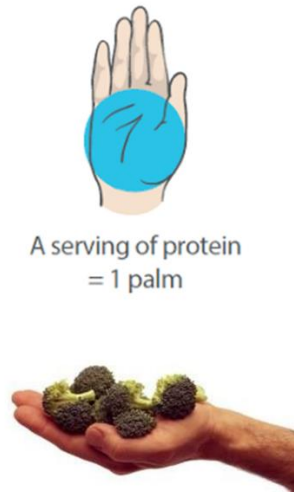


1. Eat two (2) meals a day with at 16+ hour window of no eating at all. One day/wk just 1 meal.
 - a. Get Enough Protein; Palm size of Protein at every meal
 - b. 1-2 handfuls green veges (cucumber, kale, spinach, lettuce, sprouts,) 1-2 handfuls/meal
2. Eat Low Glycaemic Foods. (NO chips/cakes/pasta /crackers/junk cereals)
3. Avoid toxic processed foods (if it's in a packet + more than 4-5 ingredients avoid it); **JUNK FOOD reduces lifespan by 10+years**
 - a. Seed oils (canola, palm, corn oil, ricebran, soybean, safflower, sunflower)
 - b. Sugar in any form
 - c. Fructose – the factory version (what is in fruit is ok)
 - d. Highly processed – hi glycaemic flour (wheat, Corn flour, Rice flour, Soyflour)



5. Do Resistance Training 3 days per week 15-25minutes each **(47% less morbidity)**
6. Play at least 4 days per week for 30minutes **(570% less morbidity from low 25% - hi 25% VO2max)**
7. Stretch only after Movement/warmed up at least 5 days per week (incorporate stability/balance)
8. Sitting is the new smoking; Get up for 20seconds every 20 minutes

EVIDENCE BACKED 7-15 YRS EXTRA HEALTHSPAN LIFESPAN

4. Minimise impact of Stress;
 - a. Sleep 8hours; asleep 930pm. **(Poor sleep 381% + morbidity=hi alcohol intake)**
 - b. Stress is normal; learn to either a) see it different b) remove yourself from it c) remove it from you. d) be more resilient e) a combination of a-c, f) no results from a-e see counsellor. **(Stress reduces lifespan 9-17yrs)**



9. Connection; Social isolation = **250% increased morbidity same as smoking 15 cigarettes/day**

10. Learn the P.E.R.M.A. model of happiness; P=positive emotion, E=engagement, R=relationships, M=meaning, A=achievement <https://positivepsychology.com/perma-model/>



RESISTANCE



PLAY



Consistency is most important 3x /wk

1. Start with Resistance followed by PLAY then repeat
2. RESISTANCE Reps are maximum in good form
3. PLAY 2min slightly breathe similar to brisk walk



RESISTANCE

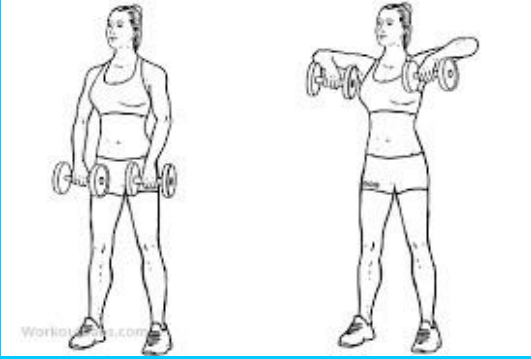
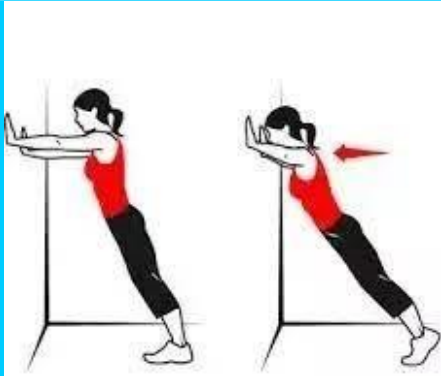


PLAY



Consistency is most important 3x /wk

1. Start with Resistance followed by PLAY then repeat
2. RESISTANCE Reps are maximum in good form
3. PLAY 2min slightly breathe similar to brisk walk



ALTERNATIVE RESISTANCE MOVEMENTS



OR

