

MENU

Foundational habits

When it comes to moving the dial on disease prevention and longevity, it is important to first assess your foundational habits.

[Take the Habits Survey](#)

Icons relate to the points score on the Habits Survey for: eat 🍏, sleep 🛌, move 🚶, stress 🧠, and negative points 🚫. Each hyperlink is a fact sheet that corresponds to questions on the Habits Survey. We recommend you work with your coach to optimise your habits.

🍏 🍏 🍏 🛌 🚶 🧠	Proper hydration - water is life
🍏 🍏 🍏 🛌 🚶 🧠	Quality protein consumption - the building blocks for your body
🛌 🛌 🛌 🧠 🧠 🧠	Sleep hygiene - preparing for for sleep matters
🛌 🛌 🚶 🚶 🧠 🧠	Flow and flexibility exercise - stability and flexibility for mind and body
🛌 🚶 🧠 🧠 🧠	Healthful morning routine - your morning sets you up for the day
🛌 🚶 🚶 🚶 🧠 🧠	Baseline movement (walking) - humans are designed to move incidentally
🛌 🛌 🛌 🧠 🧠	Ideal sleep environment - where you sleep matters
🛌 🛌 🧠 🧠 🧠	Mental hygiene practice - mindset health is important
🛌 🛌 🧠 🧠 🧠	Slowing the mind - focus and clarity for mental performance
🛌 🛌 🧠 🧠	Healthful sun exposure - sunlight regulates the body systems
🍏 🍏 🍏 🚶	Healthy fat consumption - they're not bad, you just need the right ones
🛌 🚶 🚶 🚶	Burst exercise (HIIT) - power and speed
🛌 🚶 🚶 🚶	Strength and conditioning - muscle mass for life
🛌 🛌 🚶 🚶	Extended cardio (zone 2) - endurance, energy and oxygen
🧠 🧠 🧠	Slowing down - calibrate and regulate your nervous system
🍏 🍏 🍏	A rainbow on your plate - means phytonutrients and fibre
🍏 🍏 🍏	Whole, unprocessed food - as nature intended

[Overeating](#) - the right levels of hunger are healthful



[Caffeine](#) - there's no such thing as free energy



[Inflammatory foods](#) - fuel the fire



[Sedentary habits](#) - sitting is the new smoking



[Alcohol](#) - fun, but best enjoyed healthfully



[Over exercise](#) - more is not always better



[Smoking](#) - the evidence is clear



MENU

Optimisation protocol

Advanced habits and technology to incorporate into your health regime once you have foundational habit scores as high as possible.

Icons relate to point score boosters for: eat 🍏, sleep 🛌, move 🚶 and stress 🧠. These scores are general in nature, you can discuss the relevance of each protocol for you with your practitioner.

- 🍏 🍏 🍏 🛌 🛌 🚶 🚶 🧠 🧠 [Avoid personally reactive foods](#)
- 🛌 🛌 🛌 🧠 🧠 🧠 [Float](#)
- 🍏 🛌 🚶 🧠 🧠 [Biofeedback](#)
- 🚶 🚶 🧠 🧠 🧠 [Digital detox](#)
- 🛌 🛌 🚶 🧠 🧠 [Red light therapy - Photobiomodulation](#)
- 🛌 🛌 🚶 🧠 🧠 [Traditional sauna](#)
- 🛌 🚶 🚶 🚶 [Altitude training](#)
- 🍏 🍏 🛌 🧠 [Continuous glucose monitor](#)
- 🛌 🚶 🧠 🧠 [Cold water therapy.](#)
- 🛌 🛌 🧠 🧠 [Dopamine detox](#)
- 🛌 🚶 🧠 🧠 [Infrared sauna](#)
- 🍏 🍏 🛌 🧠 [Intermittent fasting](#)
- 🛌 🚶 🧠 🧠 [Mineral bathing](#)
- 🛌 🚶 🚶 🧠 [PEMF](#)
- 🍏 🛌 🚶 🧠 [Wearable Fitbit](#)
- 🍏 🛌 🚶 🧠 [Wearable Garmin](#)
- 🍏 🛌 🚶 🧠 [Wearable Whoop](#)
- 🛌 🧠 🧠 [Binaural Beats](#)
- 🛌 🛌 🧠 [Blue light blocking glasses](#)
- 🛌 🚶 🧠 [Cryotherapy.](#)
- 🛌 🚶 🧠 [Wearable Oura ring](#)
- 🛌 🚶 🧠 [Air filtration](#)
- 🚶 🧠 [Hyperbaric oxygen therapy.](#)
- 🚶 🚶 [PRP therapy](#)
- 🧠 🧠 [Tapping](#)
- 🛌 🧠 [Transcranial and intranasal photobiomodulation](#)
- 🍏 🍏 [Water filtration](#)
- 🛌 🧠 [Weighted blanket](#)
- 🛌 [Bed cooling systems \(Eight\).](#)