

052: Planning for Longevity and Optimal Health

10 Point Checklist

Dr. Daniel Kraft

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**



"We wait for the disease to happen, but can make that actionable and be much more proactive to pick up and prevent diseases early."

DR. DANIEL KRAFT

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.**

- Prevent sickness and disease by getting enough sleep, enough vitamins and nutrients, and committing to daily movement and exercise.
- Use a program like [Health Kit](#) to learn more about the current state of your health. Track your data on a spreadsheet to see what areas you can improve, and what is already working for you.
- Check out [Exponential Medicine](#) on October 8th-11th, 2016 for more on how to reimagine health and medicine. They will have musicians, patients, pharma, new devices and even investors.
- There are many diets out there, and to know which one is right for you, start with a genetics test. [23andMe](#) will give you your full genome, or you can get your full microbiome from companies like [uBiome](#).
- At work, start incorporating walking meetings. Standing and walking can be helpful for interactivity with your colleagues as well as reduce stress.
- For home health aides, try Honor. This platform connects healthcare providers to people who need them in their home.
- Our common daily and monthly behaviors are what drives most long term diseases. Be careful not to indulge in habits that can harm your health, such as smoking.
- When a child is born, it's a good time to collect cord blood. This could be used if there was a bone marrow transplant needed in the future.
- If you need any type of treatment, do your research on new and improved therapies. There are many types of medicines and therapy options becoming available that may be better for you.
- Try a [Withings](#) watch to tracks steps and sleep, while still getting the look of a regular wristwatch.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/planning-longevity-optimal-health-dr-daniel-kraft/>