

REST

- Sleep 7-8 hours per night (plan your sleep, make room dark, quiet and lower temperature to 65°F)
- Belly Breathing (aim for 5-10 deep breaths each day for stress reduction and better sleep)
- Magnesium Rich Foods (magnesium is our calming mineral which helps to relax our mind and body. Magnesium rich foods include: cacao nibs, figs, leafy greens, wheatgrass, nuts and seeds).
- Epsom Salt (add 2-3 cups of Epsom salt to your bath and soak once or twice a week for 10 minutes. To save on time, add 1 cup of Epsom salt to a foot soak).
- Get more sunlight (natural white light can help the body balance your sleep hormone, melatonin)
- Limit stimulating blue light one hour before bedtime (computer, TV, cell phone, tablets)
- White Space (time for yourself, reading, travel, massage, breathing, Epsom bath, vacation, planned recovery)
- Cold Shower (finish shower with cold water for 30-60 seconds as a way to rejuvenate the body and immune system)
- Massage (get a massage 1-2 times per month)



EAT

- Water (drink half your body weight in ounces of water everyday)
- Mineral water with lemon or lime (to help balance pH & improve digestion)
- Wheatgrass (2-5 frozen ice cubes first thing in the morning with water)
- Spirulina Chlorella (10-20 tablets each day)
- Healthy Fats (1-2 tbsp. cod liver oil + 2 tbsp. flaxseeds or chia seeds)
- Add more whole foods (fruits, vegetables, nuts, ancient grains, oats, lean meats)
- 3 Hour Rule (eat small frequent meals every 3-4 hours to balance energy)
- Plan your daily meals and snacks (stock up on healthy foods and prep food ahead of time)
- Cook more meals at home (becoming healthier truly starts with cooking more meals at home. Use the Target To Table Cookbook and Food Target as your guide to cooking and eating healthy)
- Follow the 80/20 Rule (80% of the time, focus on eating high quality foods from the center two circles of the food target, making room for some of your favorite things 20% of the time)



ADDITIONAL BEST PRACTICES

Determine what you want to achieve

Discover what's possible

Find your why or emotional connection to change

Take small steps to healthy living

Find joy in the world around you

MOVE

- Practice good posture everywhere (seated, standing, work, play, gym)
- Dynamic Warm-Up (2-3 minutes of dynamic stretching)
- Foundation Exercises (4-5 min. of yoga poses which help improve balance, flexibility, core, and overall strength)
- Strength Training (this is your fountain of youth helping to stimulate fat burning and sex hormones that can make your body healthier. Aim for 15-45 minutes, 2-6 times per week)
- Cardiovascular Exercise (get your heart rate pumping and focus on quality of movement for 15-25 minutes, 2-6 times per week)
- Play (find an activity that you enjoy and gets you moving)
- Move your body daily
- Pick an event to train for, or challenge yourself to something new (biking trip, hike the Grand Canyon)

