

007: bioDensity – High Impact Training for a Strong Body

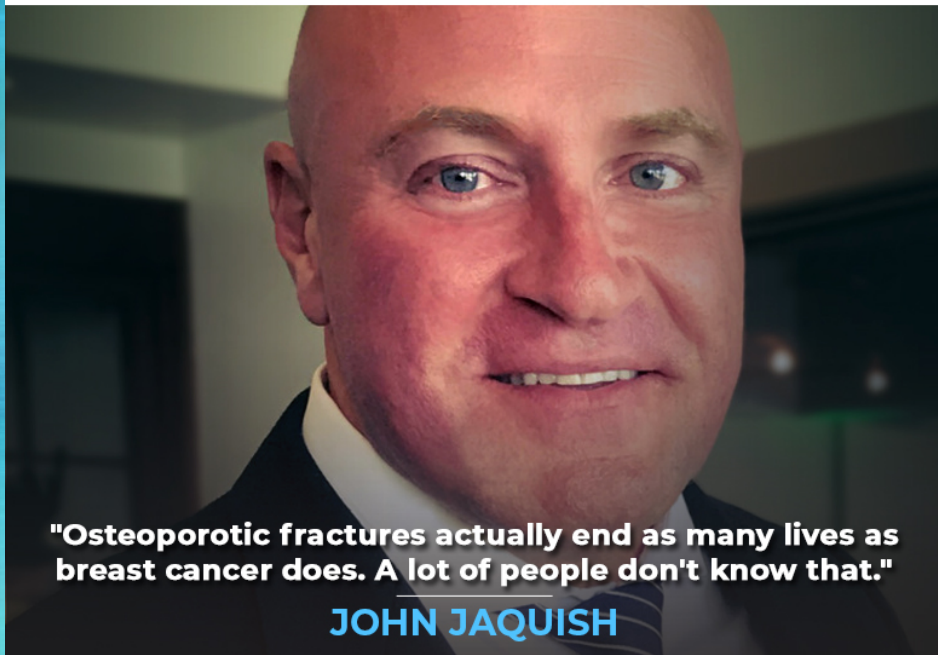
10 Point Checklist

John Jaquish

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"Osteoporotic fractures actually end as many lives as breast cancer does. A lot of people don't know that."

JOHN JAQUISH

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Check out www.biodensity.com to learn more about John’s amazing machine and the technology behind it.
- Look for local clubs near you which have a BioDensity machine to see how you can give it a try.
- When you find a machine, remember that a bioDensity upper extremities workout will future-proof you from falls.
- A lower extremities workout helps the knees and staves off osteoporosis.
- For maximum health benefits, start a lifting routine while also using the bioDensity machine weekly.
- If you have an older person in your life that could benefit from increased muscle strength, consider recommending bioDensity or signing them up for a membership at a local studio.
- Check out the normative data you’re receiving from your bioDensity sessions to witness the positive changes happening to your body.
- As John says, “Plan for your health in the future.” Consider how you want your body to feel in the future, and what you’d like to be able to do.
- Your health is worth everything. If you have the income, consider installing a bioDensity machine in your own home for your best value and easiest access.
- Eat clean and fresh foods with high nutritional content to feel your best every day.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/biodensity-high-impact-training-for-a-strong-body-john-jaquish/>