

Dr. Rachael Van Pelt

Healthspan Scientist | Rightsizing Strategist | Licensed Colorado Realtor

WORKSHOP

Is Your Home Helping or Hurting Your Healthspan?

Why the Home Is the Missing Variable in Retirement Planning

An interactive workshop grounded in 25 years of aging research

ABOUT THE SPEAKER

Dr. Rachael Van Pelt spent 25 years studying successful aging, including 20+ years leading federally funded clinical trials at the University of Colorado School of Medicine. She published 58 peer-reviewed papers, secured more than \$20 million in NIH funding, and sat at the center of two of the most contested questions in women's health: what estrogen actually does after menopause, and why where fat is stored matters more than how much of it there is.

One pattern kept surfacing: people in their late 50s and 60s (the *Go-Strong* decade) have a critical window when health is still improvable, wealth is often peaking, and housing decisions carry outsized consequences. After that window, options narrow and costs rise. Yet most retirement planning ignores the home as a health variable entirely.

She left a landmark NIH study because the bottleneck was never the science, it was translation. Today she combines that research with an active Colorado real estate license to help adults 55+ make evidence-based decisions about their living environment before the *Go-Strong* window closes. She hosts *Next Act Ninjas: Mastering Lifestyle Longevity*, a podcast with 100+ episodes on YouTube, Spotify, and Apple Podcasts.

- Healthspan Scientist – PhD in Integrative Physiology from University of Colorado
- Healthspan Coach
- Colorado Realtor, eXp Realty
- Podcaster, 100+ episodes on lifestyle longevity

BOOK THIS WORKSHOP

Rachael Van Pelt, PhD
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 rightsizeretirement.com
[Next Act Ninjas Podcast](#)
 (YouTube, Spotify, Apple Podcasts)

ABOUT THE WORKSHOP

Most people assume staying put is the safe choice. The data says otherwise. The longer you wait, the fewer options you have and the more expensive the ones that remain. This interactive workshop helps attendees evaluate whether their current home is supporting or undermining their health, finances, independence, and quality of life.

Grounded in 25 years of aging research and delivered in a warm, conversational style, the workshop introduces the 4 Bs (Body-Brain-Bank-Base), a practical framework for assessing home fit in the context of health. Attendees complete a guided self-assessment during the session and leave with a personalized snapshot of where their home is working and not working for them.

ATTENDEES WILL WALK AWAY WITH:

- A completed 4 Bs Home Fit self-assessment with personalized scores
- Understanding of the *Go-Strong* window, the science behind why timing matters
- Local housing market context and carrying costs relevant to their situation
- Clarity on whether staying, modifying, or moving makes the most strategic sense
- Access to a free Rightsizing Decision Coach for deeper exploration
- An invitation to schedule a complimentary Rightsize Home & Health Review

FORMAT & LOGISTICS

- **Duration:** 40 minutes + 15 minutes Q&A
- **Audience:** Adults 55+ evaluating whether their home fits their next chapter
- **AV needs:** Screen/projector (preferred) or can be delivered without slides
- **Cost:** Complimentary. Speaker provides all handouts and materials.
- **Style:** Interactive and conversational. Science-based, not salesy. Attendees participate in a guided self-assessment, not a lecture.