



My 5 Step Health Plan for 2021

Disclaimer – This is MY plan and not one that I am recommending for you. I'm not a doctor and I don't play one on TV. This is just what I am going to try. It may seem hard and perhaps extreme to some, but I have consulted doctors and will be under care.

I choose this kind of hard vs. not being able to get up and down off the floor to play with my kids. It's time for me to get extreme for them. Game on...

1. Focus my mind in the morning by stating the following, "My purpose today is to be my full self. I will nourish and care for myself as the number one priority. I will eat to fuel my body and exercise to gain vibrancy and abundant health."
2. Once a week fast (minimum of 24 hours, goal of 42 hours). I will have to see how this feels as I do this once a week. The great thing about a plan, is that it can be adjusted if it doesn't feel right.

Intermittent fast daily (18/6 – that means I will only eat during a 6-hour window and fast for the other 18).

3. DRINK KETONES! At least one packet a day, sometimes two if feeling sluggish.
4. Keep it ketogenic. I will eat keto with mostly meats and vegetables. Yes, I will occasionally have fruit.
5. Move! Workout for at least 30 minutes a day with the goal of more. Add in weights, yoga and chasing kids.

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