

Fit and Balanced for Life: The Key to Ongoing Achievement of Your Dreams

by John Neal, v.12.23

Overall Goals:

1. Improve overall health and balance, reducing the chance of illness and injury.
2. Increase energy, focus, clarity and enjoy a sense of well-being and joy.
3. Improve quality of sleep.
4. Stay young and vital through continual learning.
5. Turn back your biological clock by at least 10 years.
6. Make a positive impact through mentoring and giving back.

Steps:

1. **Make a commitment every morning to a healthy lifestyle.**
2. **Improve your diet** by stopping eating and drinking crap. Increase hydration.
3. **Embrace** 15-40 minutes daily of stretching, yoga and meditation and journaling.
4. **Feel happier and healthier** by enjoying at least 20 minutes of aerobic exercise daily.
5. **Establish reasonable and sustainable personal fitness goals.** Skip the marathons.
6. **Address medical issues** with annual physical, blood work, dental check-up, massage therapy, physio & chiro.
7. **Enjoy sharing social aspects of fitness:** cycling, walking, hiking, yoga, Pilates, dancing, swimming, and running with like-minded people. Make fitness fun and varied!
8. **Spend quiet time in nature every day** if possible. Enjoy surrounding yourself with pictures of nature. Feel your tension decrease when you look at them and imagine yourself sailing, kayaking, walking on a beach or through the woods.
9. **Learn to let go**, simplify your life, and cut down the cluttered and continual input. Turning off the tele and skipping reading the news will likely make you a happier person.
10. **Find a creative passion**, embrace continual learning and mental fitness.

Resources:

Younger Next Year, Younger Next Year for Women, Younger Next Year Exercise Program

The Book of Awakening, Mark Nepo

Nature Fix, Why Nature Makes Us Happier, Healthier, and More Creative, Florence Williams

Blue Mind, Wallace J. Nichols

Yoga DVD: Total Body Workout, Rodney Yee