

359: Putting Your DNA Test Results to Practical Use

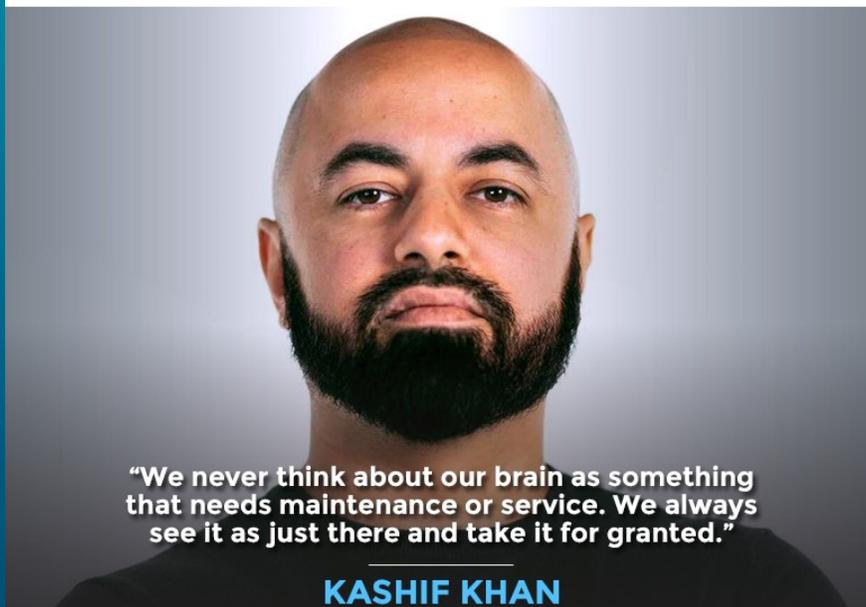
10 Point Checklist

Kashif Khan

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**



“We never think about our brain as something that needs maintenance or service. We always see it as just there and take it for granted.”

KASHIF KHAN

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.**

- Get a DNA test. Research the benefits to understand why it's essential to know my genetic makeup. The more I know, the better I can prevent health issues.
- Work on holistic improvement. My environment, nutrition, and lifestyle choices affect my likelihood of developing diseases and other health issues. Develop better habits using this information.
- Find the appropriate diet and nutrition. Avoid jumping on trends. Instead, research and look for what kind of health plan is best for my body.
- Observe my mood and behavior. Understanding how I'm mentally and emotionally wired allows me to adapt and adjust to different situations.
- Follow a fitness routine. Find what kind of workout is ideal for me and stick to it. Keeping myself active and fit lets me develop a healthier lifestyle.
- Follow a healthy sleeping pattern. Sleep significantly affects my life. Research how to have better sleeping habits for a better quality of life.
- Get a certified coach. Having myself checked by a professional lets me know the right vitamins and access appropriate training.
- Get sufficient Vitamin D. Most of my genes require Vitamin D to function. Therefore, take supplements and go out to have adequate exposure to this nutrient.
- Buy a DNA test from The DNA Company and get \$50 off using this link: thednacompany.com/optimized.
- Go to Kashif Khan's [website](#) to know more about their DNA tests and services. Then, follow him on [LinkedIn](#) and [Twitter](#) to learn more about the latest update from his company.

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

<https://www.getyourselfoptimized.com/putting-your-dna-test-results-to-practical-use-with-kashif-khan/>