

THE BASICS - 6 CORE COMPONENTS TO A HEALTHY MIND, BODY & SOUL

BREATHE (3 MINUTE FOCUSED SESSIONS)

Ideal – One set every 25-30 minutes per waking hour

Goal – 5 Times per day

- Breathing - 1:2 Ratio Breathing (In for 2 and Out for 4. In for 3 and Out for 6)
- Gargling - 10-30 Seconds per gargle
- Yawning - Attempt to manufacture 5 yawns
- **All exercises can be done with humming**

MOVE

Ideal – 60 minutes per day/15-17K steps per day

Goal – 30 minutes per day

- Not Exercises. Just MOVE. i.e. walking, gardening, cycling, etc.
- This includes any movement that is upright/non-sedentary

SLEEP

Ideal – 10 pm bedtime, 5:30-7 am wake up (7.5-9 Hours)

Goal – Move bedtime forward 30-60 minutes

- Maintain solid and consistent sleep.
- Waking up rested and vibrant is key.
- Going to bed earlier and maintaining that is also key

HYDRATE

Ideal – 100 oz per day under 200lbs (150oz for 200lbs or higher)

Goal – 70oz per day minimum

EAT

Ideal – Lifestyle non-Inflammatory diet. i.e. Whole30

Goal – Investigate Whole 30 and try for 30 days

- 3 full meals and 2 snacks. The largest meals should be breakfast and lunch with dinner the smallest meal. after 8 pm. They key is anti-inflammatory foods and drinks.

REST

Ideal – 60 min/day

Goal – 30 min/day (5 x's per week)

- Anything that is done while awake that allows you to rest
- Rest can include (not limited to) Meditation and Mindfulness

