

264: An Aligned Body Is a Healthy Body

10 Point Checklist

Aaron Alexander

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**



"Everything is a gift. There's always an opportunity for you to understand something in a more profound way than you have."

AARON ALEXANDER

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.**

- Don't take chronic pain for granted. Sometimes people shove certain feelings off, thinking it's nothing serious until it is. Whenever there's pain, there's usually an imbalance in my system.
- Check my lifestyle. Prioritize healthy habits and ensure a dynamic approach to taking care of myself. It shouldn't just be the physical aspect of my wellbeing. I should take care of my mental, emotional, and spiritual health as well.
- Always maintain a good posture. Be conscious of how I sit, stand, or perform a particular activity. None of my muscles should be clenching, and my foundation should always be firmly situated with the ground.
- Find ways to reduce stress. Life shouldn't always be about work. If situations get overwhelming, remember it's okay to pause, take a break, and regain my energy.
- Get a fair amount of sunlight. Open my windows during the daytime to let the natural light come in. Spend time outside before 9 AM for a good dose of vitamin D.
- Keep moving. Maintain an active lifestyle through regular exercise. At least 30 minutes of daily physical activity is recommended.
- Create a safe space where I can be my most comfortable. It doesn't have to be an entire room. It can be a couch or a nook, a peaceful balcony, or the corner of my bedroom.
- Empathize with others who are feeling pain. None of us entirely know what others are going through. Chronic pain is severe, and a little empathy goes a long way.
- Go into therapy if necessary. Consult with a medical expert or therapist if pain is something that obstructs my daily life.
- Check out [Aaron Alexander's website](https://www.getyourselfoptimized.com/an-aligned-body-is-a-healthy-body-with-aaron-alexander/) to learn more about staying aligned. Listen to more physical health advice on his podcast.

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

<https://www.getyourselfoptimized.com/an-aligned-body-is-a-healthy-body-with-aaron-alexander/>