

# HOME VASCULAR DEFENSE

## 2026 SENIOR RESILIENCE PROTOCOL

### Ambient Environment & BP Control

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- Thermal Stability (68–72°F):** Ensure the home is free of cold drafts. Cold triggers vasoconstriction, which can spike systemic blood pressure.
- Blue Light Curfew:** Dim screens or use amber filters after 8:00 PM. Reducing blue light lowers cortisol, supporting overnight BP "dipping."

### Metabolic Movement Zones

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- The 10-Minute Post-Meal Path:** Clear a safe, interior walking loop. Immediate movement after meals is the primary tool for flattening postprandial glucose spikes.
- Resistance Accessibility:** Keep bands or light weights in high-visibility areas. Consistent strength work is essential for insulin clearance.

### The Vascular Kitchen

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- High-Density Protein Access:** Store sardines, Greek yogurt, or whey protein at eye level. Aim for the **1.2 – 1.6 g/kg** daily threshold.
- Hydration Stations:** Place water carafes in living areas to maintain blood viscosity and reduce kidney strain.

**Researcher Note:** This checklist is designed for seniors who are co-managing vascular risk (Heart/Brain/Liver). A "Vascular Safe" home is one that reduces the metabolic and inflammatory load on the body's aging systems.