



	1-NUTRITION	2-HYDRATION	3-RESPIRATION	4-METABOLISM	5-EXERCISE	6-HEALING	RE-CREATION
<b>AGILE   RESULTS</b>	<p>Provide Vital Nutrients the Body Needs for Growth and Repair</p>	<p>Replenish the Body's Ongoing Demand for Life-Giving Water</p>	<p>Maintain Regular Breathing to Assure Efficient Respiration</p>	<p>Manage Caloric Intake by Food Type to Optimize Physical Energy</p>	<p>Practice One or More Exercise Modalities to Maintain Fitness</p>	<p>Maintain Health &amp; Recover from Injury, Illness and Disease</p>	<p>Assure a Healthy Work-Life Balance through Re-creation</p>
<b>AGILE   OBJECTIVES</b>	<p><b>SOLID</b></p> <ol style="list-style-type: none"> <li><b>Plant-Based</b> <ul style="list-style-type: none"> <li>Fruits &amp; Vegetables</li> <li>Legumes &amp; Nuts, Cereal</li> </ul> </li> <li><b>Animal-Based (Dense Protein)</b> <ul style="list-style-type: none"> <li>Meat</li> <li>Eggs &amp; Dairy</li> </ul> </li> <li><b>Supplements</b> <ul style="list-style-type: none"> <li>Vitamins &amp; Minerals</li> <li>Fatty Acids, Fiber &amp; Amino Acids</li> </ul> </li> <li><b>Digestion</b> <ul style="list-style-type: none"> <li>Raw vs. Cooked Food Absorption</li> <li>Food and Environment Toxins</li> </ul> </li> <li><b>Nutrient Density</b> <ul style="list-style-type: none"> <li>Highest -&gt; Organic, Whole Foods</li> <li>Lowest -&gt; Processed Foods</li> </ul> </li> <li><b>Weight Management</b> <ul style="list-style-type: none"> <li>Reduce Calories &amp; Increase Exercise</li> <li>High Nutrient Density, Low Toxins</li> </ul> </li> <li><b>Disease Avoidance</b> <ul style="list-style-type: none"> <li>Proc. Foods – <u>Metabolic Diseases</u></li> <li>Excess Animal Proteins - <u>Cancers</u></li> </ul> </li> </ol>	<p><b>LIQUIDS</b></p> <ol style="list-style-type: none"> <li><b>Potable Water Sources</b> <ul style="list-style-type: none"> <li>Springs, Rivers &amp; Lakes</li> <li>Municipal &amp; Bottled Water</li> </ul> </li> <li><b>"Healthful" Beverages</b> <ul style="list-style-type: none"> <li>Cold Pressed Fruit &amp; Veg. Juices</li> <li>Plant Based Dairy Substitutes</li> </ul> </li> <li><b>"Social" Beverages</b> <ul style="list-style-type: none"> <li>Coffee</li> <li>Tea</li> </ul> </li> <li><b>Diet Management</b> <ul style="list-style-type: none"> <li>Protein/M meal Replacement</li> <li>Diet Sodas and Low-Cal Juices</li> </ul> </li> <li><b>Sports Drinks</b> <ul style="list-style-type: none"> <li>Electrolyte &amp; Nutrient Drinks</li> <li>Energy Drinks</li> </ul> </li> <li><b>Sugar-Rich Beverages</b> <ul style="list-style-type: none"> <li>Sodas</li> <li>Processed Fruit Juices</li> </ul> </li> <li><b>Alcoholic Beverages</b> <ul style="list-style-type: none"> <li>Beer &amp; Wine</li> <li>Liquors</li> </ul> </li> </ol>	<p><b>GAS</b></p> <ol style="list-style-type: none"> <li><b>Breathing Modalities</b> <ul style="list-style-type: none"> <li>Nasal Breathing</li> <li>Mouth Breathing</li> </ul> </li> <li><b>Control of Breathing</b> <ul style="list-style-type: none"> <li>Conscious</li> <li>Unconscious</li> </ul> </li> <li><b>Cardiovascular</b> <ul style="list-style-type: none"> <li>Reduce High Blood Pressure</li> <li>Reduce Cardiovascular Risk</li> </ul> </li> <li><b>Psychological</b> <ul style="list-style-type: none"> <li>Reduce Anxiety &amp; Depression</li> <li>Improve Concentration &amp; Memory</li> </ul> </li> <li><b>Physical Fitness</b> <ul style="list-style-type: none"> <li>Recovery after Exercise/Exertion</li> <li>Reduce Shortness of Breath</li> </ul> </li> <li><b>Pain Management</b> <ul style="list-style-type: none"> <li>Relieve Headaches &amp; Migraines</li> <li>Relieve Neck/Back Pain, Neuralgia</li> </ul> </li> <li><b>Wellness</b> <ul style="list-style-type: none"> <li>Improved Weight Loss &amp; Digestion</li> <li>Improved Blood Sugar Regulation</li> </ul> </li> </ol>	<p><b>LIQUIDS</b></p> <ol style="list-style-type: none"> <li><b>Calorie Burning Activities</b> <ul style="list-style-type: none"> <li>Food Processing (Thermogenesis)</li> <li>All Physical Activities</li> </ul> </li> <li><b>Calorie Sources</b> <ul style="list-style-type: none"> <li>Sugars – Immediate Energy (Easy)</li> <li>Fat – Delayed/Stored Energy (Hard)</li> </ul> </li> <li><b>Calorie Release</b> <ul style="list-style-type: none"> <li>Sugars – Immediate Energy</li> <li>Fat – <u>Only</u> Energy after Ketosis</li> </ul> </li> <li><b>Calorie Restriction</b> <ul style="list-style-type: none"> <li>Fasting – Forced Ketosis/Burn Fat</li> <li>Whole Foods – Quality of Calories</li> </ul> </li> <li><b>Metabolic Processes to Create Fat</b> <ul style="list-style-type: none"> <li><u>Sugar</u> (Glucose) Triggers Insulin</li> <li>Sugar creates body fat; not diet fat</li> </ul> </li> <li><b>Metabolic Processes to Burn Fat</b> <ul style="list-style-type: none"> <li>Hormonal Process in Men/Women</li> <li>Interval Training Longer Fat Burn</li> </ul> </li> <li><b>Other Impacts to Metabolism</b> <ul style="list-style-type: none"> <li>Stress Hormones &amp; Body Toxins</li> <li>Sufficient Sleep/Rest &amp; Laughter</li> </ul> </li> </ol>	<p><b>GAS</b></p> <ol style="list-style-type: none"> <li><b>Quality of Life Management</b> <ul style="list-style-type: none"> <li>Stress Reduction (Physiological)</li> <li>Physical/Emotional Improvements</li> </ul> </li> <li><b>Personal Health Management</b> <ul style="list-style-type: none"> <li>Diet/Food Choices</li> <li>Exercise/Activities</li> </ul> </li> <li><b>Strength Training</b> <ul style="list-style-type: none"> <li>Targeted Muscle Groups</li> <li>Weights and Repetitions</li> </ul> </li> <li><b>Cross Training</b> <ul style="list-style-type: none"> <li>Aerobics</li> <li>Strength Training &amp; Flexibility</li> </ul> </li> <li><b>Athletic Training</b> <ul style="list-style-type: none"> <li>Circuit Training &amp; Exercise Equip.</li> <li>Aerobic &amp; Strength Training</li> </ul> </li> <li><b>Recreational Workouts</b> <ul style="list-style-type: none"> <li>Walking, Jogging &amp; Running</li> <li>Non-Powered Vehicles (i.e. Bikes)</li> </ul> </li> <li><b>Mind-Body Workouts</b> <ul style="list-style-type: none"> <li>Yoga &amp; Pilates</li> <li>Martial Arts</li> </ul> </li> </ol>	<p><b>GAS</b></p> <ol style="list-style-type: none"> <li><b>Nutritional Healing</b> <ul style="list-style-type: none"> <li>Whole Food &amp; Plant-Based Diet</li> <li>Active Lifestyle</li> </ul> </li> <li><b>Naturopathic Healing</b> <ul style="list-style-type: none"> <li>Identify and Treat Causes</li> <li>Natural Holistic Remedies</li> </ul> </li> <li><b>Ayurvedic Healing</b> <ul style="list-style-type: none"> <li>Promote Overall Good Health</li> <li>Mind, Body, Spirit Integration</li> </ul> </li> <li><b>Faith-Based Healing</b> <ul style="list-style-type: none"> <li>Holy/Miraculous</li> <li>Shamanistic/Totemic</li> </ul> </li> <li><b>Homeopathic Medicine</b> <ul style="list-style-type: none"> <li>Healing Instigated by Toxins</li> <li>Triggers Defense Mechanisms</li> </ul> </li> <li><b>Osteopathic Medicine</b> <ul style="list-style-type: none"> <li>Preventive Care Focus</li> <li>Healing without Medications</li> </ul> </li> <li><b>Allopathic Medicine</b> <ul style="list-style-type: none"> <li>Pharmacology Focus</li> <li>Surgical Procedure Focus</li> </ul> </li> </ol>	<p><b>PRACTITIONER</b></p> <ol style="list-style-type: none"> <li><b>Vacations</b> <ul style="list-style-type: none"> <li>Local; "Time Off"</li> <li>Travel; "Time Away"</li> </ul> </li> <li><b>Hobbies &amp; Games</b> <ul style="list-style-type: none"> <li>Indoor</li> <li>Outdoor</li> </ul> </li> <li><b>Therapeutic</b> <ul style="list-style-type: none"> <li>Massage Therapy</li> <li>Counseling</li> </ul> </li> <li><b>Meditation</b> <ul style="list-style-type: none"> <li>Faith &amp; Prayer</li> <li>Transcendental</li> </ul> </li> <li><b>Outdoor Activities</b> <ul style="list-style-type: none"> <li>Land-based</li> <li>Water-based</li> </ul> </li> <li><b>Interpersonal/Social</b> <ul style="list-style-type: none"> <li>Social Gatherings</li> <li>Intimate Encounters</li> </ul> </li> <li><b>Community/Communal</b> <ul style="list-style-type: none"> <li>Volunteerism</li> <li>Charity</li> </ul> </li> </ol>
<b>AGILE   RESOURCES</b>	<ul style="list-style-type: none"> <li><b>Maximize</b> consumption of unprocessed plant foods (i.e., fruits, vegetables, whole grains, and beans/legumes).</li> <li><b>Minimize</b> consumption of processed plant foods (i.e., meat &amp; dairy substitutes, etc.) and unprocessed animal foods (i.e., grass-fed, hormone free beef/chicken &amp; wild caught fish – all unprocessed animal proteins, etc.)</li> <li><b>Avoid</b> consumption of ultra-processed plant foods (i.e., refined sugars, white rice, vegetable oils, potato chips, etc.) and processed animal foods (i.e., sausages, hot dogs, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Drink a minimum of 64 ounces of water daily (i.e., 4 containers of bottled water)</li> <li>Drink water before and after meals, not with meals.</li> <li>Drink cold-pressed fruit and vegetable juices. (i.e., "juicing")</li> <li>Drink mineral water and herbal teas.</li> <li>Drink coconut water and electrolyte sports drinks for rapid re-hydration.</li> <li>Minimize consumption of energy drinks</li> <li>Avoid processed drinks such as store-bought fruit juices and sodas.</li> <li>Avoid drinks sweetened with artificial sweeteners (i.e. diet soda &amp; juice)</li> </ul>	<ul style="list-style-type: none"> <li>Oxygen is the ultimate natural anti-inflammatory</li> <li>Cancer is anaerobic - it does not survive in high levels of oxygen.</li> <li>Shortness of breath and heart disease are directly linked - the heart goes into spasm when it is deprived of oxygen.</li> <li>There is a high correlation between high blood pressure and poor breathing.</li> <li>Breathing well is the key to sleeping well and waking up feeling rested.</li> <li>Breath-rate is a developable skill</li> </ul>	<ul style="list-style-type: none"> <li>Most men need 13 to 18 calories per pound of body weight per day, or 2,000 to 3,000 calories per day.</li> <li>Men who are trying to lose weight should target an intake of 1,800 calories per day. Each meal should contain 450 calories and total snacks should be 450 per day.</li> <li>Women need about 1,600 to 2,000 calories per day for healthy weight management.</li> <li>Moderately active women over 25 needs about 2,000 calories per day until 50 and down to 1,800 over 50</li> </ul>	<p><b>Key Benefits of Exercise</b></p> <ul style="list-style-type: none"> <li>Exercise controls weight</li> <li>Exercise combats health conditions and diseases</li> <li>Exercise improves mood</li> <li>Exercise boosts Energy</li> <li>Exercise promotes better sleep</li> <li>Exercise puts the spark back in your love life</li> <li>Exercise can be fun</li> </ul> <p><b>Key Exercise Modalities</b></p> <ul style="list-style-type: none"> <li>Aerobic exercise for cardiovascular health and fat loss</li> <li>Anaerobic exercises for strength and extended weight loss</li> </ul>	<ul style="list-style-type: none"> <li>One of the most severe overall threats to our health and wellness, is the addiction and abuse of refined sugar and related substances.</li> <li>The food industry lobby withstanding, refined sugar is an addictive, toxic, drug that is the cause of the preventable major metabolic diseases of our generation.</li> <li><b>High Blood Pressure</b> – target 120/80</li> <li><b>Cholesterol &lt;200</b> <ul style="list-style-type: none"> <li>LDL &lt; 100, HDL &gt; 59</li> <li>Triglycerides &lt; 150</li> </ul> </li> <li><b>Blood Sugar – Glucose &lt; 126</b> <ul style="list-style-type: none"> <li>HBA1C &lt; 6.5</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Plan to take time away from work and the daily routine to relax, unwind and recharge.</li> <li>"Staycations" have their place but changing the geography to an unfamiliar, but pleasant environment can further reduce stress &amp; anxiety</li> <li>Double check finances &amp; logistics to avoid unwelcomed surprises &amp; stressors</li> <li>Mentally and logistically prepare for time away from work to minimize real and "mental" distractions</li> <li>Find personally meaningful hobbies and recreations that you can enjoy routinely</li> </ul>
<b>AGILE   DYSFUNCTION</b>	<p><b>Nutritional Value of Food is Diminished or Negated</b></p>	<p><b>Poor Hydration Destabilizes Foundation of Life and Health</b></p>	<p><b>Physical Trauma, Disease or Deformity Limits Respiration</b></p>	<p><b>Poor Energy Management Limits Capacity for Survival and Growth</b></p>	<p><b>Diminished Physical Fitness Severely Limits Lifestyle Choices</b></p>	<p><b>Injury, Illness and Disease Limits Quality of Life &amp; Overall Health</b></p>	<p><b>Inability to Relax &amp; Recharge Diminishes Joy and Productivity</b></p>