



What is the foundation of optimal health & fitness?

The big FOUR for undisputed health

1. Sleep
2. Nutrition
3. Exercise
4. Happiness

Don't have these big four FOUNDATIONS of health? Get these right and you will notice a change in your overall health and performance.

One of the biggest mistakes people make is putting in the "effort" to become healthier but not seeing any results because they are neglecting the major (above) foundational health practices and instead focusing on the minors.

Take for example a person who only sleeps 4-5 hours a night, is inconsistent with their training, eating out of control after restricting their diet to next to nothing, frustrated and miserable with their lifestyle they start to wonder which supplement is going to give them a "quick" fix.

We can call this majoring in the minors. At best it creates a mental burden and at worst it can leave people burnt out before they have even started leaving them to wonder " Why is it so hard to get into shape and be healthy" when what they have done is put 90% of their energy into the minors that will more than likely only reap mild changes if any.

So the question left is where to start? Based on new research and understanding the brain and sleep and the impact lack of sleep can start with SLEEP. Optimise your bed time routine- create a sleep hygiene routine and aim for 8 or more hours of sleep per night- the key is CONSISTENCY.

Once you have consistent quality sleep you should start to feel better which leads into NUTRITION and cleaning up your diet. Prioritise high quality foods and monitor the quantity of food by calories and macros set to a baseline for what you actually need.

EXERCISE is next , when combined with a quality diet and ample amounts of sleep for recovery , this is the perfect combination of healthy habits that create a harmony as well as a consistent habitual lifestyle.

Lastly and just as important as the factors above don't forget about passion, purpose and HAPPINESS. Live life feeling the best mentally, physically and emotionally. It doesn't happen automatically, like anything in life worth doing its going to take work, but it will 100% be worth it.