

101 Ways To Achieve *Elite Health*

Created by
Elite Health Services, LLC

World-Class
Physical Therapy, Fitness,
Sports Performance & Wellness
www.elitehealthservices.com

***Elite Health* is defined as being free of physical pain and dysfunction, maintaining a healthy weight and possessing a strong body and relaxed mind.**

Possessing *Elite Health* allows you to bring your absolute best-self to all arenas of life; including your work, your sport and all of your recreational activities.

Begin by incorporating one or two of these tips a day to enjoy a lifetime of *Elite Health*.

1. Visualize yourself as a happy, healthy, strong, and relaxed person.
2. [Reduce body mass](#) and work to maintain a healthy body weight.
3. Sneak in exercise. Park as far away from your destination as possible in parking lots.
4. Avoid the elevator. Take the stairs.
5. Brush your teeth standing on one leg.
6. Go to bed and get up at the same time every day.
7. Practice mindful eating. Chew your food 30 times before swallowing.
8. Eat the rainbow; colorful fruits and vegetables contain healthy phytochemicals.
9. Schedule time for physical activity.
10. Weigh yourself at least once per week.
11. Eat fruit, don't drink it.
12. Break a sweat from exercise every day.
13. Breathe deeply into your belly.
14. Push the limits of your comfort zone everyday – that is where life begins!
15. Every hour, stop and close your eyes, and take 3 slow and long breaths down into your belly. This will release your shoulders and calm your mind.
16. Be light. Whether sitting or standing, or walking or running, imagine your head floating on top of your body and that you are a stack of loose but aligned blocks.
17. Relax your belly. Relax your tailbone.

Elite Health Services, LLC
World-Class Physical Therapy, Fitness, Sports Performance & Wellness
www.EliteHealthServices.com

© 2013

18. Eat more vegetables – and to appreciate them more, cook them yourself.
19. Don't *try* to fall asleep - just lie there and notice your breathing.
20. Do something several times a week that helps to move your ribcage and thoracic spine SLOWLY – roll on a [foam roller](#), practice yoga, Pilates, or Tai Chi.
21. Have fun, play!
22. Sing! In the car, shower or with your kids - vocal vibrations help free up holding patterns in the chest, neck and shoulders.
23. Negative emotions manifest as pain and illness – work to replace anger with patience, resentment with forgiveness, and judgment with compassion. Your body will thank you.
24. Keep a daily food journal.
25. Consume water in ounces equal to half your body weight in pounds. (150lbs=75oz H2O)
26. Take every joint in your body through its full range of motion each and every day.
27. When running, biking or using cardio machines, incorporate interval training.
28. When working out, decrease your weight and perform the same activity on a single leg to improve balance and increase the demand on your core.
29. The popular saying, 'Don't forget to bend with your knees' should be replaced with, 'don't forget to bend with your hips first, and then your knees.'
30. Yoga is great, but be mindful of each pose's range of motion at each joint in your body, and do not push the end of the range. Especially with your knees, hips, spine and shoulders.
31. Work with a coach to help you train and compete in your first Triathlon.
32. [Running technique](#) matters; have it checked out by a running specialist to make sure that it is efficient.
33. For golfers, a Functional Movement Screen helps to determine if your spine rotates enough, your hips are strong enough, and your shoulders are mobile enough for an optimal swing pattern.
34. Get started now! Get moving! Do something! Move it or lose it is not a joke!
35. Practice moderation. It's the key to success with just about everything.
36. Too much of anything is unhealthy (work, food, sleep, exercise, etc.)
37. Read! Become informed about ways to improve your health.
38. Read just to relax and to be entertained.

Elite Health Services, LLC

World-Class Physical Therapy, Fitness, Sports Performance & Wellness

www.EliteHealthServices.com

© 2013

39. Sleep. The body cannot heal without adequate rest. Try taking the TV out of the bedroom – it works.
40. Eat. Proper nutrition is crucial to healing, building muscle and performing at the highest level.
41. Gravity does not discriminate. It impacts all of joints on a daily basis. Everyone has dysfunction in some part of their body, and it does not self-correct. Seek proper treatment.
42. Create solid fitness goals. Discipline yourself to stick to that goal. Reward yourself when you achieve them.
43. Pain and disappointment are a part of life, but never underestimate the power within you to make positive, long lasting changes.
44. Eat every 2-3 hours, having protein at every meal
45. Golfers, drink an amino acid based electrolyte drink on the course, not one with sugar.
46. Understand there are multiple factors at play for ideal golf performance; nutrition, training, hormones, instruction.
47. Gluteal muscles have a tendency to “go to sleep;” squat, jump, take the stairs to wake them up.
48. Golfers, in place of stretching, increase range of motion before your round by performing low intensity isometrics.
49. Practice gluteal muscle activation at least 2-3 times per day.
50. To enhance alignment and prevent compensations in the golf swing, see your Physical Therapist 1x/month.
51. Improve your posture through awareness. Ask your PT to help!
52. To successfully transfer training to the golf course, use mirror work to achieve desired outcome -posture at address, maintaining spine angle, etc.
53. To maintain proper posture alignment, incorporate low intensity isometric exercises that recruit small muscles to work.
54. Stop ignoring and exercising through aches and pains. Get treatment to avoid long-term issues.
55. Get a [foam roller](#) and use it daily.
56. Plan your workouts ahead of time so they are part of your regular weekly schedule.
57. To avoid hunger and impulse eating, plan meals in advance and keep healthy snacks on hand.
58. Taper your meals throughout the day.
59. Eating after a workout is just as important as eating beforehand. Make a [post-workout smoothie!](#)
60. Bring your lunch to work.

Elite Health Services, LLC

World-Class Physical Therapy, Fitness, Sports Performance & Wellness

www.EliteHealthServices.com

© 2013

61. Be aware and keep good posture at the office, in the car, and at the dinner table.
62. Have an ergonomic evaluation of your current [desk/office set up](#).
63. Invest in a good office chair.
64. Wear proper footwear when you're working, working out, or working it out on the dance floor.
65. Before playing golf, paddle, tennis, squash, or other sports, start with [dynamic stretching and proper warm-up](#)
66. Lighten the weight, slow down, or don't proceed with an exercise if you cannot keep good form.
67. Make time for yourself. Schedule "YOU TIME," at least 60 minutes per day to do something healthy for your body.
68. Have something to look forward to each and every day.
69. A great day begins with a good night's sleep. 8 hours is essential each night.
70. Having the right pillow to support your head and neck is paramount to avoid pain. Get a great pillow, and learn how to position it properly.
71. Your body craves movement; this is how you hydrate your tissues.
72. Don't allow yourself to eat until you are full, and don't allow yourself to get hungry.
73. Sitting can be poisonous to our bodies, stand up every 45 minutes, or at least move your legs and pelvis in your chair to hydrate your body.
74. Decompress - Find a healthy outlet from stress (exercise, cooking, writing, music, [massage](#), playing with children), and be sure to utilize it before the stress levels reach a critical point.
75. Find an activity involving movement you can enjoy and commit to that activity at least 3x/wk.
76. Pain is your body trying to tell you something. Don't ignore it.
77. If your body is hurting, there is inflammation and irritation somewhere. Take care of it.
78. If pain is present more than a 5 days, it is not going to go away on its own, you will just become accustomed to it and therefore compensate. Seek treatment before the issue becomes more severe.
79. Set achievable health and fitness goals and stay on course. Don't let bumps in the road allow you to get off course.
80. Re-evaluate your goals every three months; make adjustments as needed to continuously achieve them.
81. The best anti-inflammatory in the world is proper postural alignment.

Elite Health Services, LLC

World-Class Physical Therapy, Fitness, Sports Performance & Wellness

www.EliteHealthServices.com

© 2013

82. Know [when to use Ice v. Heat](#) on your injuries.
83. Learn how to sit, stand and lift with good mechanics from a posture expert, and your days of painful sitting and standing will be over.
84. Your core is the base of all your strength- [work to keep it strong](#).
85. Flexibility depends on more than just muscles; your joints, nerves, viscera and fascia also need to be mobile.
86. New research proves diet has a huge impact on inflammation in the body. Eat alkaline foods.
87. Invest in your health. What else do you really have?
88. Past injuries and physical traumas can cause major problems in the future, get them addressed NOW.
89. Good body mechanics; learning how to move in the most efficient way possible improves performance and prevents injuries.
90. Sit up straight, but be relaxed. You should feel your body weight go into the floor.
91. You are only as strong as your weakest link.
92. To completely relax, unwind and recharge your batteries completely unplug by turning off the TV, computer and your cell phone.
93. Drink Herbal tea.
94. Take an Epsom salt bath; complete with candles and relaxing music to decrease muscle soreness and quiet your mind.
95. Incorporate [Therapeutic Massage](#) into your regular fitness and training regimen.
96. Turn food confusion into simplicity; design meals by inclusion not exclusion. Choose what you CAN eat instead of avoiding empty calories.
97. Go for Organic, whole foods that are in-season, locally grown and minimally processed.
98. Fuel your body with high octane food; fresh fruits & veggies, fish, whole grains and healthy fats.
99. Laugh out loud every day. It releases endorphins that make you feel good!
100. Don't live to eat, eat to live!
101. Eat more kale!

Elite Health Services, LLC

World-Class Physical Therapy, Fitness, Sports Performance & Wellness

www.EliteHealthServices.com

© 2013