

The Course

- Starting out
- Environment
- Good Guys, Bad Guys
- Food
- Movement

Starting out

- **Food - Movement - Environment**
- Clear the clutter
- Set yourself up
- Give yourself initial transition period
- Refresh mindset daily
- Find support. This course, friends, family
- Backslide - Correct and continue



Environment

- The food around you
- The people around you
- The media you consume



Good guys

- Clean water
- Fresh foods
- Sleep

Bad guys

- Dehydration
- Inflammation
- Sugar
- Yeast
- Alcohol

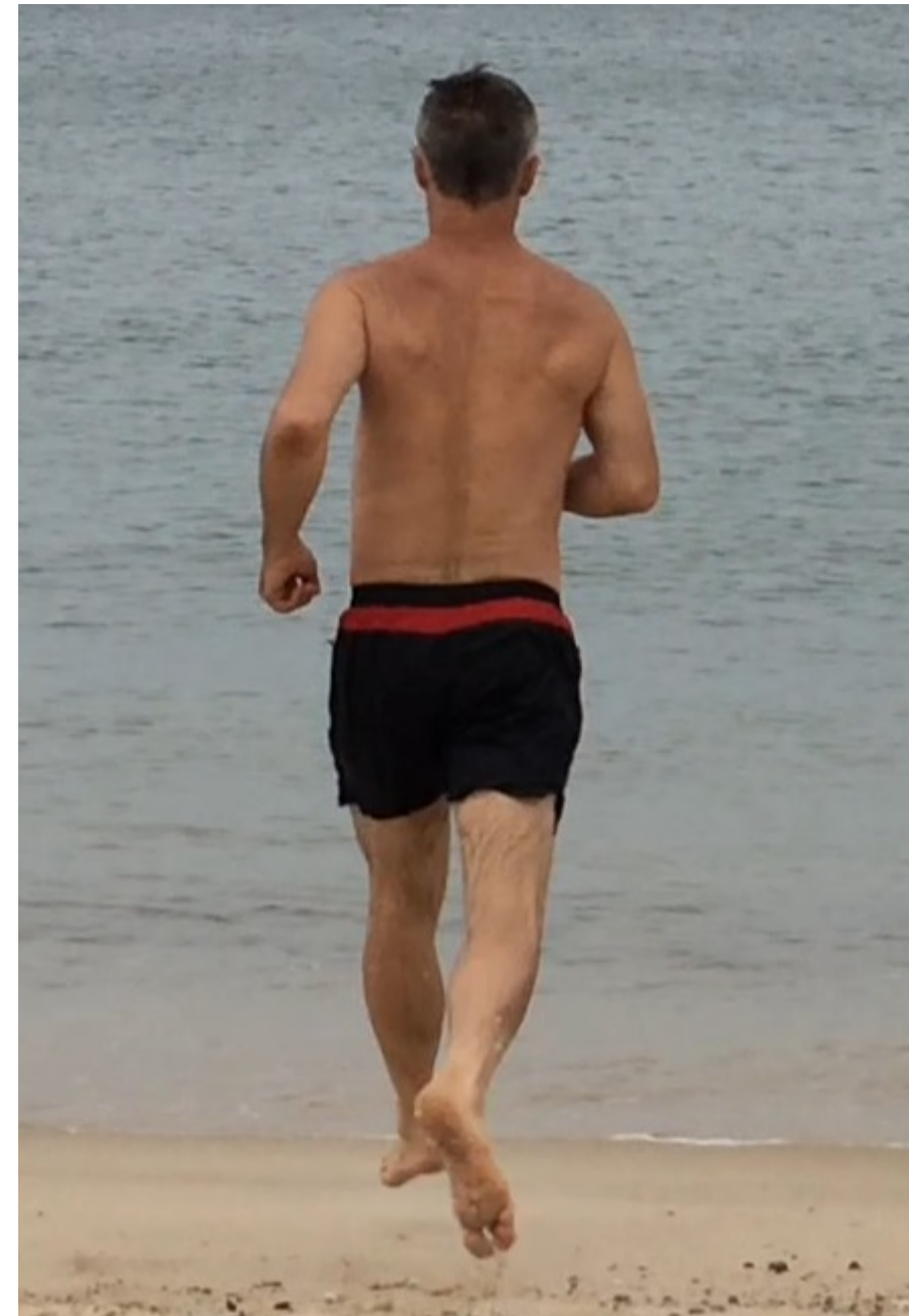
Food

- You don't have to give up everything you love, but some foods support vitality and some foods destroy it
- Why we overeat. Nutrition vs belly-packing
- No starving. When you eat is more important than what you eat
- Hydration. Healthy cells. Helps carry in the good and flush out the bad



Movement

- Exercise - Do something *almost* every day. Good for the body. Good for the mind.
- Limited cardio for circulation, not for weight loss
- Breathing to activate, cleanse and energize
- Flexibility for balance and to avoid injury
- Strength training. Building muscle also raises testosterone, mood, libido
- Go easy. Overdoing it works against you
- Rest and regenerate



VITALITY FOR MEN

WEEK 2

Week 2 - VITALITY for MEN

- WHAT IS AGING?
- MIRACLE OF YOUR BODY
- THE 5 FOUNDATIONS
- APPROACH TO 60-DAY VITALITY DIET
- APPROACH TO 60-DAY VITALITY FITNESS

Week 2 - What is Aging?

- You are not who you were
- Cells reproduce imperfectly over time, failures accumulate into aging
- Optimize cell health

Week 2 - MIRACLE OF YOUR BODY

- AMAZING MACHINE!
- BUILT-IN RESPONSES • EVOLUTION
- MANAGE / OPTIMIZE RESPONSES • FOOD • EXERCISE

Week 2 - THE 5 FOUNDATIONS

- MINDSET
- SUPPORTIVE ENVIRONMENT
- FOOD
- PHYSICAL FITNESS
- SPIRIT - ATTITUDE



Week 2 - THE 5 FOUNDATIONS

MINDSET

- BEGINNER'S MIND vs "I KNOW"
- ACKNOWLEDGE YOUR WISHES AND DREAMS
- BELIEVE
- COMMIT - EVEN LEARNING TO WALK TOOK PRACTICE
- HAVE FAITH IN THE RECIPE

Week 2 - THE 5 FOUNDATIONS

SUPPORTIVE ENVIRONMENT

- YOUR HOME -
- YOUR BODY - BREATH, HYDRATE, EAT WELL
- THE WAY YOU THINK - POSITIVE, CURIOUS, WILLING, DREAM
- SEEK OUT POSITIVE SUPPORTIVE PEOPLE
- HAVE MEDIA-FREE TIME. ENJOY NATURE

Week 2 - THE 5 FOUNDATIONS

FOOD

- EAT FRESH • AVOID PACKAGED MEALS
- RESTORE GUT HEALTH WITH PRE-BIOTICS AND PRO-BIOTICS
- LIMIT/ELIMINATE ALCOHOL, SUGAR, HFCSYRUP, SODAS, *incl "diet"*
- LIMIT/ELIMINATE YEAST - incl. yeast breads and beer
- ELIMINATE DEEP-FRIED FOODS

Week 2 - THE 5 FOUNDATIONS

PHYSICAL FITNESS

- CLEAR THE CHANNELS
- STAY HYDRATED
- BREATH
- MOVE EVERY DAY
- REST

Week 2 - THE 5 FOUNDATIONS

SPIRIT and ATTITUDE

- BE GRATEFUL
- SMILE FIRST
- RELEASE THE NEED TO CONTROL
- LOOK FOR THE BEAUTY, NOT FAULT
- BE GENEROUS

Week 2 - **APPROACH TO DIET**

RE-SENSITIZE YOURSELF

- Endure and Destroy sugar addiction
- Endure and destroy yeast addiction
- Endure and destroy addiction to salt and grease
- Endure and destroy coffee and alcohol addiction
- Endure and destroy porn and sex addiction

Week 2 - APPROACH TO DIET

RE-SENSITIZE YOURSELF

- Drink water and herbal teas instead of sweetened beverages
- Kill your cravings for empty carbs by eating foods that satisfy
- Discover flavors and feeling satisfied eating fresh and raw foods
- Don't drench foods in grease, cheese and dressings
- Aim for satisfying nutrition vs bloated full-feeling

Week 2 - APPROACH TO FITNESS

BASELINE

- Assess your flexibility
- Assess your strong and weak muscles/joints/respiration
- Assess Breathing
- Assess Cardio
- Core - Build Strong Foundation from the center out

Week 2 - APPROACH TO FITNESS

BASELINE

- Start light. Start slow.
- Small steps will get you farther than overdoing it
- Injury will end your fitness training
- Depending on your condition: walk > swim > run
- Know yourself. Pay attention to warning signs - pain, shortness of breath

Week 2 - APPROACH TO FITNESS

BASELINE

- Try stretching and roll-out exercises
- Try various body-weight exercises
- Try various weight-lifting exercises
- Start with larger muscles first, smaller muscles next
- Use low weights. Focus on form

Week 2 - APPROACH TO FITNESS

SEXUAL DYSFUNCTION

- Can be caused by poor diet, lack of fitness
- Often psychological
- Can be due to being physically and mentally de-sensitized
- Mindset and re-centering self can increase performance and confidence
- * May be a sign of serious physical problem. See doctor. *