike Leonard pioneered a new broadcast journalism model. Today he's creating again, on Substack. Meet the woman behind Wild Horse Rescue and learn how Josh Mora and Dennis Williams are navigating "The Back 9" of life.

**EPISODE 0405 “Healthier, Fitter, Stronger”**

**09-28-24**

Meet a team of 50+ athletes from Barbados, who encourage other adults to join the National Senior Games with their motto, “healthier, fitter, stronger.” Embrace the power of prehabilitation, and make positive lifestyle changes today that will benefit you for years to come.

**EPISODE 0406 “Creating Your Next Chapter”**

**10-05-24**

What does your next chapter look like? Master motivator, speaker and author Lisa Nichols shares the questions to ask yourself to move forward with passion and purpose. Meet DeEtte Sauer, who changed her story from overweight and out of shape to world record holder.

**EPISODE 0407 “A Chance for New Goals”**

**10-12-24**

Don’t listen to an ageist culture that believes goal setting is only for the young. Everyone of every age and ability can set new goals and reach new heights. Listen to the trials and tales of Olympians who have achieved their dreams, and learn to set new goals of your own, even ones you think are unreachable.

**EPISODE 0408 “Let’s Talk About It”**

**10-19-24**

The most natural thing in life is aging. It’s a privilege to be alive! But fears can creep in about what growing older will be like. Brain health, physical health, social connections. Let’s talk about what we can do right now to enjoy each and every year as we age.