Being healthy doesn’t happen by accident. There are many things you can do to feel great and prevent disease. Here are some proven ways to optimize your health.

- **Exercise**
  - Cardiovascular (3 times a week)
  - Get your heart rate up (to find your target heart rate use this formula: 220 - [your age] x 0.8)

- **Relaxation**
  - Yoga, meditation, or other relaxation technique (10-15 minutes a day)

- **Sleep**
  - Sleep (7-8 hours a night)

### Nutrition

- **Protein** (15-25 grams 3 times a day)
- **Whole Grains**
  - Replace breads and pasta from refined flour with products containing whole grains
- **Fiber** (25-35 grams a day)
  - Fruits, vegetables, beans, brown rice, whole wheat bread and pasta
- **Cruciferous Vegetables** (3 servings a week)
  - Foods like broccoli, cauliflower, and kale
- **Antioxidants** (5 servings a day)
  - Foods like blueberries, cranberries, red grapes, walnuts, spinach, carrots, potatoes, and green tea
- **Limit caffeine intake** (no more than 2 servings a day)
- **Limit intake of refined sugar** (no more than 40 grams a day)

### Vitamins

- **Good Multivitamin** (daily)
- **Omega-3 Fatty Acid** (200 mg DHA a day)
- **Vitamin D** (1000 units a day)
- **Probiotic** (2 billion CFU a day)