

063: How a Cleaner Diet and Balanced Fitness Routine Can Extend Your Longevity

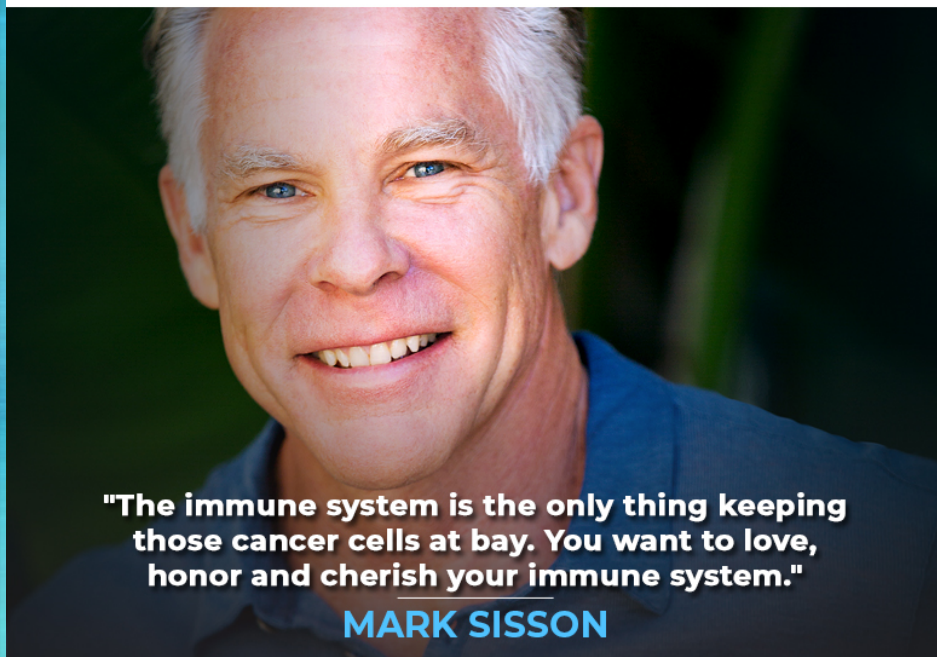
10 Point Checklist

Mark Sisson

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**



"The immune system is the only thing keeping those cancer cells at bay. You want to love, honor and cherish your immune system."

MARK SISSON

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.**

- Your optimal heart rate for doing most of your training is found with this simple formula: 180 minus your age. Calculate your ideal training heart rate and focus on maintaining it during endurance training.
- Try ignoring calorie counts for two weeks, focusing on lowering only carbs and sugars instead.
- Consuming sugar can have a huge negative effect on your immune system. Minimize sugar consumption for two months to see how much better you feel (and how you may not get sick even if those around you do).
- Minimize or eliminate your consumption of all grains (even quinoa and rice) for 30 days to see how much of a difference it makes for you.
- Reframe your thinking about meal scheduling. Instead of eating breakfast, lunch, and dinner every day, try a compressed eating window: eat all your daily calories within a 6- to 8-hour period.
- Next time you don't feel hungry for breakfast or lunch, ease into intermittent fasting by choosing to skip dinner as well.
- Your BMI can be very misleading. Stop thinking in terms of weight, and find other ways to assess your health and fitness level instead. Do your jeans fit? Does your body feel fit and healthy?
- While your BMI can be inaccurate, body fat is a good metric for assessing health and fitness. Have your body fat measured, then spend eight weeks implementing diet and exercise changes.
- Get your blood work done. Mark suggests your results should be as follows: triglycerides under 100, HDL above 50, C-reactive protein at or below 2, and HbA1c in the low 5s or below. If any of your results don't meet these goals, work on improving them.
- The best strategy for building muscle mass is going to the gym and lifting weights no more than twice a week.

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

<https://www.getyourselfoptimized.com/cleaner-diet-balanced-fitness-routine-can-extend-longevity-mark-sisson/>