

OPTIMIZE YOUR HEALTH

Live as an **Intelligent Eater**, an **Enduring Mover**, and a **Restorative Sleeper**. Track aspects of lifestyle daily. Test measures of health periodically. We are products of our environment and we are creatures of habit. Maintain healthy habitats in your home and work so that good habits flow naturally.

INTELLIGENT EATER

- 1 Eat a **nutrient-dense, non-toxic** diet that facilitates robust health and a calorie intake that is balanced naturally.
- 2 Maintain a **healthy food habitat** at work and home.
- 3 Be a **good food citizen**.



PLANTS

Prioritize organic vegetables, fruits, nuts, seeds, and starchy tubers if you eat legumes and grains, ensure that they are traditionally prepared by soaking, sprouting, or fermenting.



ANIMAL PRODUCTS

Grass fed meats, wild game, and seafood; eggs and full-fat dairy from pastured animals.



FATS

Avocados, olive oil, coconut oil, red palm oil, animal fats, and butter from pastured animals.

ARE YOU A GOOD FOOD CITIZEN?



Humane treatment of animals



Fair treatment of workers



Environmentally responsible



Support of local economies



Reduction of waste



STAND

Stand at least 50% of the day and once an hour.



WALK

10,000+ steps per day.



PUSH

Exercise at least twice per week.

Sitting too much significantly increases your risk for chronic disease, even if you exercise. Exercise is not the perfect antidote to sitting too much; you need to stand and walk too.

Regular exercise facilitates peak performance of your body, suppresses cancer, increases immunity, and extends lifespan.

ENDURING MOVER

- 1 Maintain your ability to **meet physical challenges** throughout life by sustaining a daily-to-weekly, mixed-intensity movement practice.
- 2 **Stank, Walk, Push.**

ARE YOU READY TO MOVE?



Wear clothing that allows natural movement throughout your day.



Analyze your schedule to identify opportunities to move.



If you have 2 minutes, you have time to do something physical.

RESTORATIVE SLEEPER

- 1 Good Sleep starts with **physical activity** and **light exposure** during the day.
- 2 Before bed, dim environmental lights and **quiet the mind and body**.
- 3 Know the time you want to go to bed to **get a full night's rest**.
- 4 Make your sleep environment **comfortable, cool, quiet, and dark**.



Average sleep duration has **decreased 20%** in the past 40 years. That's equal to losing one full night of sleep per week!

HOW ARE YOU SLEEPING?



Sunlight improves alertness and mental performance.



Dim light initiates melatonin and causes body rhythms to synchronize.



Artificial light at night blocks total daily melatonin production by over 50%.