

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #20

A Life Toward 100

Support your body while it is still strong.

The second goal, spoken once

The first twenty Currents have named a Program, a why, a how, and a day of five. This page names the horizon those pages were already rowing toward. A healthy human life toward 100. After 100, you may coast or keep rowing on your own.

That is not a promise this Foundation can keep for you. It is not a protocol. It is not a clinic that sells more years. It is a direction. Support the body while it is still strong so the surplus does not have to end as soon as the easy years fade.

One hundred is a living body

Goal #2 is not a digital person. It is not a clock you buy. It is not a war on every name an office can write. It is a person still minting ATP, still sleeping, still eating real food, still using the body, still keeping one living contact, still taking a stop.

Do not die of something stupid is a useful warning. It maps to the five and to 100% responsibility. It does not map to a membership. The mill is still in you.

A life toward 100	What it is not
A living body, still generating energy.	A guarantee this page can sign.
The five, kept, year after year.	A new syllabus after Current #19.
After 100, coast or keep rowing.	A diploma, a medal, a final exam.
One picture of a long day is next.	A sermon against an industry.

The library will keep flowing

One hundred Currents is the same rhyme as one hundred years: a library you can keep rowing, not a class you must finish. Currents #91 through #100 will return to the five and to Correction on purpose. Living toward 100 is the same paddle, later.

Next is one man’s day — food, sleep, and a walk that lasted into late age — while the model his money built learned to name and manage. Paradox, not a sermon. That picture is Current #21. This page only sets the horizon.

How you keep it

Do not wait for age 99 to start. Protect tonight. Eat real food and drink the water. Use the body and take the air. Keep one living contact. Take the stop. That is a life toward 100 practiced as Tuesday.

Be brave enough to row a long river

You are not behind. You are not too late. You do not have to become someone new. Your cells are still minting energy every second of every day. Give them a day they already know how to use. Then do it again tomorrow.

The question

Will you row a healthy life toward 100? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, keep tonight's five. That is Goal #2 begun. That is MEGA-Vitality pointed at a long, living body.

If you want to keep learning, keep flowing with our Currents. Rockefeller is next — the picture, not the industry.

Notes

- This is education. It does not diagnose, treat, or claim to cure. It does not promise a year.
- It does not replace your physician, your medications, or the care you already have.
- If a question is about your own body, take it to a licensed professional who knows you.
- The Foundation does not sell IVs, lab panels, wearables, or bottles as the price of belonging.

Support your body while it is still strong.

Michael J. Gonzalez Foundation, Inc.