

Sleep Well

- Stop/Limit eating 3 hrs., drinking 2 hrs., and phone 1 hr. before bedtime.
- No caffeine 8-10 hours before bed.
- Cool your bedroom to 66-68°F.
- Tire your mind and body.
- Write down what bothers you.
- Drink chamomile or ginger tea in the evening.
- Relax into sleep, no screens in bedroom.
- Get out of bed if you can't sleep, do something relaxing until you feel sleepy.

Move your Body

- Aim for five 30-minute sessions per week.
- Simple **30-minute workout**:
 - o [High knees](#), [jumping jacks](#), [squats](#).
 - o Alternate 2 mins. work 1 min. rest of each.
 - o Reduce rest time as you progress.
 - o Add pushups and sit-ups for full body workout.
- And/ or walk **8-12 thousand steps** per day.
 - o 60-90 mins of walking.
- Climb **10 floors** a day:
 - o Stop taking escalators.
 - o Go up and down your stairs 5 times a day.
 - o Take elevators 2 floors below your destination. Finish with stairs.

Manage your Pain

- Advil masks pain, it doesn't cure it.
 - o Lower back: tight hamstrings and hip flexors.
 - o Neck / shoulder: poor sitting posture.
 - o Cramps: poor hydration.
 - o Knees: weak quads, inadequate icing.
 - o Sore/ tight first thing: unsuitable mattress.
- Stretch daily** for 10-15 minutes:
 - o Get a stretching / yoga app.
 - o Or do: [Child's pose](#), [Half hanuman](#), [Happy Baby](#), [Seated Twists](#).
- Buy a high-quality massage gun.
- Find a good chiropractor.
- Listen to your body, don't over-do it.
 - o Enjoy at least one rest day per week.

Reduce Stress

- Meditate daily or take distraction-free walks.
- Try **box breathing** when feeling anxious:
 - o Breathe in 4 seconds, hold 4 seconds, Breathe out 4 seconds, hold 4 seconds.
 - o Repeat for 5-10 minutes.
- Set boundaries at work to allow for exercise, family time, and down-time before bed.
- Do something you love**, every day.

Feed Yourself

- Eat 1/3 each in calories from protein, carbs, and fat.
 - o 40:40:20 to cut weight faster
- Eat 1 gram of protein per lb. of lean body weight.
- 1lb. fat = 3,500 calories.**
 - o Cut 3,500 calories to lose a pound. The effects are cumulative.
- A large non-stick pan and a pot will cook most meals.
- Salt, pepper, paprika, turmeric**, and cayenne (if you like heat) are good basic spices.
- Pan-fry any **fish fillet or stalky greens**:
 - o Medium/ high heat.
 - o Splash of olive oil.
 - o 3-5 minutes on each side.
 - o Season with salt and lemon juice.
- Make **healthy carbs** for a few days:
 - o 3 cups bulgur/ quinoa/ rice (or a mix).
 - o 4.5 cups of water or chicken stock.
 - o Salt, pepper, turmeric, or any spices you like.
 - o Cover, bring to a boil, then drop the heat to low.
 - o Simmer for 15 mins, then let stand covered for another 20 mins.
 - o Substitute 1 cup of lentils for added proteins.
- Roast any **root vegetable**:
 - o Cut in half, remove any seeds, splash olive oil and spices.
 - o Roast in oven at 375°F until fork goes through, 30-40 mins.

Supplement Daily

- Promote calm with Magnesium or Ashwagandha.
- Echinacea/Zinc/Vitamin C combo for immunity.
- Electrolyte tabs for hydration.

Learn More

- Check out my [Substack](#) for more recipes.
- Get in touch: Connect on [LinkedIn](#) or email se@samehcorp.com. Tell me what you think!