

BASIC LIFESTYLE GUIDELINES

What Is A Healthy Lifestyle?

A working definition of a healthy lifestyle could be maintaining the highest possible cognitive function for the longest time possible. Secondly, being able to perform any physical function as needed in response to adversity for a lifetime. Thirdly, being able to optimize and maximize opportunities, or "live a larger life" as we say at OPEX.

How Do I Move Toward Having This Lifestyle?

Here are some practical ways you can keep yourself moving toward optimal health:

- 1) CHALLENGE** yourself physically, cognitively, and emotionally every day.
- 2) Create RHYTHM.** Your body and mind naturally seek rhythm and thrive on it. Explore and discover the best rhythm for your basic life needs of sleeping, eating, moving, and connecting with others.
- 3) NOURISH** yourself for the sake of autonomy. Practice taking care of yourself in order to be able to navigate and maintain your health in any situation for as long as possible.
- 4) Get OUTSIDE a lot!** Connecting with nature and the fractal aspects of the environment support human health unbelievably well.
- 5) Cultivate INTRINSIC MOTIVATION.** It's important to have the highest intentions for living a healthy life. Build a strong internal connection with your reason for self-care.

Basic Lifestyle Guidelines

- You will one day die; let purpose drive your behavior.
- There are 24 hours in a day; apply work and rest in balance.
- Our energy correlates with universal rhythms. Rise and move in the sun light. Rest and sleep at night.
- Going to bed and waking up at the same time every day maintains a great circadian rhythm.
- Movement creates blood flow, and that facilitates recovery and healing faster; get moving every day.
- Water, moving blood, and proper digestion are essential daily routines.
- Drink ½ your body weight in ounces of water per day, as a starting point.
- Digestion takes focus; sit down, chew your food, enjoy your food, set the phone aside and have a conversation.