

# General Guide For Health ~ What To Do?

\* Deep breathing: 5-10 deep breaths per hour.

\* Water: 40% of your weight in ounces.

\* Cardiovascular Exercise: 20-40 mins 3-5x/wk.

\* Lift weights: 2-3x/wk & daily stretching.

\* Diet:

\* ↓: calories, refined sugars, saturated fats, processed foods, dairy & soda.

\* ↑: organic fruits, vegetables, good fats, protein & complex carbs.

\* Positive mental attitude. Minimize stress.