

# HEALTHY BASELINE HABITS



27 habits to support the principles behind a **healthy baseline**

Print them off (or save) and put somewhere you look at every morning until the habits have been formed

# Principle #1 – **Correct breathing**

Without oxygen we would be dead in less than 3 minutes. Deep breathing injects our billions of cells with oxygen and stimulates our lymph nodes, which expel internal waste. Most of us shallow breath all day!



## **Habit**

## **Benefit**

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**Breathe from the BELLY**

Put your hands on your belly, breathe slowly and fully - improves oxygen circulation, repair cells, and reduce stress and anxiety.

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**Take 5 minutes out 3 x per day to breathe DEEPLY**

Set an alarm to power breath - delivers oxygen to the areas a short breath doesn't, expelling excess carbon dioxide, increases energy and focus.

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**ALWAYS take stairs instead of lifts and escalators**

Do this at every opportunity – delivers a burst of fresh oxygen around the body, increasing energy and sculpting nice butt cheeks.

## Principle #2 – **Staying hydrated**

Without water we would be dead in about 3 days. Water is vital for keeping our billions of cells alive and internal organs working. Astonishingly, most of us are dehydrated 80% of the time.



### **Habit**

### **Benefit**

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**Buy LEMONS**

Squeeze half a lemon into a cup of lukewarm water every morning - cleanses kidneys, liver and digestive tract following natural detox process during sleep.

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**Take a high quality reusable water bottle with you EVERYWHERE**

Fill it with filtered water regularly - ensures continual hydration throughout the day. (as a rough guide, drink 3 x 750ml bottles daily - more if exercising).

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**Buy LIMES**

Squeeze half into your water bottle whenever possible - cleanses and alkalises blood and reduces impact of acidic lifestyles.

# Principle #3 – Use of quality fuels

Quality nutrition is essential for creating energy, repairing cells, and keeping moulds and fungus from developing internally. In the Western world, most of us are over-fed and under-nourished.



## Habit

## Benefit

**DO NOT boil your veggies to death**

Lightly steam to retain more of the goodness - essential for cell growth and repair (and improves taste).

**Drink FRESH juices and smoothies**

Make a fresh juice in the morning for breakfast and a smoothie in the afternoon - injects nutrients quickly and keeps you full.

**OIL your joints**

Add oils such as omega 3/6/9, sunflower, pumpkin, avocado, sesame, extra virgin to food - supports joints and increases energy.

# Principle #4 – **Exercising regularly**

Whilst being fit does not necessarily mean being healthy, exercising just three times a week can help tremendously with our circulatory, digestive, lymphatic and hormonal systems. Most of us don't exercise enough, or at all.



## **Habit**

## **Benefit**

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**PRESCCHEDULE  
exercise**

Set recurring calendar invites - significantly increases likelihood of doing it, and makes it easy to move the session around if needed.

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**Pack exercise kit the  
night BEFORE**

Get everything ready the night before (just like when at school) - significantly increases likelihood of doing it.

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**Exercise FIRST THING  
in the morning**

Wake drink fresh lemon juice and then exercise i.e. get hot and sweaty for 30 minutes – kick-starts metabolism and burns fat all day.

# Principle #5 – **Building a solid core**

Our musculoskeletal system (muscles, bones and tendons) holds us together, and keeps vital organs and joints protected. Most of us slough 80% of the day and wonder why we develop shoulder, back and sciatic pain.



## **Habit**

## **Benefit**

**Stand up STRAIGHT**

Are you sloughing right now? Stand up and straighten your neck, back, shoulders and pelvis - improves muscle tone, reduced pressure and makes us look taller.

**STRETCH**

Break up long periods of inactivity by 'gently' stretching (warm up slightly first) - increases flexibility and range of movement and reduces chance of injury.

**Buy a SWISS BALL**

Learn a basic Swiss Ball routine – improves balance and strengthens core abdominal and back muscles.

# Principle #6 – Resting and relaxing

We have plenty of opportunities to get stressed out everyday. It's therefore essential to take time out to rest and relax. Most of us are mentally and/or physically exhausted and running on adrenaline or stimulants.



## Habit

## Benefit

**Read FICTION before bed**

Keep education books for daytime reading and enjoy the pleasure of books that entertain in the evening before bed - helps us switch off and induces sleep.

**Book a DEEP TISSUE massage every other month**

Ask for extra attention on rhomboids and lower back if sitting at a desk and using a computer a lot - helps loosen muscle tension (knots) and improves circulation.

**Book a weekend away EVERY quarter**

Visit family, friends or just explore a city far away - increases gratitude and helps unwind from the week/s.

# Principle #7 – Minimum use of chemicals

There are often vast amounts of chemicals in the air we breath, food we eat and liquid we drink. These are often tested for ‘safety’ on their own i.e. not in combination with everything together, so what impact do they really have?



## Habit

## Benefit

**Buy a water FILTER**

Tap water is treated with chemicals by water companies and travels through a vast network of pipes before reaching us - filtering reduces the health risks.

**SCRUB all veggies**

Most non-organic fruit and veg is covered in toxic chemical so wash and scrub them - helps remove herbicides, pesticides and fertilisers.

**Use a SKIN BRUSH**

Our skin cells continuously replace themselves. Dry brush the dead ones off before jumping in the shower – removes toxins and makes skin look and feel better.

# Principle #8 – **Focus and productivity**

‘To Do’ list are not sufficient in today’s information-rich world. Being a disorganised stress-head means we are not focussed on the ‘few’ essentials that get us ‘most’ of the results we want.



## **Habit**

## **Benefit**

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**Invest 10 minutes each morning PLANNING the day ahead**

Write down the top 3 results you want to progress, then list the actions you need to take in order of priority – keeps you keeps focus on essentials.

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**Prioritise, delegate, batch or DELETE**

Almost 80% of the things we do at work are a waste of time! Focus on the 20% that make the biggest impact – significantly increases results

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**Spend 10 minutes REVIEWING the day**

Highlight achievements, lessons and great moments – increased appreciation and gratitude (the key to success)

# Principle #9 – **Vision and purpose**

Not having a vision or purpose in life means plodding along like a lemming and being controlled by the media we consume. Dictate your own destiny by knowing **WHAT** you want in life and **WHY**.



## **Habit**

## **Benefit**

**Constantly ask WHY**

Ask this question for everything you do – provides clarity of purpose and helps re-prioritise.

**Create a COMPELLING future**

Be clear about what you want from the day, month, year, and decade – helps align your conscious and sub-conscious mind and massively increased the change of getting what you want.

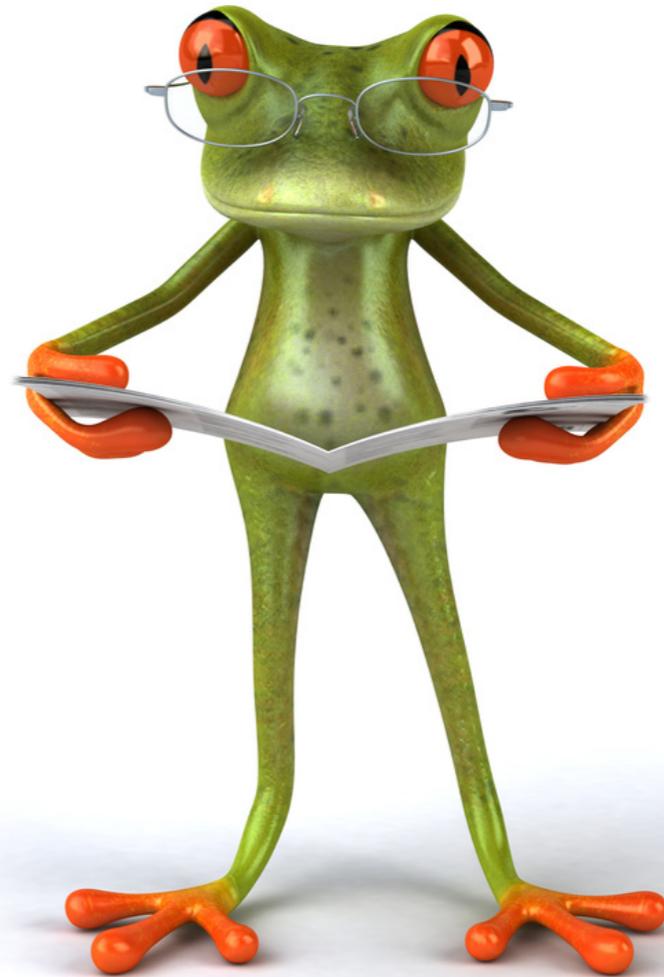
**Be NICE**

Being nice and contributing beyond ourselves is deep routed in most religions - brings ten-fold back and makes the world a better place.

# Your next step...

Now take a deep dive  
into the principles  
behind a **HEALTHY  
BASELINE**

**DOWNLOAD** this  
premium eBook  
(\$/€/£4.99)



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