

- ❑ [Seek the good](#): Challenges and barriers are opportunities to innovate and grow
- ❑ Change what you can, [find peace with what you cannot](#), and learn to recognize the difference
- ❑ Be courageous enough to ask for, to offer, and to accept help
- ❑ Maintain an [adaptable mindset](#): How will you change to do what is needed?
- ❑ Seek to [understand the perspective of others](#) (Tactical Empathy): Perspective = their truth + reality

- ❑ Take breaks from [technology](#)
- ❑ [Get outdoors](#) and get dirty (start a garden/ play in yard)
- ❑ 15-20 min [sun on exposed skin](#) between 1100 – 1500 hr daily
- ❑ Be [mindfully present](#) in nature (hiking/forest bathing)
- ❑ Exercise outdoors whenever possible

- ❑ 7-9 hours of [restorative sleep](#) nightly
- ❑ [Be consistent](#) with sleep/wake times (including weekends)
- ❑ Sleep trackers/apps for quantity & quality
- ❑ [Ask family/friends](#) for support & accountability
- ❑ Seek professional help if poor sleep persists



DEFINITION of PPL:
Activities of daily living that enhance immune and metabolic resiliency to reverse disease and optimize performance.

- ❑ Build community by [sharing experiences](#), stories, and [gifts](#)
- ❑ [Foster trusting relationships](#) with family/friends to allow for vulnerability
- ❑ Pursue mentorship and [accountability partners](#) who challenge you to grow
- ❑ [Share meals, walks, and workouts](#) with others as opportunities to check-in
- ❑ Maintain [connection to spirituality](#) and [higher purpose/meaning](#)

- ❑ Practice self-regulation and [emotional intelligence](#) (STOP = Stop, take a breath, observe, proceed)
- ❑ Know your stress burden: [Heart rate variability \(HRV\)](#) can indirectly measure [total stress burden](#)
- ❑ [Reflect and express gratitude](#): Journaling, [meditating](#), and praying
- ❑ Volunteer, serve, and perform simple acts of kindness
- ❑ Prioritize and plan for activities that [bring you joy](#)
- ❑ [Build relationships and communicate](#) openly to create a climate of trust, cooperation, feedback, and mentorship

- ❑ Do 30 min of at least [moderate intensity activity](#) (can't sing during activity) 5-7 days weekly
- ❑ Include [strength training](#) at least 2 days weekly
- ❑ [Cardiovascular \(CV\) Exercise](#) boosts immune function and antioxidant activity while providing [brain health](#) and hormone balancing benefits
- ❑ Avoid [overtraining](#): Track daily [resting heart rate](#) (RHR) and heart rate variability (HRV) as biomarker to help decide what to do today

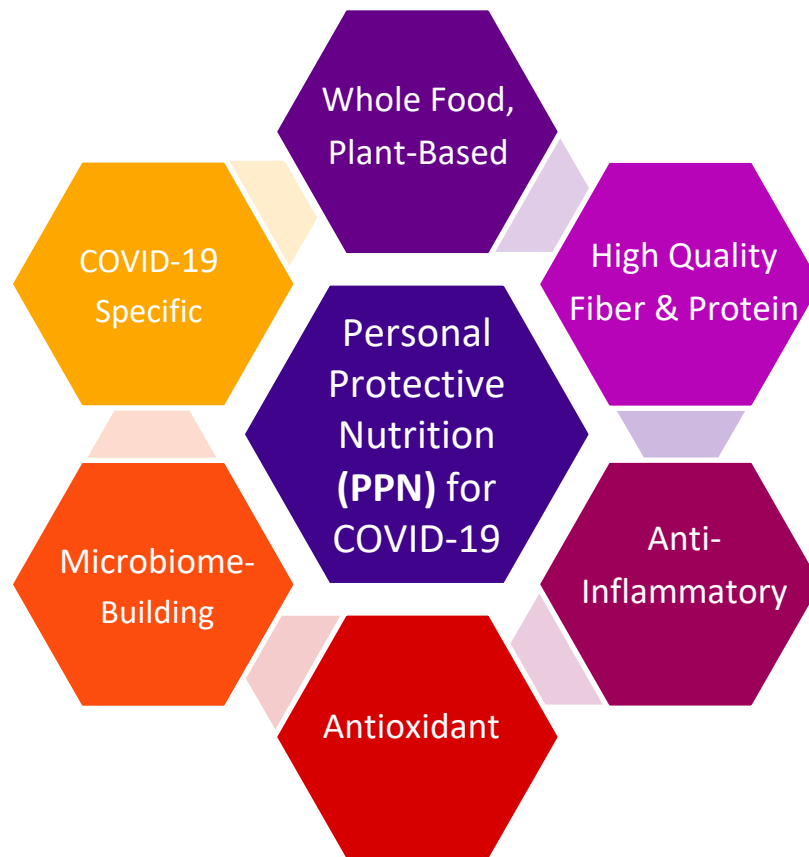
- ❑ [Vitamin D3](#): 2,000-4,000 IU daily
- ❑ Vitamin C: 500-1000 mg daily
- ❑ Multivitamin: Containing Zinc (15 – 30 mg) and [Magnesium](#) (200-400mg); consider foods and separate supplements if needed ([USP or NSF seals of approval](#))
- ❑ EGCG ([green tea](#) or matcha; 200-250 mg or 2-4 cups tea daily) [OR](#) Quercetin (from foods like onions and apples daily)
- ❑ Melatonin, N-acetyl cysteine, Omega-3, and Curcumin on case-by-case basis

- ❑ Build a robust and diverse microbiome to educate and optimize immune function
- ❑ Increase [PREbiotic foods](#) (vegetable/fruit fiber feeds healthy bacteria)
- ❑ Increase [PRObiotic foods](#) (e.g., kimchi, sauerkraut, [kombucha](#), kefir)
- ❑ Supplemental probiotics: Case-by-case basis - may need following GI illness or antibiotics
- ❑ Ask your doctor/pharmacist if probiotics are right for you

DEFINITION of PPN:
Food and nutrients that enhance immune and metabolic resiliency to reverse disease and optimize performance.

- ❑ Eat the [rainbow of colors](#) daily (FOOD FIRST!)
- ❑ [Veg & fruits](#): Rich/variety colors = higher antioxidant activity
- ❑ [Consider supplements](#) to boost food sources: Vitamin C, resveratrol, curcumin ([USP or NSF seals of approval on bottle](#))

- ❑ “Eat real food, mostly plants, not too much” – Dr. Pollan
- ❑ [Every meal](#): 50% vegetables/fruits (5-10 servings daily), 25% [whole grains](#), 25% other quality [protein](#) source
- ❑ Herbs/Spices (e.g., [turmeric](#), cinnamon, cumin, ginger)
- ❑ Add more [nutrient-dense](#) and low glycemic index foods
- ❑ [Hydrate!](#) [weight (lbs) ÷ 2 = daily intake of water (oz)]



- ❑ Eat FIBER (30 - 40 g daily) from natural sources including vegetables, [beans](#), and fruits
- ❑ Plants have [PROTEIN!](#)
Add more plant sources of protein
- ❑ Reduce toxins, chemicals, and hormones from food sources: Know the dirty dozen and clean fifteen to select produce – Buy grass fed, free range, wild caught when possible
- ❑ [Minimize](#) processed/red meat consumption
- ❑ Have at least 1 bowel movement daily. May need more fiber, fluid, or movement to achieve

- ❑ Avoid high glycemic foods that spike insulin and cause inflammation (Glycemic Index)
- ❑ Minimize fried foods, “browned” meats, saturated/trans-fats
- ❑ Minimize sweets & avoid added sugar (read labels - sugar has many names!)
- ❑ Avoid sodas & sweet beverages (zero-calorie sweeteners can spike insulin – stevia is better)
- ❑ Use more herbs & spices and healthy fats (plant-derived [Omega-3s](#), MUFA, PUFA)