

Why Longevity Matters

In art, health, and everything in between, longevity is a goal worth striving for. **Longevity is about endurance, consistency, and the ability to sustain your passions throughout your life.** Whether it's photography, weightlifting, or daily habits, my aim is to pursue these endeavors with a lifelong commitment.

Why Longevity?

Longevity is critical. **I'm not interested in short-term hobbies or fleeting pursuits.** My goal is to make photos until the day I die, with a camera in hand. Similarly, in weightlifting, I aim to continuously build strength, even into old age.

"I'm not looking to get jacked fast or have an insanely huge muscular physique like the grotesque bodybuilders on social media."

Instead, I focus on a sustainable, simple approach to both art and fitness. By keeping things streamlined, I ensure I can continue progressing without burning out.

Keep It Simple, Stupid

For me, **simplicity is key.** In photography, I thrive by shooting small JPEG files with built-in high-contrast black-and-white simulations. This minimalist workflow allows me to:

1. **Point and shoot**
2. **Cull my images** when I get home

3. Publish immediately

This process removes unnecessary friction and keeps me creatively energized.

Fitness Is Leisure

Modern fitness often emphasizes **cardio, calorie counting, and running**, but I find these methods neither enjoyable nor sustainable. Running, in particular, feels like a form of self-punishment.

"When I see runners, I think of them as prey, running from a lion."

Instead, I opt for **long walks**, which are more sustainable and enjoyable. I've yet to meet a long-term runner who hasn't faced knee problems or other health complications. As a photographer, running is counterproductive—it drains your energy, making it harder to focus on your craft.

Walking, on the other hand, allows me to stay active while remaining creatively engaged. It's a simple, effective way to combine fitness with photography.

Just Knock It Out

When it comes to weightlifting, **the farmer's walk is my go-to exercise**. It's practical, engaging the entire body, and doesn't require fancy equipment. In fact, I believe that:

- **Pull-ups and push-ups** are more than enough to maintain and build strength.
- A quick **10-15 minute workout** is all you need to get a good pump and feel strong.

"A lot of bodybuilders waste hours in the gym doing countless reps for no reason. Keep it simple, and knock it out first thing in the morning."

This minimalist approach ensures that fitness remains a sustainable part of my routine, rather than a chore.

Final Thoughts

Longevity is about committing to a lifestyle that you can sustain for the long haul. **Keep it simple, keep it consistent, and stay focused on the journey.** Whether in art or fitness, the goal is to continually move forward, building strength and creativity one day at a time.