Twitter Thread by Sandeep Mall



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Every podcast, journal or book that I have read on health and upstream work boils down to these few steps. If u can get them right, u will be in great shape. A thread

1) Move. Though 10000 steps is just a number but a good goal to keep. This should be one keystone habit
2. Lift. Do strength training. Twice a week Four movements X 3-5 sets X 3-5 reps at 80% one rep max is good

3. Cardio - Not needed if u do 10000 steps but good to bring in for endurance and heart health.
4. HIIT once a week is good to improve anaerobic capacity
5. Sunlight - One of the most important thing that u can do for ur health is spending some time early in the morning

outdoors amidst nature
6. Protein- Make sure to get in 1.5-2gm protein per kg body weight.
7. Fibres - Aim to have 15 gms fibre per 1000 calorie. Half plate every meal preferably should be veggies.

8. Dietary fat is important for brain and hormone health.
9. Processed Sugar best avoided.
10. Fasting has its own advantage but u can do without it if u are managing ur calories. If u eat ur protein and fibre , u will not feel the hunger for rightly processed carbs

11. Don’t smoke. If u do, just stop
12. Sleep - 7-9 hours. Dark and cold room. Avoid heavy food 2-3 hours before slew. Shut off electronics 2 hours before.
12. Chew food. Eat mindful. 20-30 chews.

13. Breathe nasal. If u can’t, tape ur mouth but get into nasal breathing. Slow down breathing.
14. Supplement if need be. VitD, fish oil, protein, zinc, Mg etc are common deficient amongst Indians

15. Get blood markers done and supplement accordingly with help of your Doctor.
Get an accountability partner. Announce intent. You will rarely fail. #AdmireYourself