

Living To 140 - A Conversation On Healthy Longevity

With Leslie Hocker



Forget what you thought aging looked like. [Leslie Hocker](#) is redefining healthy longevity with a vision of strength, joy, and clarity at every stage of life. In this empowering conversation, she shares how her 101-year-old mother inspired her approach to movement, purpose, and mindset. Whether you're just starting your wellness journey or doubling down on vibrant living, Leslie's insights will challenge you to live longer—and better—with intention.

The information presented in Fully Alive is for educational and informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment and before making changes to your health regimen. Guests' opinions are their own and do not necessarily reflect those of the podcast host, production team, or sponsors.

Watch the episode here

```
<iframe width="560" height="695"
src="https://www.youtube.com/embed/nhfA2vryH0I?list=PLtxMGw-aZvh
zKQbWjAulC2NDOrJwWjPJE" title="" frameborder="0"
allow="accelerometer; autoplay; clipboard-write;
encrypted-media; gyroscope; picture-in-picture; web-share"
referrerpolicy="strict-origin-when-cross-origin"
allowfullscreen></iframe>
```

Listen to the podcast here

```
<iframe scrolling="no"
src="https://player.podetize.com/?id=LjcFlfIA7&epmode=true"
width="100%" height="200" frameborder="0" title="ShowCastR™
player"></iframe>
```

Living To 140 - A Conversation On Healthy Longevity With Leslie Hocker

Welcome back to Fully Alive, where we are unlocking the secrets to a healthier, happier, and longer life. Our guest is someone who truly embodies reinvention, resilience, and radiant purpose. [Leslie Hocker](#) is a globally recognized entrepreneur, a coach, and a speaker with decades of experience in personal development, wellness, skincare, and heart-led marketing. She began her journey as one of the youngest female executives in the petroleum industry before launching Houston's very first Pilates studio. She hasn't stopped breaking barriers since.

A nationally ranked collegiate swimmer, a certified NLP trainer, and a passionate global traveler, Leslie brings a rare blend of business savvy, wellness, insight, and soulful leadership to everything that she does. Alongside her husband, who's a doctor of pharmacology, she now mentors entrepreneurs around the world and leads efforts to help others age beautifully from the inside out.

In this conversation, we're going to explore the bold transitions that have shaped Leslie's path, the power of building with purpose, and why true success is always rooted in helping others thrive. Get ready to be inspired, challenged, and encouraged. This is a story about confidence, courage, and becoming fully alive. Let's jump into our conversation with our guest, Leslie Hocker.

“

Leslie Hocker’s approach to healthy longevity is proof that living with intention and purpose doesn’t just add years to your life—it adds life to your years.



[Leslie](#), thank you so much for being here with us on Fully Alive. It's exciting to have you. I'm excited for our readers to know your incredible story. I'm honored that you would join us. Thank you.

I'm very excited to be here. I've learned in the last few years that I have accumulated experiences that other people don't naturally have. I'm excited to share anything that I can to help people live a longer, healthier, and happier life.

Reinventing Yourself: From Petroleum To Pilates And Beyond

You're doing that. You're accomplishing that, and so you're an inspiration. You've had this incredible journey from being a petroleum executive to a Pilates studio pioneer, the first Pilates studio that you opened there in Houston, to a wellness entrepreneur. You've had this amazing variety of experiences

and expertise on your journey. What drove you to each of those leaps? How has reinventing yourself and reinvention played a role in your life through all those different aspects?

I recommend this to anyone who's ever thought about doing any type of sport or participating in any type of group exercise. I'm the oldest of five. When I was probably twelve, my parents decided that they needed an activity to keep all of us out of trouble. You're talking about five children, two years apart. There's always someone to get in trouble with. They started this in competitive swimming. I've thought about that a lot. I know for somebody reading, if you've never thought about doing that, I would say it's never too late to start.

I'll come back to answer your question, but I want to share while it's on top of my mind. When my father was 76 and my mother was 75, he had a stroke. My mother had always walked, and my dad had always played golf, but they had never gone to the gym. As a swimmer and an athlete, I started weight training when I was in high school. We ran stadium steps. We lifted ten cans full of sand. It was crazy because there wasn't that much organized then.

What ended up happening was that the physical therapy got my dad to the point where he could dress himself and feed himself. He had an ischemic stroke, which is pretty serious, and it affected his speech pattern. When they sent him home, I'm thinking, "My mother is never going to be able to help my dad do all these exercises." I found a personal trainer who had a background in physical therapy. He agreed to take my dad and my mom.

My mother started weight training at 75. She's now 101. As a result, when she was 92, we went to Prague together. My father had already passed away. She outwalked me. It was embarrassing. When you're an entrepreneur and you're in business for yourself, sometimes you neglect yourself. That was always a great reminder.

The competitive swimming helped me develop an addiction to movement and to working out. I mentor people in business. One of the things that I've shared with people is that you can have all the money in the world, but if you don't have your health, what difference does it make? It's nonsensical. I know I went all over the board. I came off a trip from Canada, so my voice is a little bit scratchy because it was 30s and 40s Fahrenheit at night, and 60s during the day. I'm back in Houston with 90 degrees and humidity.

Competitive Swimming & Lifelong Athleticism

It is a system shock there. There are a lot of things we can dive into. We'd love to hear about your competitive swimming journey because that was a big part of your life. You were a nationally ranked collegiate swimmer. You were swimming 10 miles a day.

That's so crazy. They don't do that anymore. It's very interesting. When you're a female and you're sixteen, you want to do other things besides athletics. It is probably a lot like people at any age, where you go, "I'd rather do that than go to the gym," or "I'd rather do that than workout." I'm blessed. My coach pulled me aside. He said, "You're quitting slowly," because I had stopped showing up at workouts. He said, "You have to make a decision."

That's true for all of us. You have to make a decision. Do I want to live a long, healthy life? If I do, we have the internet. We have shows like this. We have people that we can go to, listen to, and take tips to adopt. I made a commitment. I swam on the men's swim team my freshman year. Title IX came along. I got the first athletic scholarship at Oklahoma University for a female athlete. For me, athletics and physical

movement are so much more than just competition. It was about learning, pushing my limits, feeling strong in my body, and being able to live a full life. It created a whole focus on wellness.

We laughed. They knew so little about supplementation, adding things to your diet, and what you should eat. We grew up with a food pyramid. It is cereal for breakfast. I'm blessed because my mother didn't do that. She fed us whole food. We ate our salads after our meal. She had traveled a lot and was very European in that respect. She told me that before World War II, restaurants always served the salad at the end of the meal. They only started serving a salad before the meal because there was such a shortage of waitstaff. These things that we've lost on why we do things. She shared with me that there was such a shortage of waitstaff. They started bringing out the salad ahead of time to kill time or to fill the space between when the meal would come out.

It is interesting because there is something to eating.

It's the power of asking yourself, "Why am I doing this? Would I be better off doing this? Would I be better off doing that?"

You've been a lifelong athlete since your swimming career. You maintain that mindset.

I will confess that in my 40s, I slacked. In my 20s, I graduated, moved on, and went to work in the petroleum industry. At lunch, they all thought I was insane. When I went to the gym, all the men I worked with were like, "People didn't do that." I hate saying the phrase back then, but it wasn't part of the culture. We'll put it that way. In my 20s and 30s, I continued to do that. A huge key to longevity is surrounding yourself with a community of people who support you and are going where you want to go, not sitting on the couch. You've got to find those people.

Tweet: Surrounding yourself with a supportive community—people going where you want to go—is a huge key to longevity.

Probably, right around 50, I realized I'd gotten out of the habit. As humans, your life is about the slight edge habits that you do. One of my best friends is the best-selling author of [The Slight Edge](#). I worked with him. I'd gotten out of the habit. It was the 4th of July. My mother drove over. She would have been in her 80s. We said, "We want to go watch the 4th of July parade." She got on a bike with us. The next day, we went to the gym, and she embarrassed me.

That's when I thought, "This is a woman 30 years older than me, and she could do more in the gym than I." That's because I had gotten them a personal trainer. Even after my father passed away, she continued. I always laugh. You set goals. I had a personal trainer on my goal list. I got it for my parents before I ever got it for myself. She had continued on a couple of times, two times a week, doing that. I watched everything she was doing. I was thinking, "This is a bit embarrassing." That's how I ended up back in the specific, making sure that I do some type of movement every day.

I don't care what it is. It could be walking. It could be yoga. It could be weights. It could be bike riding. It's got to be something that you enjoy. I'm not a runner. I don't like running. Part of that is because, as a swimmer, you end up with hypermobile joints, and then the pressure doesn't go to the right places. I end up with swollen ankles and swollen knees. I'll fast walk. I walk with weights, with a weighted vest, and all those things. One of the huge keys is consciously moving every day. In the Houston area, I have to make myself do that. I live in The Woodlands. It is a beautiful area, but it's hot outside right now. I don't want to go outside. I don't even want to ride a bike right now. It's like riding a bike in a steam bath.

Longevity Secrets: Lessons From A 101-Year-Old Mom

I'd be curious. You mentioned your mother started weight training at 75. She was outlifting you in the gym at age 80. Now she's 101. What else have you learned from her about vitality, longevity, and daily movement? What are some other pro tips you've taken away from her life?

Have fun. Don't take yourself too seriously. Be committed to whatever it is you love to do. Be of service. Don't wear socks on wooden floor steps because she did have a fall. That's what most people get concerned about. She had socks on the steps going down and ended up breaking her hip. She still came back from that, still lived alone, and still went to the gym. I could tell that it did affect her health. She's coming to the end of her life as someone who inspired and empowered others to go for their dreams.

One time, she shared with me, "I think I made you way too independent." I was like, "No, Mom. I'm very happy." She pushed for us to be the best we could be. Just a small thing, when I didn't understand what a word meant or how it was spelled, she always said, "Go get the dictionary." Now, we can ask ChatGPT. She made us self-aware and self-reliant, so we could do that. As far as eating, the era I was raised in was that canned food was a big deal, and fried food in the Midwest. She raised us on baked and broiled fresh vegetables. She used butter, not margarine, which was her saying at that time. I developed great eating habits.

Zach, you'll laugh at this. All my friends were having sodas, etc. She didn't buy them because sodas for five kids add up. That was the blessing of having five of you. She used to say to us, "The gold of the desert is right over there." We were like, "What are you talking about?" It is water. I grew up with that type of humor. It made you think, "We're not getting soda unless we pay for it ourselves." I was very blessed that I have good eating habits as a result of that. You probably don't remember, but people my age will jazzercise. She did that. She wanted my dad to live a longer life. His father had passed away in his mid-40s. My father lived until 77. That was quite a difference.

She had him on a calories-don't-count diet. It was what you ate, not the count. I've never had a habit of counting calories. Something that I have adopted that I did not learn from my mother is eating enough protein. Most women do not get enough protein. I work to eat a gram of protein for every pound I weigh. I'm not sitting on a couch. If you're inactive, that might be too much. Protein is what you need for your muscles, and your muscles are what you need for a long, healthy life.

FULLY

“

**Protein is what you
need for your muscles,
and your muscles are
what you need for
a long healthy life.**



I'm sure that all of those things are probably factoring together in your health and your mother's health as well. Eating enough protein, lifting heavy weights, maintaining that muscle mass and mobility, and even bouncing back from a hip surgery, which is rare, all played together.

It was interesting. When she went through that surgery, they kept trying to give her medication all the time. With pain meds, she kept saying no. All five of us were laughing and saying, “We did not get those genes.” I don't know where those genes went. I can see how people can get addicted to pain meds. Every time a nurse walked in the room, they were asking if she wanted medication, like that was normal. I've been very blessed. In the coaching and mentoring that I've done working with people, I've realized that not everybody has parents who push them, inspire them, and work to help them be the best version of

themselves, but there are lots of places that all of us can go to do that. I love that you're doing this show to help people be aware.

From Petroleum Executive To Wellness Coach: A Career Leap

Maybe we can talk about your coaching a little bit. You worked with [Tony Robbins](#) when he was first getting started.

I did. What happened was that I went to work in the petroleum industry. I worked my way to the executive level at a very young age because it was the timing in business. I came out of university before the oil embargo. I went far fast at a very young age, to the executive level. I looked around and said, "I am not going to work in the dark, coming home in the dark of working weekends in my 50s. This is fun now, but we're going to do another phase."

I do laugh at that because of our educational system. My degree in business taught me nothing about working for myself, how to evaluate a business, or none of that. I had to learn as I earned, but that's how I ended up. I started the Pilates studio because when I came out of college, I was big. I had a 16-inch neck. I was big. I remember being at the airport one time. I was sitting in the car waiting for somebody. I heard somebody behind me saying, "Sir." My frame was so big. I turned around and looked at the policeman because I was parked. He wanted me to move. He saw my face. I did Pilates to lengthen out my muscles, but I started the studio because I thought, "This is amazing. Everybody needs this." The challenge is that no one had heard of it in the '80s.

You're a little too soon. It was a timing thing.

The Slight Edge: Jeff Olson's Philosophy On Life And Business

Timing in business is everything, like real estate and location. I have a love of health and wellness. My neighbor shared with me what I call relationship marketing, share the love marketing. I found some wellness products I loved. I wanted to share them with everybody. That took me on an entrepreneurial journey of coaching people and working with people. The way I get paid now is by helping other people have success. I've been mentored. I found that Tony Robbins joined the very first direct sales company I was with. It was a wellness company. When I saw what he was doing, I thought, "Businesses need this communication and being able to talk to each other. Whole communities need it." I worked with him for three years, took him into the business marketplace, and did multiple firewalks. That's the question.

Have you done the firewalk?

Believe it or not, it is the power of your mind. It's a real thing. The coals are hot. It's not fake, but that led from one to another to another. It has allowed me to work with some of the greats in personal growth and personal development. One of my mentors was Paul J. Meyer. You probably never heard of him, but he's considered the grandfather of personal growth. John Maxwell talked about how he bought a program for \$700 or \$800, which was a lot of money. It was Paul's program. My mentor is who kicked John Maxwell off.

I've done a little bit of work with John as well. Many years ago, as our mentor training, Paul made us do a whole half day on the food you eat and wellness. In his 80s, he climbed what might have been Everest. His whole philosophy was that attitude is everything. When he passed away, he was worth \$2 billion. If you don't want to listen to me or Zach, you could listen to my billionaire mentor, Paul Meyer. He impressed upon me the importance of what I shared with you at the very beginning. We were all very

successful. You had to be very successful to be mentored by him. He was impressing on us that if you don't have your health, what do you have?

I love that quote, "A healthy man has a thousand dreams. A sick man has but one."

I've never heard that. I love that.

As you said, if you don't have your health, then nothing else really matters. That's the one thing that allows us and frees us up to do all the other things that we desire to do.

My husband is a doctor of pharmacology. He retired. We met as entrepreneurs. He'd already retired from pharmacy. One of my brothers is a neuroscientist, biochemist, and chemist. I think he has three degrees. We study healthy longevity together. A lot of people study longevity, but it's healthy longevity. What the research is showing is that 140 is a realistic lifespan.

We're just getting started.

I'm halfway through. My grandmother, my mother's mother, was 102 or 103 when she was in the kitchen cooking, fell, and broke her hip. She fell because she didn't lift, do weights, or any of that. I have long-lived genes. If people look into the future, I'll give everybody a tip. A technique is looking in the future, seeing what you don't want, and then doing the things that you need to do to get where you want to be. You don't want to be the sickly person who can't travel, who can't spend time with their grandkids or family, and who can't enjoy all the amazing things that are available to us. That's moving away from peace or moving towards it. You are motivated by reaching your dreams, or motivated by "I don't want that to happen." That can be more powerful for people than moving towards. It's weird.

Tweet: Visualize the future you don't want—and take action to avoid it.

Unveiling The Future: Anti-Aging Skincare From Within

That fear is a powerful motivator. That can drive our mindset towards healthy choices. I'd love to shift gears for a few minutes because you're involved in this amazing new anti-aging skincare wellness, skincare from the inside, as well as the outside. I love the work that you're doing there. Could you tell us a little bit about the company that you're an affiliate with and partnered with, and some of the amazing things that you're doing there?

**Fear is a powerful motivator;
it can drive our mindset
toward healthy choices.**



I've always been involved in wellness, but then I realized one day that you also want healthy skin. I think I shared with you that I was also a lifeguard. As a lifeguard and a swimmer, I had so much discoloration. You age. You end up with discoloration from being in the sun. For the women out there, I'm not wearing any foundation. My skin is cleared up. [Jeff Olson](#) is the bestselling author of *The Slight Edge* that I mentioned, which is a great book for anyone. It's the philosophy of life and business. If you're not in shape right now and you want better health, it's how you get there. It's a little bit every day.

It's how we all do anything, like one push-up and then next week, two. He's also very big in the health, wellness, and helping people be the best they can be. That's why my husband and I wanted to partner with him. I love helping people have a full life. It is exciting. Many years ago, we became an affiliate with

a one-night cream that men loved because it worked on everything. You didn't have to do a whole bunch of stuff. We all love it, too, because we're busy. I always said you wash your face at night, put it on, go to bed, and you get younger while you sleep. That fits Americans because it's something for nothing.

The guinea pig generation, which is trying everything, slipped into Botox, fillers, and all of that. I've always been too chicken in reality, but then I always felt like if you're going to put healthy stuff on the inside, why are you going to inject toxins into your face? There's a real need in the marketplace there. I had thought about retiring and traveling. He and his daughter, whom I work with too, are amazing humans. He said, "We're going to bring out a natural alternative to Botox and fillers with real science." Get this, Zach. It's an elixir. It's not a needle.

The Elixir Effect: Natural Botox Alternative

It's an elixir, and it trains your skin. It's like taking your face to the gym. It trains your skin to lift, fill, and plump itself. You can see my eyelids again. I didn't use it on my lids. I used it here and here, that tightness. Here's the other cool thing. Botox builds collagen in your skin by 65% over multiple injections in multiple months. That's better than zero. Fillers, which are very painful and expensive, are \$700 to \$900 a session. For fillers, they do injections here. That builds your collagen by 400%. This little baby is plant-based. It builds in 30 days by over 1,200% the collagen in your skin. It's insane. Men love it. Women love it. I have to show you. I'm so excited. The thing is that it's not so much about vanity. It is, but it isn't. It's about, "I want to look as young as I feel."

You're helping people feel confident.

I do take a clean marine collagen. These are my eyes, and then around my mouth area.

It's an amazing difference.

That's after six weeks.

You look amazing.

Thank you. It boosted my confidence. I'm about helping people be the best version of themselves they can be with their mind and with their body. If I can help them look in the mirror and feel good, you want to do more. That's what I've experienced.

The Cost Of Confidence: Skincare Investment

It makes a huge difference to your mindset and how you go about your day and live out your passion. Can you tell us a little bit about the company, the name of the company, how people can find this, the cost, and things like that?

You'll be shocked. For people who know about Botox, I think an average Botox session is about \$400. Fillers are \$700 to \$900. I'll give you that. If you're doing those things and you're reading this, I get it. People want to look their best. Using this would be insurance. I have my own company within the company. The name of the company is [Symmetry Partners](#), which is the symmetry of a circle. We could put the link down below. The name of the company is [Neora](#).

This set is a day and night. You use this little elixir under your existing day or night cream, or this. These three work on men, women, young, old, oily skin, dry skin, and "your ethnicity does not matter" skin. The skin care industry has sold us about needing skin care for our 20s, 30s, 40s, and 50s. My sister has

oily skin. I have dry skin. We both got amazing results. This is \$235 for a preferred customer. If you reach out to me, I'll make sure you get a freebie with it. This, by itself, is \$144.

That's a month's supply.

These might last you longer than a month. It takes 30 seconds and two pumps. I don't think there's any in this. I think I used it all. It pumps. You target it and smooth it in. I used it. I'm going for a 90-day photo. I'm pretty excited about it, but I can feel the fullness and the tightness because it's building volume. I always say no amount of good nutrition, diet, or exercise will prevent gravity. Now, we're preventing gravity.

Tweet: No amount of good nutrition or exercise will prevent gravity.

Thank you for that. The work that you're doing there is amazing. As you said, you are helping people feel their best and live their best lives in all sorts of ways. That's exciting.

It's the first ever topical alternative to Botox and fillers. It's very exciting because 59% of people, men and women, who get injectables would rather not do needles. It's an exciting time to be involved with a product that works. It's epigenetics. It has crazy science behind it. It's got three different formulas in it. It's got a biostimulator. It's all plant-based. That's what's crazy. What people don't realize is that there's so much science available to all of us now.

Sometimes, it gets overwhelming, but if you can hone it down to a few simple habits daily, like drinking water in the morning. It's amazing to me how many people don't realize your blood thickens overnight. That's why you need to drink water in the morning to help prevent strokes, heart issues, and all of that. It is taking care of yourself, developing those habits, and moving.

When I get up from here, I'm going to do 10 to 15 squats to get blood moving. It's simple. The research that came out showed that you should do it every 45 to 50 minutes. I tell people, every time you get off the couch, every time you stand up from your desk, and every time you do something, do ten squats. If you do that eight times a day, it's equivalent to walking 30 minutes.

Tweet: Ten squats, eight times a day is equivalent to walking 30 minutes.

That seems doable and easy.

It's developing those simple habits, which is why I like this because it's 30 seconds to put on, and then you're gone. There's no downtime, no needles, no risk, only results.

You take a picture before, in 30 days, in 60 days, and in 90 days, so you get to see the actual results happening as well.

I didn't see any real difference at 30 days. I could feel it. I got pictures of people who, in ten days, it's insane. I've been taking care of my skin for several decades because I was a lifeguard and a swimmer. I knew I was concerned about the after-effects of being a sun baby.

Living To 140: A Mindset For Healthy Longevity

You have the mindset that we're probably going to live to 140, so you better take care of it now.

My husband says 150.

Good goals to shoot for. That's great. I love that you're just getting started. As you think about the horizon, what's on the horizon for you, or what are you most excited about as you think about wellness, longevity, and the things that you're working on in the coming months or years?

I do help people learn how to be entrepreneurs and start a side gig, side hustle, or whatever you want to call it. I do that because the reason I started was that I wanted more choices in life. That's why I started years ago. I was going to work in the dark, coming home in the dark, and working weekends. I wanted more choices for myself. I gave myself that. I looked around and thought, "I can help my family and my friends." I can help other people have more choices in life. I look at it that I help people. It may or may not be with me, but I love being able to help people find something that gives them more time so they can create joyful memories. What I'm about right now is helping people to die with memories, not dreams.

That's a great way to say it.

My father's passing away at what I considered an early age made me more aware of the importance of creating joyful memories. We're headed to Italy for my birthday. I'll give you an example. When you're younger, you always think, "It's always going to be there." For example, we were in Austria. My husband and I were doing some nonprofit work. We were a train ride away from Venice. We were there for several months. "We'll come back. We'll do it." We never did it. What were we thinking?

I came back from Canada, from Banff and beautiful Canmore. I love staying in Canmore better than Banff because it's not as commercialized. It's very close. It's in the valley. We went for a mastermind. We went in early so we could walk to dinner and experience the scenery. We did two days of business, and then we stayed an extra day. Why not? You're already there a couple of days. With that philosophy, after my father passed away, I realized I needed to slow down a little. It is such a cliché, smell the roses.

Slow down a little and focus on creating memories and adding joy. That would be my biggest tip. What I'm most excited about is that I have helped over 5,000 families add an extra thousand dollars of cashflow income into their lives, which they can put away and use for travel, for family, or whatever. That's quite a bit of extra income. They have fun doing it. My goal is for that to be 100,000 families, so I've got a lot of work. I've got ways to go.

Tweet: The goal is to create joyful memories, not just chase achievements.

That keeps you motivated, focused, and driven. Leslie, where can people connect with you? Where can they find this amazing new skincare and anti-aging skincare line as well?

I'm on Facebook as [Leslie Hocker](#) in a pink top. I'm on [Instagram](#). I'm also on [LinkedIn](#). If you connect with me on my website, then I can help you get the best value. I can help tailor to whatever you need. If you go to [LeslieHocker.com](#), then you can take a look there. My husband and I are both there. I've got a form. You fill it out, and I'll get you the info. I'm working on putting a freebie up there for people on daily affirmations for all areas of your life. I got that bug from Paul Meyer. You may think it's woo woo, but my billionaire mentor, who is amazing, inspirational, and audacious, is the one who got me in the habit of doing that every morning. It's getting what you expect. It's saying what you expect out of life, versus letting life happen to you. That's a key.

Thank you so much for sharing all your amazing experiences, wisdom, and expertise.

My website is Symmetry.Neora.com. If you go to Neora.com, it goes straight to the company. They may distribute it to someone else and rotate that. If you go to my website, it would be Symmetry.Neora.com. I'd love to help you. I love helping people get the best value when it's right for them.

Thank you so much for sharing with us. This has been a privilege and an honor to have this conversation. Thanks so much for what you're doing.

I'd love to thank you for giving me the opportunity to share a little bit about what I've learned about healthy longevity.

Hopefully, we'll all be around for a lot longer, so we'll have more conversations over the next 70 years.

Maybe we'll meet back in a few years and check in on how our lives are doing.

Let's do it. Thanks, Leslie.

You're welcome. Thank you.

What a fun conversation with our guest, Leslie Hocker. I picked up so many great little nuggets in our conversation. I love that her mom is 101 and started weightlifting at age 75. If you're 75 and you're reading this, that's a great time to start lifting weights. We talked about eating more protein, and just a few tips. A couple of other little nuggets stuck out to me. One is that if you do eight squats every time you stand up out of your desk, chair, off the couch, or wherever over the course of the day, that's equivalent to a 30-minute walk. It is these little tiny micro habits that can make a big difference in how we feel.

The work that she's doing with Symmetry Neora, the skincare product that we discussed there, is helping people feel more confident and feel their age. Symmetry.Neora.com is her website. You can check that product out, the elixir that builds 1,200% more collagen in your skin. It is amazing stuff that's happening with these groundbreaking things. We do live in an exciting time of having this daily movement and living life with purpose and passion.

Tweet: Daily movement and living with intention are the real secrets to healthy longevity.

I love what she said. She wants to help people die with memories, not dreams. Let's go out there and make memories, and not let things be dreams that we dream about, but never accomplish and never do. Let's go do it as we live fully alive. Thanks for checking in and being with us for this great episode and great conversation with Leslie. Check her out, LeslieHocker.com. We'll see you next time here on Fully Alive.

Important Links

- [Leslie Hocker's Website](https://LeslieHocker.com)
- [The Slight Edge](https://TheSlightEdge.com)
- [Tony Robbins' Website](https://TonyRobbins.com)
- [Jeff Olson on LinkedIn](https://JeffOlson.com)
- [Symmetry Partners](https://SymmetryPartners.com)

- [Neora](#)
- [Leslie Hocker on Facebook](#)
- [Leslie Hocker on Instagram](#)
- [Leslie Hocker on LinkedIn](#)