

Do You Have The Dedication Necessary?

The following three lifestyle exercises focus on improving basic drinking, eating, and sleeping habits, and are a practical test of your dedication to physical self-improvement. If you do not have the mental discipline to routinely perform them for a consecutive 60 day period (weekends too), then you are unlikely to succeed in fitness or self-defense training.

Hydrating Lifestyle Exercise

Water is life. Sufficient liquid intake also allows the body to flush out many toxins.

Shortly after rising at the start of your day, drink at least approximately one pint of cool (*not* cold), clean water to re-hydrate your body after its sleep. Silicon-rich artesian water would be ideal to drink at this time. Along with the water, ingest a suitable multiple vitamin supplement. Pills are satisfactory, but liquid vitamins are superior.

At intervals throughout the day, drink more liquids as needed. The goal is to maintain your bodies minimal level of necessary hydration. If your urine has a deep dark yellow color, or if you feel the urge to urinate less than six times a day, you are under-hydrated.

Digesting Lifestyle Exercise

Most adults tend to gulp their food. This directly leads to overeating, as food is ingested faster than the brain can produce the sensation of satiation. It is important to always remember that digestion starts in your mouth. Food which is not thoroughly chewed, especially fibrous foods, will not release all their nutrients to the body.

Masticate every food item put in your mouth not less than one dozen times before swallowing. Two dozen chews is considered ideal. While chewing, mentally review what it is you are putting in your mouth, and consider if another bite will be a healthy choice. As an adult you will not be subject to censure for not finishing what is on your plate.

Rejuvenating Lifestyle Exercise

Humans are intended to take a mid-day rest period. It refreshes the brain, which directly leads to quicker reflexes and better decision making. A drowsy person shouts victim.

Near the middle of your waking day, take a siesta of not less than 20 minutes in length. 40 minutes is considered ideal. Napping is the goal, but your mind can just be resting quietly (reading, listening, or viewing on a mobile device is *not* resting). The nap environment should be of a moderate temperature, have a low noise level, filter light, and allow the body to slump comfortably.

If work duties prevent a mid-day siesta, then the nap time may be shifted to a point just outside of the work period which is furthest from your sleep period.