

Simple Steps

- 🪞 Your body is a reflection of how well you take care of yourself.
- 🍌 Eat and drink to nourish your body.
- 🏃 Exercise for disease prevention, and to be mentally and physically well.
- 😴 Quantity and quality of consistent sleep is critical.
- ⚖️ Calories matter for managing weight.
- 🍎 Whole foods are optimal for nutrients, energy, fullness, health, and longevity.
- 🍲 Healthy meals are primarily homemade.
- 🕒 Incorporate fasting as a tool to enhance metabolic health, improve insulin sensitivity, and promote longevity.
- 🥑 Carbs, fat, and protein all play key roles in your body.
- 💧 Hydrate with unsweetened beverages like water, tea, and black coffee.
- 🚫 Limit ultra-processed foods. They are sugary, doughy, salty, and fatty foods and beverages.
- 🏋️ Exercise consistently with progressive overloading for overall health.
- 🧠 Perform cardiovascular exercise to boost your heart and brain functioning.
- 💪 Incorporate strength training to strengthen your bones and muscles.
- 🏃 Train as a hybrid athlete to help with balance, mobility, power, endurance, agility, and flexibility.
- 🧘 Manage stress through mindfulness and breathwork.
- 🩺 Do regular check-ups, biomarker screenings, and biometric assessments.

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Your body is a reflection of how well you take care of yourself.



Eat and drink to nourish your body.



Exercise to prevent disease and boost mental and physical health.



Quantity and quality of consistent sleep is critical.



Calories matter for managing weight.



Whole foods are optimal for nutrients, energy, fullness, health, and longevity.



Healthy meals are primarily homemade.



Incorporate fasting as a tool to enhance metabolic health, improve insulin sensitivity, and promote longevity.



Carbs, fat, and protein all play key roles in your body.



Hydrate with unsweetened beverages like water, tea, and black coffee.



Limit ultra-processed foods. They are sugary, doughy, salty, and fatty foods and beverages.



Incorporate strength training to strengthen your bones and build muscle.



Manage stress through mindfulness and breathwork.



Perform cardiovascular exercise to boost your heart and brain functioning.



Train as a hybrid athlete to help with balance, mobility, power, endurance, agility, and flexibility.



Do regular check-ups, biomarker screenings, and biometric assessments.



Improve overall health with consistent exercise while applying the progressive overload principle.