

Wizard of Fitness



Holistic Health Architecture



Holistic Blueprint

10. Spirit / Meditation / Arts
9. Interpersonal Connections
8. Financial Fitness
7. Mental Strategies
6. Sleep & Recuperation
5. Fitness Celebration
4. Dietary Arts
3. Hygiene
2. Water of Life
1. Immediate Environment

1, Immediate Environment

- Free of toxins (molds, allergens, chemicals, electromagnetic)
- Free of noise pollution
- Free of chronic psychological stressors
- Full spectrum light
- Good ergonomics (avoid prolonged sitting)
- Tick bite prevention, etc. (where applicable)

- Feng shui (score a bonus point)

2, Water of Life

- Water is your primary beverage
- Quality, purified, filtered or distilled
- Quantity, 64 - 128 ounces per day
- Avoid sugary beverages
- Avoid plastic bottled water
- Avoid fluoridated water
- Avoid chlorinated water

First thing on the morning (bonus point)

3, Holistic Hygiene

- General (bathing, showering, etc.)
- Frequent hand washing
- Oral (brushing and flossing, etc.)
- Sexual hygiene (STD prevention, etc.)
- Dental checkups (cleanings, etc.)
- Health physicals and screening

Genetic testing (bonus points)

4, Dietary Arts

- **Avoid confinement raised meat**
- **Avoid excess carbohydrates and refined sugar**
- **Avoid highly processed foods**
- **Avoid seed oils (refined omega 6 & trans fats)**
- **Manage micro-biome with pre- and probiotics**
- **Practice mindful eating**
- **Use supplements wisely (vegans B12, etc.)**

Practice variable fasting (bonus points)

5, Exercise Arts

- **Cardio (progressive interval training)**
- **Strength (progressive resistance training)**
- **Flexibility (especially spinal R.O.M.)**
- **Balance & agility training (sports skills, etc.)**
- **Practice posture awareness (Yoga / Tai Chi, etc.)**
- **Breathwork (diaphragmatic, nasal, slow, etc.)**
- **Bodywork (massage, biofoam rolling, etc.)**

- **Advanced Pranayama (bonus points)**

6, Sleep & Recuperation

- Adequate to plenty (probably 7-9 hours)
- Dark bedroom
- Quiet bedroom (or use sound dampening)
- Good bedding
- Consistent routine (for circadian rhythm)
- Light management (avoid blue light at night)
- (NSDR) Non Seep Deep Rest, Restorative Yoga, etc.







- Sleep tracking technology (bonus points)


7, Mental Strategies

- Time management and organization skills
- Worthy goals & purpose
- Active visualization
- Life-long learning
- Memory techniques and practice
- Monitoring self-talk for positivity
- Practice smiling & laughter

- Meditation for quieting the mind (bonus points)

8, Financial Fitness

-  Job satisfaction
-  Downtime and vacations
-  Savings (at least 10 percent of earnings)
-  Investing
-  Practice generosity
-  Attitude of abundance and appreciation







-  Volunteering, mentoring (bonus points)


9, Social Interconnections

- Being of service
- Reaching out to family and friends
- Working on relationships
- Play and recreation
- Attending community activities
- Pets and plants

- Global awareness & activism (bonus point)

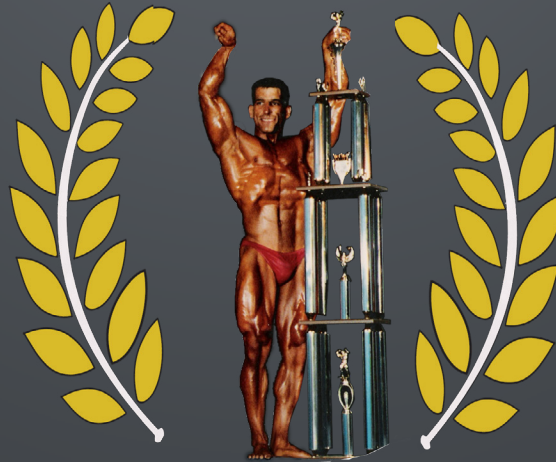
10, Spirit / Cosmos / Arts

-  Cultivating wonder and awe
-  Contemplative prayer
-  Reverence for all life
-  Practicing compassion
-  Communing with nature
-  Walking barefoot on the earth (seasonally)

-  Artistic expression in this capacity (bonus point)

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