



# Your **Ultimate** Guide to Fitness After 40 - Checklist

Section 1: Training			
Item	Done	Date	Notes
<b>Tip #1 - Focus on strength training</b>			
Do the provided strength training program 2x/week for 4 weeks. Gradually increase sets or reduce rest time each week			
<b>Tip #2 - Add in cardiovascular training</b>			
Do 20-30 mins of cardio 2x/week for 4 weeks			
<b>Tip #3 - Use safe loads</b>			
Do your strength training with weight that is challenging when done for 8-12 reps			
<b>Tip #4 - Use slow tempos</b>			
Do your strength training with a 3 second up, and 3 second down speed			
<b>Tip #5 - Use drop sets, extended sets, and pauses</b>			
Try adding a drop set to the end of your strength training workout			
<b>Tip #6 - Use high difficulty, low impact exercises</b>			
Do a workout using only a prowler or sled as resistance			
<b>Tip #7 - Add stretching to your weekly routine</b>			
Perform stretching 20 mins 2x a week for 4 weeks			
<b>Tip #8 - Train your lower body strength</b>			
Try the "Sitting-rising-test" and record your score			
Do at least 2 workouts this week with lower body strength exercises			
<b>Tip #9 - Train your grip strength</b>			
Do at least 2 workouts this week with free weights for your upper body			
<b>Tip #10 - Add NEPA to your daily life</b>			
Do at least 2x 30 min sessions of NEPA for 4 weeks			

## Section 2: Nutrition

Item	Done	Date	Notes
<b>Tip #11 - Add omega-3 fats to your diet</b>			
Eat a palm size serving of fresh fish at least 3x per week			
Eat 3 omega-3 capsules daily			
<b>Tip #12 - Get enough protein daily</b>			
Eat 1.5g of protein per kg of bodyweight daily for 4 weeks			
<b>Tip #13 - Get enough plant nutrients</b>			
Hit your daily target of 4 servings fruit and veggies for 4 weeks (ladies)			
Hit your daily target of 6 servings fruit and veggies for 4 weeks (men)			
<b>Tip #14 - Get enough anti-oxidants</b>			
Add in one anti-oxidant supplement			
Vitamin C			
Vitamin D			
Alpha Lipoic Acid			
Green Drink			
Multi vitamin			
<b>Tip #15 - Get enough phyto nutrients</b>			
Eat 3 servings/week of a fruit, nut, bean, or tea that you do not regularly consume. Try something new			
<b>Tip #16 - Get enough fiber</b>			
Track your fiber intake for 7 days. Make sure you get at least 25g			
Add in a tablespoon of potato starch in cold water twice per day for 4 weeks			
<b>Tip #17 - Get enough carnitine</b>			
Make sure you get at least 3 servings of red meat per week for 4 weeks			
Take a carnitine supplement 2 capsules a day for 4 weeks. Record energy levels			

Item	Done	Date	Notes
<b>Tip #18 - Make sure digestion works</b>			
Do the digestive health questionnaire and note your scores			
If stomach acid is low - add in a low dose hydrochloric acid supplement after main meals			
Take digestive enzymes after meals			
Add pro-biotics after meals			
<b>Tip #19 - Get enough magnesium</b>			
Check through the list of symptoms to see if they apply to you			
Add in 3-4 capsules of a good magnesium supplement. 2 after dinner, 2 before bed. Note sleep quality			
Add a teaspoon of magnesium drink powder to your water bottle every day.			
<b>Tip #20 - Get enough zinc</b>			
Take the zinc status test and score yourself			
Add in 25-50mg of zinc supplements per day for 6-8 weeks			
<b>Tip #21 - Get enough water</b>			
Try to get the required "5 colorless urinations" per day for 4 weeks			
<b>Tip #22 - Filter your water</b>			
Purchase a carbon water filter			
<b>Tip #23 - Measure your saliva pH regularly</b>			
Take your saliva pH once every two weeks and track the results			
<b>Tip #24 - Match your carbohydrate intake to your needs</b>			
Track the number servings of carbohydrates you eat for 7 days			
Adjust it up by 1-2 servings if you want to put on lean muscle. Note weight gain			
Decrease it 1-2 servings if you want to lose fat. Note weight loss			
<b>Tip #25 - Manage food cravings with good food choices</b>			
Switch out 3 of the processed foods you eat often with an unprocessed option.			
Switch out a food that causes high blood sugar with one that has a smaller effect on blood sugar			

## Section 3: Posture & Joint Pain

Item	Done	Date	Notes
<b>Tip #26 - Understand how posture works</b>			
Think about your own health history. What nagging injuries do you have? List them down and consider if posture may be the root cause of them.			
<b>Tip #27 - Check your eyes for tracking problems</b>			
Try out the eye tracking test. Get a friend to take photos of your eyes when you perform the test. Can your eyes track evenly?			
<b>Tip #28 - Check your feet for imbalances</b>			
Try the exercise in the guide to see how your leaning front/back affect your foot arches			
Check for differences in your left and right arches using the water test			
<b>Tip #29 - Check your body in the mirror for misalignment</b>			
Are your shoulders level			
Are your hips level			
From the back, is your spine curved?			
<b>Tip #30 - Beware if you have tooth fillings</b>			
Count the number of tooth fillings you have			
Check if you can open your jaw and fit three fingers in vertically			
Check for other signs that tooth fillings are bothering you			
<b>Tip #31 - Beware if you have untreated surgical scars</b>			
Check your scars. Are they a different color from your skin			
Check your scars. Pinch them firmly to see if they are still tender			
Get essential oils to treat the scar			
<b>Tip #32 - Add self massage to your routine</b>			
Go to the suggested youtube channel and look for the videos that help your problem areas			
Consistently perform the suggested massage and stretch for 2 weeks.			

## Section 4: Lifestyle

Item	Done	Date	Notes
<b>Tip #33 - Get time outdoors</b>			
Plan an outdoor activity at least once per week			
<b>Tip #34 - Get enough sunlight</b>			
Eat lunch outdoors two times per week			
Spend time in the sun during the weekend			
<b>Tip #35 - Get good quality sleep</b>			
Answer the 7 sleep questions and score yourself			
Make sure you are sleeping in a cool room			
Make your room quiet or get ear plugs			
Make your room dark or get an eye mask			
Turn off all electronics in the room			
Use yellow lights			
Use software that makes your phone screen yellow			
Add magnesium and melatonin to your pre-bed routine			
<b>Tip #36 - Take time to do stress management activities</b>			
Make a to-do list			
Make a grateful journal			
Use the 4-7-8 breathing technique			
Use a pre bed routine for 4 weeks			
sleep at the same time every night for 4 weeks			

## Section 5: Health Tests

Item	Done	Date	Notes
<b>Tip #37 - Get body fat tested</b>			
Measure your waist to hip ratio. Is it in the healthy range?			
Get your body fat tested by a professional. Is it in the healthy range?			
<b>Tip #38 - Get your blood pressure checked</b>			
Purchase a portable home device to measure BP			
Is it in the ideal range?			
Add in magnesium (1000mg) to your supplements			
Add in potassium (2000-4500mg) to your supplements			
Add in vitamin C (500mg) to your supplements			
Add in omega -3 to your supplements			
<b>Tip #39 - Make sure teeth and gums are healthy</b>			
Check for painful teeth			
Check for discolored teeth			
Swish coconut oil in your mouth for 15 min once a week			
Floss 3x a week			
<b>Tip #40 - Understand a basic blood test</b>			
Get a basic blood test			
Review your blood test (if less than 6 months old)			
Check your total cholesterol			
Check your HDL cholesterol			
Check your LDL cholesterol			
Check your Triglycerides			
Check your HDL to triglyceride ratio			
Check your hs-CRP			
Check your PSA (men)			
Implement the supplement and lifestyle suggestions for each item			