



# The Ultimate Lifestyle Guide

[7 Pillars for A Healthy Lifestyle](#)

# The Ultimate Lifestyle Guide

## Introduction

Developing a healthy lifestyle has become more complex as our access to information has increased. Quality information rooted in scientific principles is drowned out by marketing and influencer-based businesses that strive more for monetary gains than they care for the individuals they impact. This has led to a disconnect between the health information we see and the true factors that drive our health the most.

The guide was developed to provide clarity as to where your efforts are best placed when trying to improve your health as well as to allow you the opportunity to take control over your health.

The truth is, that your health is largely determined by your lifestyle, movement, and nutrition. This is great news because these are all areas you can take control of. The 7 pillars for a healthy lifestyle will give you a new foundation for how you take care of yourself.

## 7 Pillars of a Healthy Lifestyle

### Movement

Regular physical activity is not just about fitness; it's a key to overall well-being. Find joy in moving your body, whether through workouts, walks, or dance. There are a few basics we want to cover with our movement practices, however, one key to longevity is finding something physically and mentally stimulating that you can do most days. Engaging our body and mind in activities that we find meaningful can have great benefits on our ability to keep moving. Then you can engage in intentional exercises to facilitate your continued ability to engage with the movement you love the most.

Movement Guidelines for Maintaining Fitness

- Full Body Resistance Training; 45-60 minutes; 2-3x/week
- Aerobic Training; 60-90 minutes; 2-3x/week
- Engage with mobility and corrective exercises as needed

### Sleep

Quality sleep is fundamental to overall well-being and crucial for physical and mental health. Adequate and restful sleep allows your body to repair, rejuvenate, and consolidate memories. Developing a consistent sleep routine can improve mood, cognitive function, immune system function, recovery, and energy levels.

Establish a Consistent Sleep Schedule:

- Go to bed and wake up at the same time consistently every day, even on weekends.
- Aim for 7-9 hours of sleep per night.

Create a Relaxing Bedtime Routine:

- Wind down with activities like reading, gentle stretching, or meditation before bedtime.
- Avoid stimulating activities like using electronic devices at least 60 minutes before sleep.

Create a Comfortable Sleep Environment:

- Keep your bedroom dark, quiet, and cool.
- Invest in a comfortable mattress and pillows.

# Nutrition

Nutrition is the cornerstone of a healthy lifestyle, providing the body with the essential nutrients for optimal function. A well-balanced diet not only supports physical health but also influences mental well-being. By making mindful food choices, you can enhance energy levels, boost immunity, improve your body composition and so much more. The food we consume is the building block of every cell in our body that translates to not only our physical presentation but also our ability to think.

Whole Food Nutrition:

- Eat real food for each meal
- Protein and fats are essential as they are the raw materials
  - Meats, Eggs, Dairy, & fruit-based oils
- Carbohydrates are a source of energy and should be consumed in amounts that align with your goals
  - Sweet Fruits, Non-Sweet Fruits, Honey, Vegetables

Other Nutrition Tips

- Aim for 1g/lb of desired body weight of protein each day
- Cook Most of your meals at home
- Focus on Food Quality over Caloric Restriction Avoid Processed food products
- Avoid seed oils (Soybean, canola, vegetable, corn, sunflower, safflower, grapeseed, rapeseed, peanut, and cottonseed, oils)

## Hydration

Proper hydration is essential for maintaining bodily functions, from regulating body temperature to supporting digestion. Water is the foundation of all life processes in the body, and staying adequately hydrated contributes to clearer skin, improved cognitive function, and overall vitality.

Hydration Tips

- Aim for ½ your body weight in ounces of water every day
- Start your day with a full glass of water (12-16oz)
- Keep a non-plastic reusable water bottle with you throughout the day.
  - Take sips regularly to stay hydrated.
- Monitor Urine Color
  - Aim for pale yellow urine as an indicator of good hydration.
- Avoid drinking large volumes of water in the evening (45-60 minutes before bed)
- Bonus: Add sea salt or an electrolyte supplement to one glass of water each day. Hydration comes from the balance of water and electrolytes. If you find yourself drinking a lot of water but still feeling dehydrated you may have an electrolyte imbalance.

## Digestion

A healthy digestive system is crucial for nutrient absorption and overall well-being. Proper digestion ensures that your body efficiently breaks down and absorbs the nutrients it needs, supporting energy levels, immune function, and a healthy gut microbiome. Addressing any digestive issues you have will be essential for ensuring your digestive tract can assimilate the nutrients you consume into your bloodstream.

Keys for great digestion:

- Enter rest and digest (parasympathetic) state before eating: 6 deep breaths, smell food, sit down to eat when possible - SLOW DOWN
- Chew slowly and thoroughly; place fork down between bites
- Limit liquid intake during meals.
- Put your phone down, turn off the TV, and close your laptop during your meals.
- Tracking food intake thoroughly for short periods as well as noting how you feel after meals can help uncover sensitivities or allergens
- Bloating, gas, cramps, diarrhea, or constipation regularly are signs of an unhealthy gut and can affect your mental performance and body composition
- Incorporate probiotic-rich/fermented foods like yogurt, kefir, and sauerkraut for a healthy gut microbiome.
- Pay attention to hunger and fullness cues.

## Stress

Chronic stress can have detrimental effects on both physical and mental health. Managing stress is essential for maintaining overall well-being, as it can impact everything from immune function to cardiovascular health. Incorporating stress-reduction techniques into your daily routine is key to a healthier, more balanced life.

Practice Mindfulness:

- Incorporate mindfulness techniques like deep breathing or meditation into your daily routine.
- Take short breaks to practice mindfulness during busy days.

Set Realistic Goals:

- Break down tasks into smaller, manageable goals.
- Prioritize and focus on one task at a time.

Stay Connected:

- Maintain social connections with friends and family.
- Share your feelings and concerns with someone you trust.

***My favorite practices for consistent stress management are Breathing, Walking, Meditation, and being in the Sunshine.***

## Breath

Our breath is the most underutilized tool we have. It is right there all the time and constantly happening but without our conscious awareness, it can hinder our health and increase our stress.

Here are the basics:

- Breathe through your NOSE at all times unless you are speaking or eating.
- Nightly Mouth Taping for sleep **\*\*ask your coach about this before trying\*\***
- Spend 5-10 mins per day practicing your nasal breathing (3 seconds inhale 1-second pause 6 seconds exhale)

## Walking

When stress levels are high or you just want to take more preventative action walking is a fantastic tool to bring you to a calm and refreshed place. Humans have spent their entire existence walking miles a day until recently where for most of us our longest walk is from our house to car and car to work. Going for just a 5-10 minute walk can increase your energy and focus as well as help ease stress levels if you notice them increasing.

## Meditate

Meditation may not resonate with everyone and we will all approach this differently. Even if we approach our meditation differently the science is clear that it increases our mental clarity, focus, and calmness. Meditation can be guided, prayer-focused, mantra-focused, mindfulness focused and so much more. Try to spend 5- 10 minutes a day on whichever method resonates with you!

## Sunshine

Don't be afraid of the SUN! Just like walking, Humans are used to spending a lot of time in the sun every day! Recently we have become scared of the sun and want to avoid it by covering up and putting harsh chemicals on our skin to make sure it doesn't hurt us. The sun is your friend and is an important part of human health. This doesn't mean you need to spend all day in the sun and we don't want you to get sunburnt (as this can cause skin damage), however, we do want to follow the basics below for sunshine!

- Spend 10-15 mins in the sun exposing as much skin as you can between 11-3 pm
- Find the sunrise and sunset daily for 5 minutes to promote your circadian rhythm
- In the winter time use a sunlamp and take Vitamin D to support the lack of natural Vitamin D
- Include foods like fatty fish, dairy, and eggs in your diet to support Vitamin D levels.

This may seem like a lot to accomplish in a day for your stress management and some may even find stress in taking on this much more in their day. The good news is this can all be accomplished in 15-30 minutes a day! Breathwork and Meditation are very overlapping and can be completed at the same time. The same goes for walking and getting sunshine! If you are focused you can even do all 4 at the same time!

## Energy

Sustaining energy throughout the day is vital for productivity and overall vitality. A combination of regular exercise, a balanced diet, and sufficient sleep contributes to consistent energy levels, allowing you to tackle daily challenges with vigor and enthusiasm. The areas that impact our energy levels are covered above, however, the main takeaway is to develop awareness around your daily rhythm. Our energy levels should follow the same rhythm as the sun and the moon. This is called our circadian rhythm or our internal clock which helps us wake up in the morning, focus throughout the day, and fall asleep at night. Focus on the habits below for the best improvements in your energy levels.

- Prioritize Sleep (see sleep)
- 8-10 minutes of sunlight every morning (see sunshine)
- Move often throughout the day
- Eat balanced meals and stay hydrated to maintain consistent energy levels.
- Limit Stimulant and Alcohol consumption

## Recovery

Recovery practices are essential for your body's ability to heal from injury, increase athletic performance, and improve your health. Recovery much like maintaining quality energy levels is the combination of several of our lifestyle pillars. Use the list below to see if you are maximizing your recovery.

- Easy Aerobics/Blood Flow sessions; 30-60 minutes @50-70% effort
- Quality Sleep (see sleep)
- Consistent Hydration (see hydration)
- Consistent Nutritional Intake (see nutrition)
- Less is often more; avoid overreaching with your movement practices

In a world inundated with information, finding a path to genuine well-being can feel like navigating a maze. The journey to a healthier life should be guided by knowledge grounded in scientific principles, not swayed by marketing ploys or influencer trends. This e-book was crafted with a singular purpose — to cut through the noise and offer you a roadmap to a healthier, more fulfilling life.

As we've explored the 7 pillars for a healthy lifestyle — Movement, Sleep, Nutrition, Digestion, Stress, Energy, and Recovery — you've gained insights into the foundational elements that significantly influence your well-being. The truth is, that your health is not a mere outcome of your genetics; it is a product of your lifestyle choices, movement habits, and nutritional decisions.

By focusing on these pillars, you're not only taking control of your health but also reclaiming the narrative of your well-being from external influences. Each section of this guide is designed to empower you with actionable steps, providing clarity on where your efforts are best placed for the most impactful results.

Remember, your journey to a healthier life is not a one-size-fits-all approach. It's a personal expedition where you tailor these principles to fit your unique needs and circumstances. As you embark on this journey, celebrate the small victories, and don't be afraid to make adjustments along the way.

With the knowledge gained from this guide, you're equipped to make informed choices that resonate with your well-being. Your health is an investment in yourself, and with each positive lifestyle change, you're actively shaping a healthier, happier future.

Sincerely,

*Andrew*



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**[CLICK HERE FOR MORE DETAILS](#)**

# BASIC LIFESTYLE GUIDELINES



There are 24 hours in a day; apply work and rest appropriately.



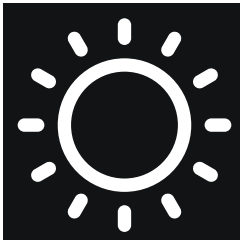
You will die one day; get over it and get living.



Water; drink 1/2 your bodyweight in ounces per day



Regulate circadian rhythms; go to bed and wake up at the same time every day



The earth spins, and the sun and moon correlate with our energy patterns; we need sun exposure and to sleep with the moon



Moving blood and proper digestion are essential daily routines



Recovery; blood flow facilitates recovery and healing faster so be sure to move every day.



Digestion; food is a 36-60-hour investment, aided by sitting down while you eat and chewing your food well



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# WHOLE FOOD INDEX

## Proteins

- Wild Game
- Wild Caught Fish
- Organ Meats
- Grass Fed Grass Finished Red Meats
- Conventionally Raised Red Meats
- Eggs
- Salmon
- Grass Fed/Raw Milk Dairy
- Grade A2 Dairy
- Bone Broth
- Turkey
- Chicken
- Pork
- Seafood
- Breakfast Meats



## Fats

- Grass Fed Butter
- Grass Fed Beef Tallow
- Grass Fed Ghee
- Fish Oil
- Bone Marrow
- Grass Fed/Raw Milk Dairy
- Grade A2 Dairy
- Grass Fed Bone Broth
- Bone Broth
- Butter
- Tallow
- Ghee
- Coconut Oil
- Avocado Oil
- Olive Oil (Not For High Heat Cooking)

## Carbs

- Fruits (Highest Quality):
  - Berries, Apples, Oranges
  - Bananas, Honey, Squash
  - Melons, Pineapples, Mangos
  - Dates, Avocados, Olive
  - Pumpkin, Zucchini, Cucumber
- Medium Quality Carbs:
  - White Rice, Fermented Veggies
  - Roots/Tubers, Artichoke Heart
  - Herbs, Coconuts
- Lower Quality Carbs:
  - Brown Rice, Vegetables
  - Leafy Greens, Beets
  - Cassava, Alliums, Nightshades
  - Grains, Nuts & seeds
  - Legumes and Mushrooms
  - Coffee/Tea, Chocolate



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