

How Everyday Habits Affect Telomeres and Cellular Aging

10 Point Checklist

Elissa Epel

Want to gain as much knowledge as possible out of The Optimized Geek?
Read on below for a **10 point checklist** that gives the next, real steps you
can take for introducing these insights and optimizing your life.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



**“Find a positive addiction to help implement
good habits in your everyday life. It’s the small
everyday habits over time that matter.”**

ELISSA EPEL

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Get tested to find out the length of my telomeres to see if I need to boost my health regimen. I can try LifeLink, Telomere Diagnostics, or Repeat Diagnostics.
- Learn how to reduce stress whether it is attending a stress-reducing month long residential retreat or learning meditation to manage stress at home.
- Try some form of moving meditation like Tai Chi or Qigong to get in a relaxed body state and focus my mind.
- Reduce my acute stress reaction by changing my perspective and asking how is this going to affect me in five years or watching myself like I am in a movie.
- Eat whole foods while avoiding foods that cause inflammation like sugar and processed foods to increase telomere health. My diet doesn't have to be extreme just healthy over the long run.
- Exercise moderately every day until it becomes a lifelong habit that will increase long term telomere health and slow negative effects of aging.
- Find something healthy that I like and make it a "positive addiction" to implement good habits for a lifetime of health.
- Create triggers and reminders to help instill healthy habits such as an unwinding activity after a busy day.
- Enhance and improve the quality of my restorative sleep by avoiding things that delay my sleep like blue light, computer screens, and taking a phone to bed.
- Keep an eye on my abdominal fat to avoid a plethora of health issues from short telomeres to fatty liver and inflammation.