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*Always talk to your doctor or health care professional about any changes that will affect your medications or condition.*

1. **Motivation: Develop clear reasons for wanting to change your lifestyle.** This is crucial for staying motivated and disciplined. Ask yourself if you believe you are worth the daily investment in your health or if you think other things should take priority. Without good health, your life will suffer.
2. **Exercise: Treat it as a part-time job you must commit to.** Create a plan for when and what exercises you will do each day.
  - a. **Aerobic Training:** Essential for fat loss. Have a brisk walk for 30 minutes within 30 minutes of waking up, followed by a breakfast with 30 grams of protein.
  - b. **Strength or Resistance Training:** Important for muscle and bone building. Spend 20 to 30 minutes, three times a week, on these exercises.
3. **Intermittent Fasting:** Shift to eating two meals a day within an 8-hour window, leaving 16 hours for fasting. Start your day with a breakfast that includes 30 grams of protein. Reserve most of your dense carbohydrates for the second meal, ensuring it is completed at least 3 to 4 hours before bedtime.
4. **Diet: Transition to a whole food, plant-based diet.** Start with simple changes by incorporating more vegetables, legumes, whole grains, and nuts (if not allergic). Replace white rice, most pastas, and white potatoes. Introduce beans gradually to allow your gut biome to adjust. Beans are excellent for protein and can reduce snacking. If you can't give up meat, still eat more plants in your diet.
  - a. **Read Food Labels:** Avoid foods high in saturated fat, salt, and sugar. Note that 4 grams of sugar equals one teaspoon, and 2300 mg of salt equals one teaspoon.
  - b. **Eliminate Fast and Processed Foods:** These are often high in saturated fat, salt, and sugar. Processed foods typically come in boxes. Focus on eating real, unprocessed food.
  - c. **Remove Inflammatory Oils:** Avoid seed oils like canola, sunflower, palm, cottonseed, and vegetable oils. Use olive oil, avocado oil, flaxseed oil, and coconut oil instead.
  - d. **Explore Vegan and Vegetarian Recipes:** Find new recipes to replace old ones. Have 6 to 9 "go-to" recipes with ingredients on hand. Plan and prep your meals in advance.
  - e. **Track Your Diet:** Monitor your calorie, protein, fat, and carb intake using an app like "MyFitnessPal." Determine your Basal Metabolic Rate (BMR) to know your daily calorie needs.
  - f. **Boost Gut Health:** Feed your gut bacteria with fiber from fruits, vegetables, and whole grains (at least 30 grams a day) to enhance your immune system.
5. **Sleep: Your body needs it.** Don't underestimate its importance repairing your body and you being a high-performance person.
  - a. Aim for 8 hours of sleep each night.
  - b. Go to bed at the same time every day; your body thrives on regularity.
  - c. Create a dark and cool sleeping environment, ideally around 68°F.
  - d. Wind down an hour before bedtime by dimming lights and avoiding cell phone or computer use.

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- e. Avoid coffee and stimulants at least 12 hours before bed.
  - f. Refrain from alcohol within 4 hours of sleep; it's not a sedative.
  - g. If you can't sleep, leave your bedroom and do something else to reset your mind.
  - h. Get up early. Enjoy the early morning sunlight to reset your circadian rhythm.
6. **Control your stress:** Stress produces cortisol. Cortisol causes you to gain belly fat. Therefore, continued stress will raise your body weight. The long-term activation of the stress response system and too much exposure to cortisol and other stress hormones can disrupt almost all the body's processes. This puts you at higher risk of many health problems, including:
- a. Anxiety.
  - b. Depression.
  - c. Digestive problems.
  - d. Headaches.
  - e. Muscle tension and pain.
  - f. Heart disease, heart attack, high blood pressure and stroke.
  - g. Sleep problems.
  - h. Weight gain.
  - i. Problems with memory and focus.
  - j. That's why it's so important to learn healthy ways to cope with your life stressors.
7. **Monitor Your Body:**
- a. **Weight and Composition:** Use a smart scale to track your body weight, fat percentage, BMI, bone mass, BMR, and body water. Recommended scales include Wyze Scale X by Wyze or QardioBase X Scale by Qardio.
  - b. **Blood Pressure and Heart Rate:** There are many devices on the market to monitor blood pressure. Choose one that will connect and pass results to your cellphone. Omron has options.
  - c. **Oxygen Level:** very important to know how you sleep at night. Low oxygen levels at night could be a sign of sleep apnea. The Wellue O2Ring Oxygen Monitor offers many features.
  - d. **Sleep Quality:** There are various sleep trackers on the market giving you various amounts of information. I have used the "Beautyrest Sleeptracker" for years.
  - e. **Metabolism:** "Lumen" is a device designed to help understand your body's metabolism in terms of when you are burning carbohydrates or fat. Learn more at [lumen.com](https://lumen.com).
8. **Discipline: Enhance your understanding of health and longevity.** Knowledge empowers you to stay focused on your journey. The more you understand about your body, the more you can stay on course and improve your lifestyle. Refer to resources in your journey document for additional information and motivation.