

L.J.ROHAN

Want to be Vibrant?[®]

VIBRANT AGING 101

Day 5: The Physical Aspects of Aging Vibrantly

My top recommendations to keep you physically vibrant and slow your aging clock?

- Exercise is #1, as our bodies were made to move, and the more we move and groove them, the better off we will be. The goal is one hour most days, and exercise outside when ever possible is an added plus! Remember to vary your exercise to include aerobic, strength training, and flexibility and balance activities
- Work to cut out all forms of refined sugar
- Switch to unprocessed whole foods, leaning toward a plant-based diet, and organic when possible
- Work with a DIFM: Dietitian in Integrative and Functional Medicine, or an RDN: Registered Dietitian Nutritionist, and getting on a good plan of needed supplements
- Drink 8 glasses (64 oz.) of high-quality, filtered water every day
- Turn out the lights for at least seven hours of good quality sleep every night

The result will be the very best version of you, ready to rumble!