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The 7 Secrets of a Long & Healthy Life : An interdisciplinary approach to a holistic healthy aging strategy

The dream of healthy aging remains out of reach for the vast majority of individuals. Statistically, only one in twelve people will be able to say at the age of 80: "I am healthy and feel vital." However, evidence suggests that with appropriate interventions and lifestyle choices, this outcome is within reach for many more. This presentation invites you to engage in a data-driven exploration of the determinants of longevity and vitality. We will examine current scientific insights into the biology of aging and explore seven key evidence-based strategies for promoting healthy aging. In conclusion, we will consider a potentially foundational yet often overlooked factor – the so-called 8th secret to healthspan optimization.

Overview of topics:

- The road to potential immortality: what are the biological limits of human lifespan?
- Longevity vs. healthspan: why aging well is more important than simply aging longer
- The root causes of aging, disease and death
- Key questions of healthy aging:
 - What are the current biological and environmental barriers to healthy aging?
 - Which interventions have demonstrated efficacy in delaying or mitigating age-related decline?
 - What proactive measures can individuals take?

Biography

Thomas Klaholz is a longevity, healthy aging, and personal development expert dedicated to helping individuals and organizations build healthier, more fulfilling lives. His work centers on the belief that living longer should also mean living healthier, happier, and with greater purpose.

He encourages people to reflect on and improve both their professional and personal lifestyles by adopting healthier nutrition, increasing physical activity, managing stress more effectively, and strengthening positive social relationships. His approach emphasizes that sustainable health and wellbeing are achieved through conscious behavioral change rather than chance.

In the business world, Thomas supports organizations in fostering healthy workplace cultures, developing resilient leadership, and driving positive organizational change. He believes that personal growth and organizational success go hand in hand, creating environments where individuals and teams can thrive.

A strong advocate of preventive health and behavioral change, Thomas views health promotion as an ongoing process of personal maturity and continuous development. He emphasizes that happiness is not a matter of luck but the result of intentional effort, describing it as "an achievement of the soul"—both for individuals and for groups working together toward shared wellbeing.