

Get outside and train in nature to build more functional strength

Run through woods

Pull up on branches

Lift logs

Swim in lakes

STOP BEING DOMESTICATED!

TIME TO TOUGHEN UP!

Training in Nature

Trail Running

HEALTHY PRIMAL LIVING

Run in nature to get more fresh air, natural views and sun
Run barefoot to increase foot dexterity and improve form
Build up to barefoot by using minimal shoes
And 'vibram five fingers'

Eating Paleo

Eat more natural foods

"If a cave man couldn't eat it, neither can you"

That means:

- * More fruits and vegetables
- * More meats and organ meats
- * No processed foods

But don't go to extremes. Be practical and let yourself have 'cheat days'.

Keep an eye on calories as well.

Bread and milk are fine! So are supplements!

Make Healthy Changes

Be More Active

Breathe with correct form - abdomen first!

Wake yourself up with natural light

Take cold showers

Stop sitting so much

Take walks

Put a plant on your desk!

Put photos of friends near your bed

Stop thinking in terms of 'workouts'

Be more active generally

* Stand more

* Walk more

* Use incidental training

* Multitasking

Use nano workouts to get in more exercise!

HEALTHY PRIMAL LIVING MIND MAP