264: An Aligned Body Is a Healthy Body

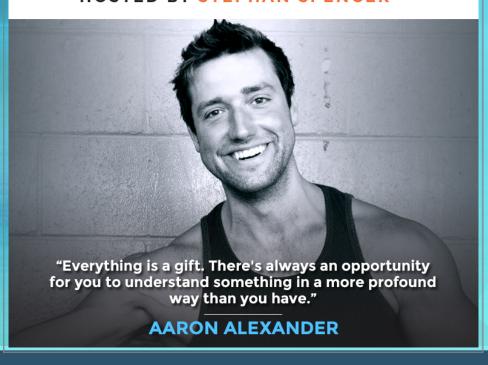
10 Point Checklist

Aaron Alexander

Want to gain as much knowledge as possible out of Get Yourself Optimized? 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.

Get YOURSELF OPTIMIZED

HOSTED BY STEPHAN SPENCER



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.

	Don't take chronic pain for granted. Sometimes people shove certain feelings off, thinking it's nothing serious until it is. Whenever there's pain, there's usually an imbalance in my system.
	Check my lifestyle. Prioritize healthy habits and ensure a dynamic approach to taking care of myself. It shouldn't just be the physical aspect of my wellbeing. I should take care of my mental, emotional, and spiritual health as well.
	Always maintain a good posture. Be conscious of how I sit, stand, or perform a particular activity. None of my muscles should be clenching, and my foundation should always be firmly situated with the ground.
	Find ways to reduce stress. Life shouldn't always be about work. If situations get overwhelming, remember it's okay to pause, take a break, and regain my energy.
	Get a fair amount of sunlight. Open my windows during the daytime to let the natural light come in. Spend time outside before 9 AM for a good dose of vitamin D.
	Keep moving. Maintain an active lifestyle through regular exercise. At least 30 minutes of daily physical activity is recommended.
	Create a safe space where I can be my most comfortable. It doesn't have to be an entire room. It can be a couch or a nook, a peaceful balcony, or the corner of my bedroom.
	Empathize with others who are feeling pain. None of us entirely know what others are going through. Chronic pain is severe, and a little empathy goes a long way.
	Go into therapy if necessary. Consult with a medical expert or therapist if pain is something that obstructs my daily life.
	Check out <u>Aaron Alexander's website</u> to learn more about staying aligned. Listen to more physical health advice on his podcast.
То	view the transcript, resource links and listen to the podcast, visit:

https://www.getyourselfoptimized.com/an-aligned-body-is-a-healthy-body-with-aaron-alexander/