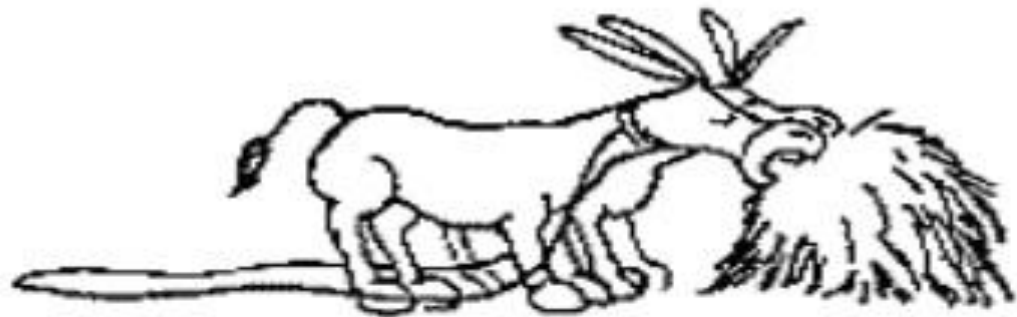
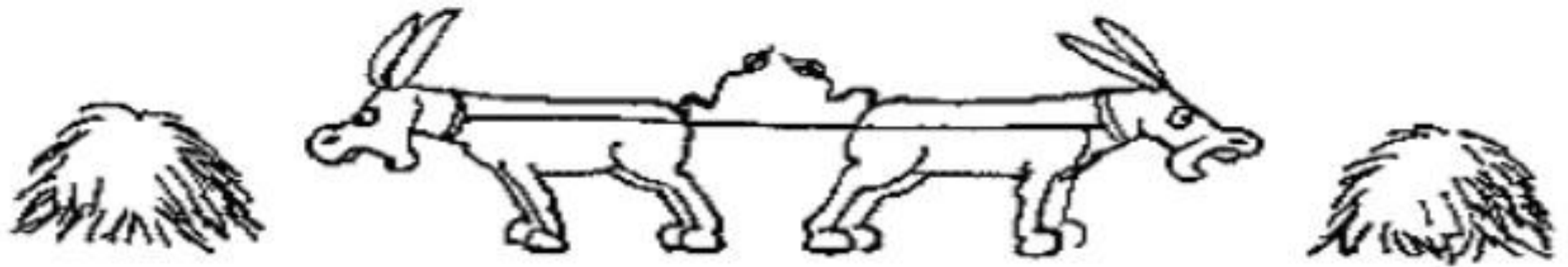




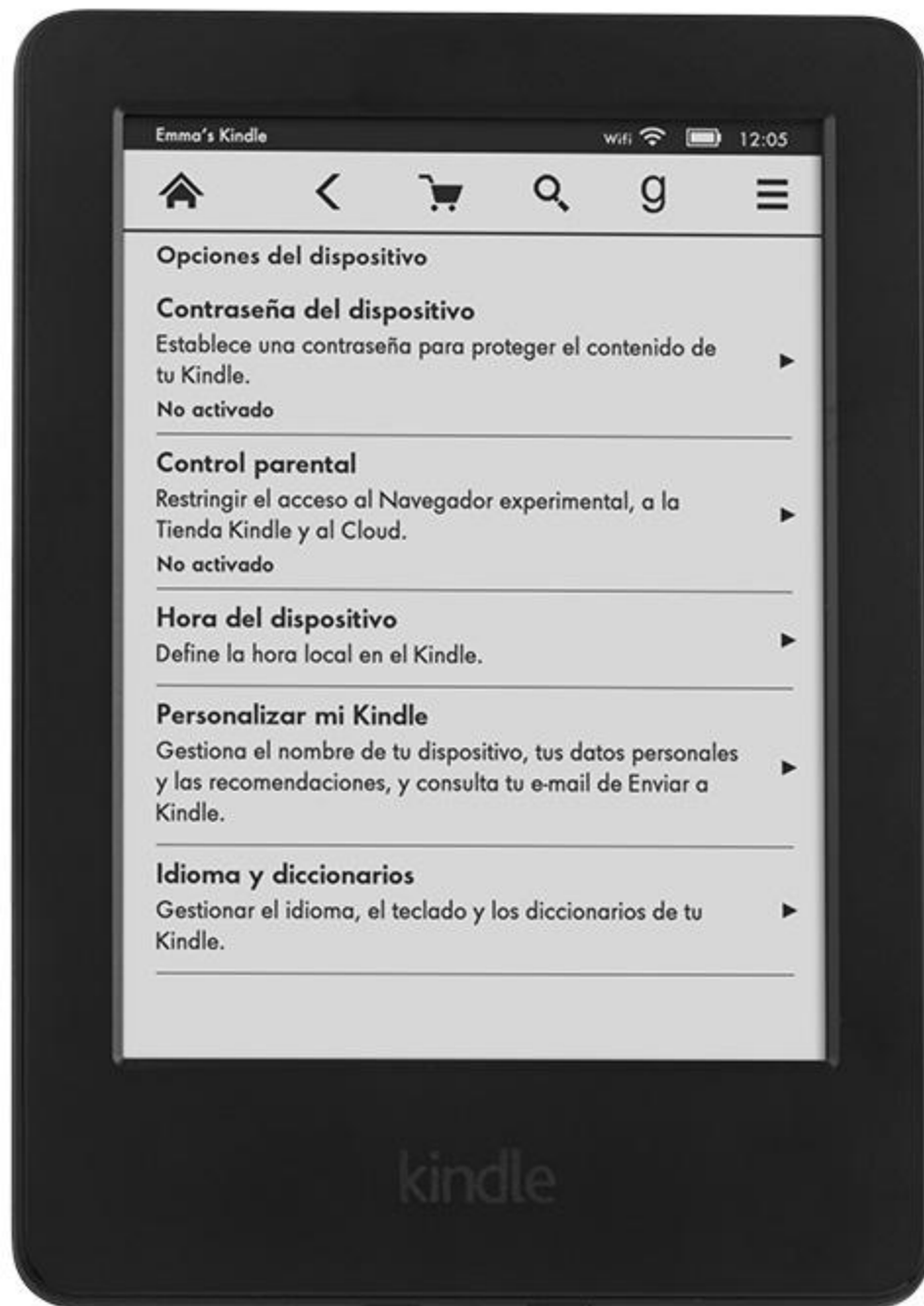
Kaspars Vendelis
kā nodzīvot līdz 120













"A must-read if you want to stay young!"

—MEHMET C. OZ, M.D.

THE
Blue
Zones

**LESSONS FOR LIVING LONGER
FROM THE PEOPLE
WHO'VE LIVED THE LONGEST**

DAN BUETTNER



A world map with a dark blue background and green landmasses. Five locations are marked with blue circles. The locations are labeled with white text. The locations are: Lomo Linda, California; Nicoya, Costa Rica; Sardinia, Italy; Ikaria, Greece; and Okinawa, Japan.

**Lomo Linda,
CALIFORNIA**

**Nicoya,
COSTA RICA**

**Sardinia,
ITALY**

**Ikaria,
GREECE**

**Okinawa,
JAPAN**

IMG014. MIRUŠO VIDĒJAIS VECUMS (gadi)

	Pavisam	Vīrieši	Sievietes
1962	65.8	60.7	70.2

2009	71.8	66.5	76.7
2010	72.4	67.3	77.3
2011	72.7	67.6	77.5
2012	72.9	67.5	77.8
2013	73.5	68.1	78.3
2014	73.6	68.2	78.7
2015	73.7	68.1	78.6



Kaspars / vendelis

kā nodzīvot

līdz 120



Kustības

Dzīves jēga

Ēdiens

Piederēt





THE STORY & THE TELLING

KAD? 29. martā no 18:30 līdz 20:30

KUR? Jaunā Teika, kopstrādes un eksperimentu telpā
"TEIKUMS", Gustava Zemgala gatve 78



AGNESE KLEINA

"Bery Kreiman" Fima's
persuāzīvo biznesa
gramatikas



DĀVIS SIKSNIŅŠ

Perfektā Startup Vīzijas
vadītājs un līdzināties,
Daugiem Group

MASTERMINDS





LABS
OF
LATVIA

Latvian startup
community platform



www.labsoflatvia.com

info@labsoflatvia.com



[@labsoflatvia](https://twitter.com/labsoflatvia)

[/labsoflatvia](https://facebook.com/labsoflatvia)







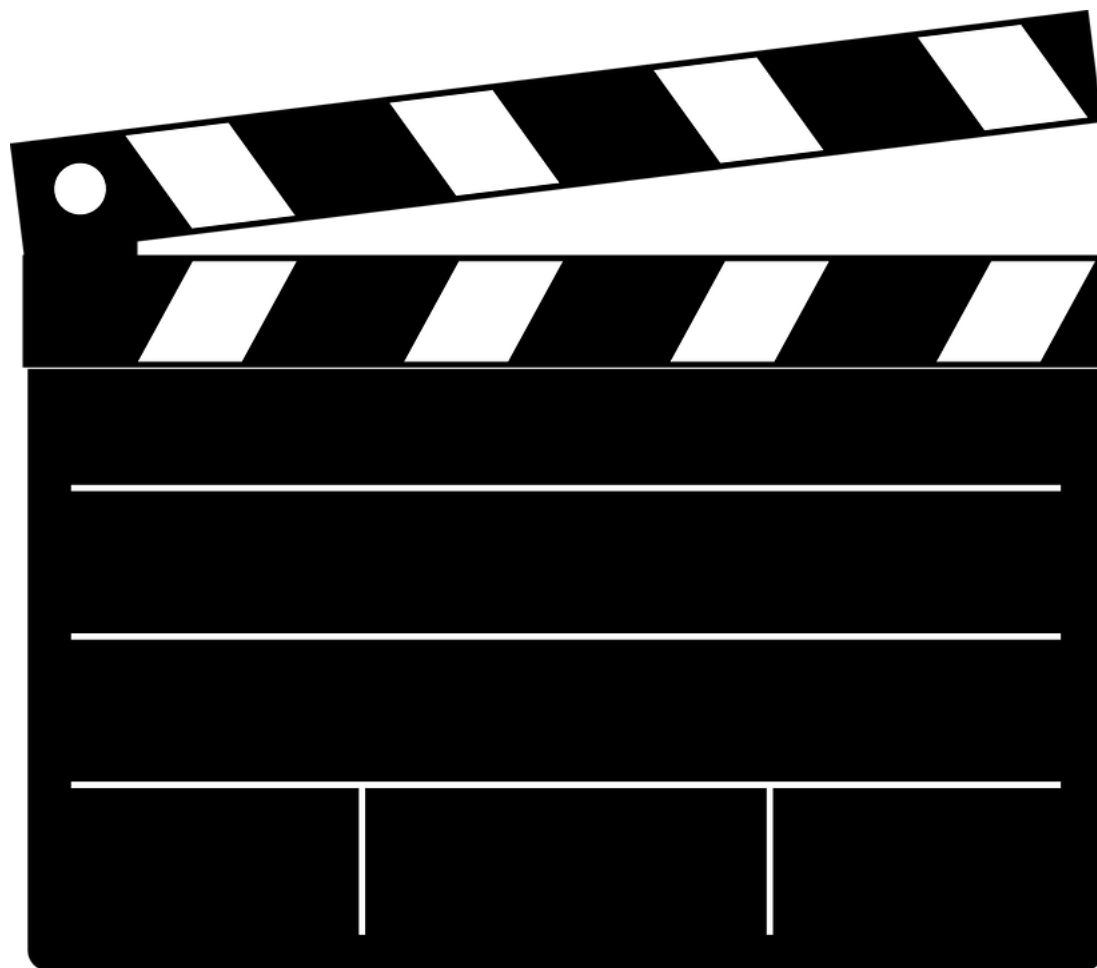
Es rakstu tikai, kad pie manis atnāk iedvesma. Par laimi tā ierodas katru rītu precīzi deviņos.

/W. Somerset Maugham/

Filozofski jeb *mind-set* triki



Aktivitāšu jeb *action* triki



Rīku un instrumentu - triki



Redzēt lietas ilgtermiņā

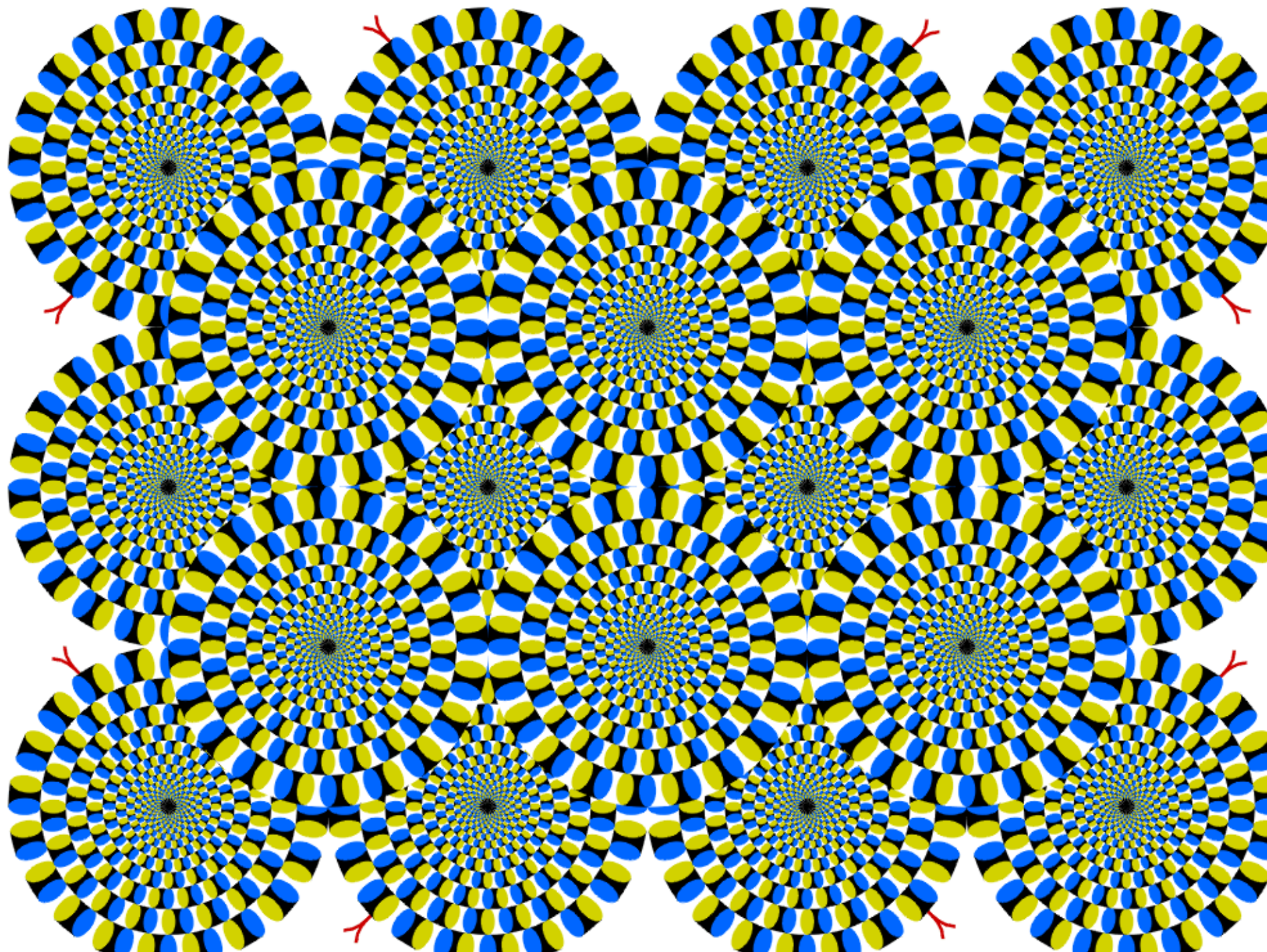


3 darbu nospraušana

priorities



Kombinē un plāno laiku
jeb *batching*













Neskaties TV

Ej agrāk gulēt



Agra rīta rutīna

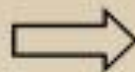




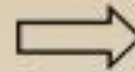
1. JUMPING JACKS



2. WALL SQUAT



3. PUSH-UP



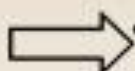
4. BACK EXTENSIONS



5. STEP UPS



6. SQUAT



7. DIP



8. BICYCLE ABS

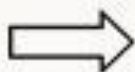
2-3 minūšu vingrojumi



9. SCAPULAR PUSH UPS



10. PLANK



11. LUNGES



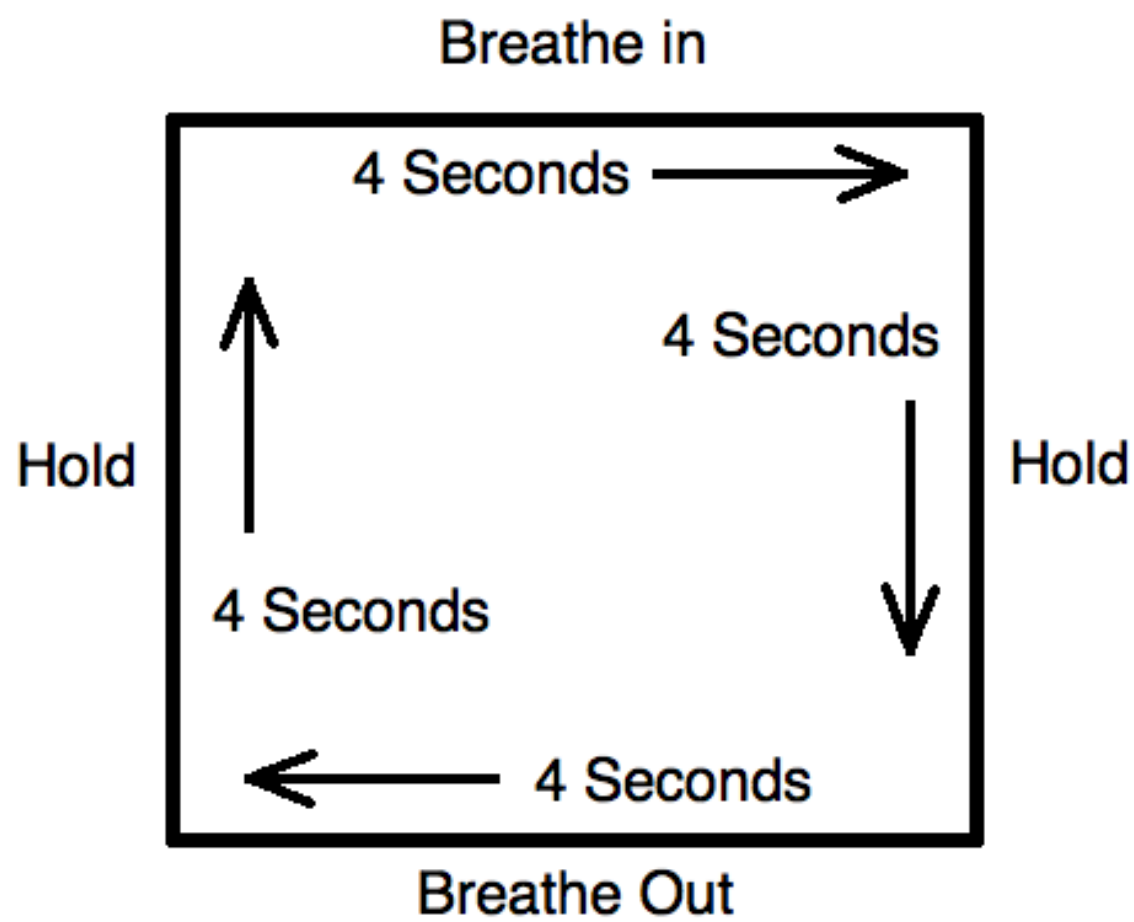
12. JOG

Auksta duša un pelde



A young woman with long brown hair is shown from the chest up, wearing a grey knit beanie and a thick grey scarf. She has a wide-eyed, surprised expression. A thick, grey, knitted beard is attached to her face, covering her mouth and chin. She is holding her arms crossed in front of her. The background is a snowy, out-of-focus landscape with snowflakes falling around her.

Izbaudi neērtības





Binaural beats

vomFASS balzametiki un eļļas



A close-up photograph of a person's hand holding a silver kettle, pouring a dark liquid (coffee) into a silver pot on a black induction cooktop. The background is slightly blurred, showing a kitchen setting. The text is overlaid on the lower left portion of the image.

**Vairāk tauku, mazāk
ogļhidrātu**
Kafija ar sviestu & LCHF

Intermittent fasting
pārtrauktā gavēšana







Your Weekly Report
For the week of September 17, 2017

Over the past week, you logged:

25h 7m

↑ 6 more hours than the previous week

Your productivity score:

57%

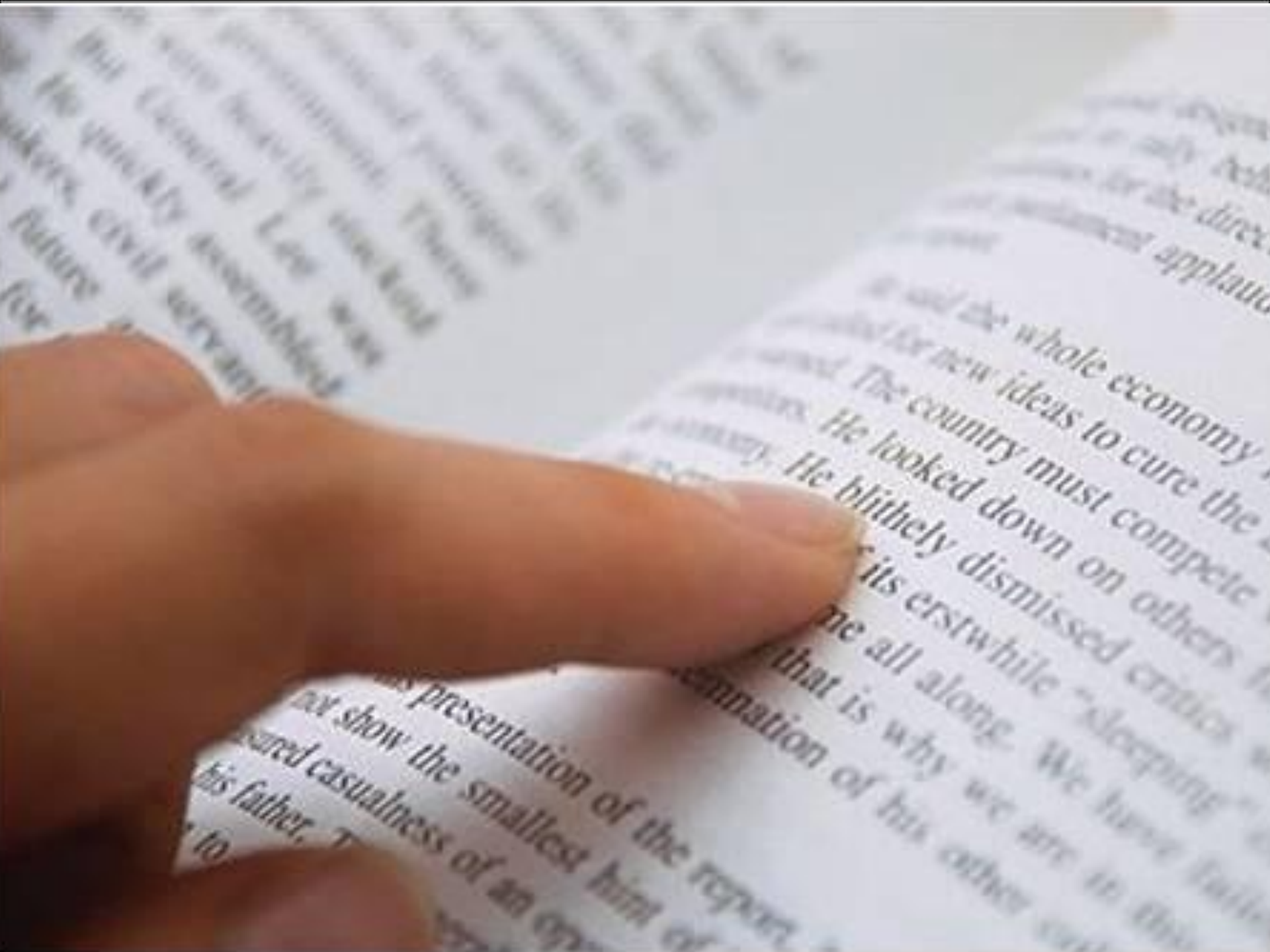
↑ 21.3% increase from the previous week



Very distracting time!

Very productive time!





...the whole economy
...for new ideas to cure the
...The country must compete
...He looked down on others
...He blithely dismissed critics
...its erstwhile "sleeping"
...me all along. We have failed
...that is why we are in this
...damnation of his other

...presentation of the report
...not show the smallest hint of
...seemed casualness of an op
...his father. T
...to



Sāc!



Atskaiti no 5 līdz 0 un
sāc neforšo lietu

Uzlab 4 EVI!!

Meistarklase | 3 daļas | praktiski uzdevumi | 1-minūtes-triki



kā visu paspēt | neko nenokavēt | justies labi

bit.ly/1-min-triki

Visdziļākā pateicība par iesaistīšanos!!



kasparsvendelis.com