

Click for **MORE** tools to
help you be lean, healthy,
and muscular for life!

Ben Pakulski's 33 Best Practices for Life Longevity

- 1) **Live with purpose.** - [Episode with Mike DeSanti](#)
- 2) **Community**
- 3) **Breathe well.**
Episodes with Patrick McKeown: (1) (2) - [Episode with Brian Mackenzie](#) - [Episode with James Nestor](#)
- 4) **Walk.**
- 5) **Meditate.**
- 6) **Optimize cellular health.**
- 7) **Intentionally engage in learning.**
- 8) **Quiet and clear the mind.**
- 9) **Minimize non-native radiation and EMFs.** - [Episode with Nick Pineault](#)
- 10) **Heal with frequency.**
- 11) **Connect to your natural environment.**
- 12) **Nervous system arousal control.** - [Episode with Dr. Jay Wiles](#) - [Hanu Health podcast](#)
- 13) **Drink high quality water.** - [Greenfield Water Solutions](#)
- 14) **Sunlight.**
- 15) **Sleep.**
- 16) **Daily prioritization.**
- 17) **Fast to increase AMPK.**
- 18) **Fast to balance stimulation of MTOR.**
- 19) **Keep blood sugar stable.**
- 20) **Keep body fat low.**
- 21) **Gut health.**
- 22) **Microbiome diversity.**
- 23) **Increase mitochondrial ability to produce energy.**
- 24) **Decrease inflammation.**
- 25) **Oxidative support.**
- 26) **Cold exposure.**
- 27) **Heat exposure.**
- 28) **Infrared light / red light therapy.**
- 29) **Peptides.** - Episodes with Ryan Smith: (1) (2) - [Episode with Jean Francois Tremblay](#)
- 30) **Hormones.**
- 31) **Digestive enzymes.** - [BiOptimizers MassZymes](#)
- 32) **Aerobic fitness.**
- 33) **Build muscle.**

[Episode with Dr. David Sinclair](#) - [Lifespan with Dr. David Sinclair \(podcast\)](#)