

# How to Achieve Optimal Health in 30 Days

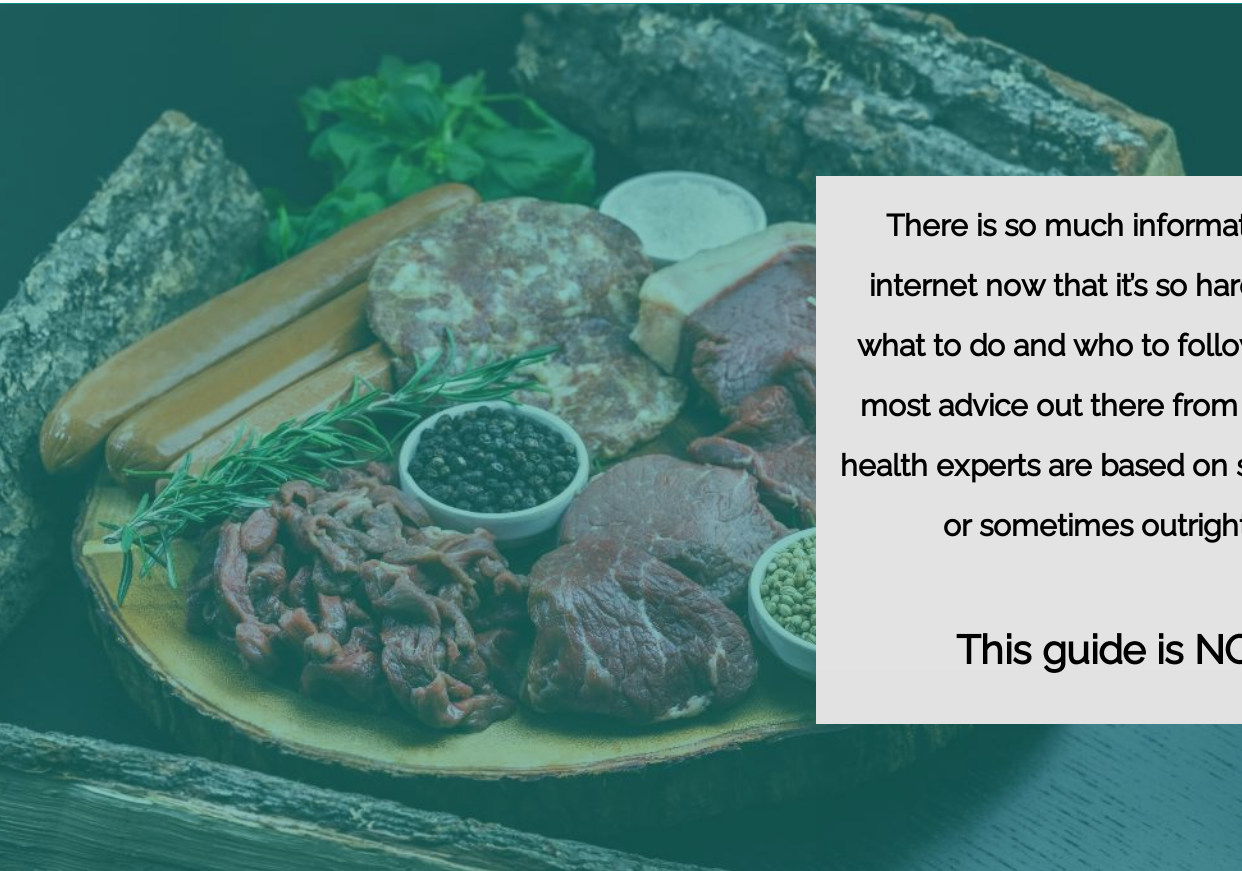
WITHOUT RESTRICTIVE DIETS, EXPENSIVE SUPPLEMENTS OR SPECIAL EQUIPMENT



**EVOLVED HEALTH**

HEALTH | PERFORMANCE | LONGEVITY

# Optimal Health in 30 Days



There is so much information out on the internet now that it's so hard to understand what to do and who to follow. Unfortunately, most advice out there from guru's and other health experts are based on shiny objects, fads or sometimes outright snake oil.

**This guide is NOT that!**

You've likely come across my website because you're either struggling with health issues or you're looking to optimise your health.

It's hard to discern what is actually helpful and based on science vs people trying to sell their own products or affiliate marketing.

Well everything I'm going to share with you here is 100% free and readily accessible for you to do from home, right now!

## **RICHARD GAME**

Functional Medicine Practitioner  
Performance Coach  
Biohacker





The real strategies that actually improve health are typically free and easily accessible and based on our ancestral connection to the environment, food, movement and connection. Thankfully, for most people, just doing these key basics for your health, without crazy diets, expensive supplements and protocols or crazy equipment, will get you amazing results.

I've both been researching and practicing strategies to improve my own health and the health and performance of my patients and clients for over 15 years now. What I've learned over these 15 years is that the most effective things you can do for your health are the simple low hanging fruit practices based around my key pillars of health:

## Environment, Sleep, Stress, Nutrition, Movement, Mindset

Over the next 30 days, for most people, not including those with specific underlying conditions, I promise if you implement these strategies into your life, *you'll feel 1000% better than you do now.*



My method is based around the concepts of Ancestral Health and Evolutionary Medicine, which means I address health from a first principles approach – how did our species evolve and how can we apply this knowledge to improve ourselves in the modern day. From this we can apply simple strategies to align our biology with what it needs to heal and have optimal health.

Below are a few key strategies from each of my core pillars of health for you to implement over the next 30 days.

Remember, this is NOT a 30 day crash challenge. The objective is to slowly implement a few of these strategies each week until they become engrained habits. Research shows us that it takes ~60-90 days to create a habit, so these first 30 days will form the beginning of the process to build upon for lasting results.

# Optimal Health in 30 Days

- **Mindset:**
  - **\*Write out what your goals are and how you plan to achieve them**
  - Write out what brings you purpose in life and determine a plan to engage more in it this month
  - Catch up with a social group, group of friends or community at least once per month
  - No negative self-talk
- **Environment:**
  - **\*Get sun exposure every day, ideally first thing in the morning when wake up**
  - Go spend time in nature at least once a week for an hour or more (a hike, time at the beach, etc)
  - Ground yourself daily
- **Sleep:**
  - **\*Get 7-8 hours of sleep**
  - **\*No stimulants (caffeine, nicotine, etc) after noon**
  - Wake with the sun (same as environment above)
  - Turn off all artificial light at least 1 hour before sleep
- **Stress:**
  - **\*Meditate for at least 10 minutes at least twice per week**
  - Do something fun or for the sake of play (not structured activity)
  - Avoid toxic negative people from your life
  - Focus on the things that you can control (your own responses), not on external things you can't control
- **Nutrition:**
  - **\*Avoid processed food (anything in a box, bag, package, etc)**
  - **\*Animal-based protein at EVERY meal**
  - **\*Avoid all alcohol**
  - Earn your carbs
  - Stay hydrated, aim for 2 L of water per day
- **Movement:**
  - Walk after every meal
  - Try to walk 10,000 steps
  - **\*Whole body strength/calisthenics twice a week**
  - **\*30-60 min cardio or shorter HIIT twice a week**

**There you have it, some of my top free strategies that you can implement right now to improve your health!**

Try this for 30 days and see how much your life changes.

Accountability is one of the biggest factors affecting someone's success. It's not enough to know WHAT to do, we need to know HOW to do it and actually APPLY what we know.

**Knowledge is power, but only if you act on it!**

So over the next 30 days I'll send a few automated check-in's to see how you're tracking and give a few insights into each of these pillars.



## Work With Me



If you want to achieve results even faster or simply want to objectively track your health, then book a Discovery Call with me to see how I can help.

1. Optimised Health, Performance, Longevity
2. Overcome Chronic Conditions
3. Functional & Evolutionary Medicine
4. Advanced Biomarker Testing
5. Expert Science-Backed Protocols
6. Enhanced accountability for faster results!

[Book a FREE Discovery Call Now!](#)

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## Evolved Health Facebook Community

If you want to around like-minded individuals striving to optimise their health and their life life, join my Facebook Page where I share all the latest and health information I come across and keep engaged to add extra accountability and always be striving for more!

[Join Now](#)