

Your Daily YOU-Do List



1.

Walk 30 minutes. If you can't walk 30 consecutive minutes at a rate that slightly elevates your heart rate, walk three times for 10 minutes. Buy a pedometer, so you can also note how many steps you take every day—the total number of steps you take everywhere, including to and from the bathroom, not just those taken during these 30 minutes. A good goal is 10,000 steps. But don't worry. As long as you get the 30 minutes, about 3,000 steps, you can gradually build to 10,000 a day.

2.

Floss and brush the teeth that you wish to keep. Or do it for the heart you wish to nurture, the wrinkles you wish to prevent or the erection or sexual satisfaction you wish to have.

3.

Drink several cups of green tea with your copious water intake.

4.

Take your pills. Specifically, these:

- Get into the habit of popping omega-3s in doses of either six walnuts or one gram of metabolically distilled omega-3 fatty acids about 30 minutes before lunch and again before dinner. Or have 4 ounces of non-fried non-shell fish a week.
- Take vitamin tablets by leaving them in a convenient location like your car or by your desk, so you're continuously reminded. Same goes for calcium supplements.
- If you are a woman over age 40 or a man over age 35, take two baby aspirin at breakfast—162 mg—with half a glass of warm water before and after. Get your doctor's approval first.
- Take 300 mg of co-enzyme Q10—purchased with a USP verified label—at breakfast and dinner.

5.

Sleep seven to eight hours a night. Starting with day one, adopt a sleep hygiene program that will help you sleep like a 19-year-old cat. About 15 minutes before bed, finish any must-do tasks still hanging (even if it's just making a list of what you need to do tomorrow, so you can avoid stress-related sleep problems), do any before-bed hygiene, and spend a few minutes doing breathing and meditation. If you have trouble falling asleep, avoid stimulatory acts before bed, like watching TV or working out. Sex, though stimulatory (we hope), is okay. And recommended.

6.

Meditate for five minutes at some point during the day. You'll work up to 15 minutes in future weeks. For some of you, meditation will take the form of prayer. The key is to search for a path that gives you comfort and offers an opening to finding deeper meaning in life. In a world with more noise than a pre-school classroom, our brains and souls need moments of silence to re-charge, re-focus and become rejuvenated. Give yourself a chance to think through your spirituality.

As a reminder, always consult your doctor for medical advice and treatment before starting any program.