

L.J.ROHAN

Want to be Vibrant?[®]

VIBRANT AGING 101

Day 1: The Field of Healthful Aging

The truth is it's easier to take action while we are still healthy and mobile than it is to fight our way back after developing a chronic condition.

Here is your **Basic Checklist** to put you on the path to a healthier **YOU**:

- Add good quality supplements—work with a DIFM: Dietitians in Integrative and Functional Medicine, or an RDN: Registered Dietitian Nutritionist to get on the best plan for you
- Switch to whole, unprocessed foods, organic when possible, and focus on adding plant-based meals
- Make YOURSELF a priority and adopt a good self-care plan
- Get 7-8 hours of quality sleep every night
- Exercise for one hour almost every day—outside is the best
- Get out in nature every day
- Add one thing every day into your life that brings you joy