
2. 14 Free & Easy QuickStart Strategies

This checklist lists 14 strategies for boosting your mitochondria, which are free and easy to implement. Use this chart to begin your journey to better health while you continue to learn more about boosting your mitochondria. Choose all of them or some of them. Use this chart to log your choices and try them on for a week or more. Make notes on your experience. Keep going.

SAFEKEEPERS - Protect

1. Wake up at the same time every morning. Chapter 4. Optimal Sleep.
2. Spend 15 minutes in the morning sunlight. Chapter 5. Sunlight & Circadian Rhythms.
3. Practice Square Breathing. Chapter 6. Breathwork, Yoga, Tai Chi, & Meditation.
4. Have coffee with a friend. Chapter 7. Family, Friends, & Pets
5. Keep a daily gratitude journal. Chapter 8. Gratitude, Awe & Wonder.

OPTIMIZERS - Fine-Tune

1. Walk 10 minutes before breakfast. Chapter 9. Metabolism Through a Mitochondrial Lens.
2. No snacks after dinner every day. Chapter 13. Three Levels of Fasting.
3. Hum wherever you are. Chapter 16. Humming & Singing.
- 4.
5. Walk barefoot in the grass. Chapter 18. Environmental Quality & Grounding.

PASSIVE BUILDERS - Expand Capacity

1. Finish a jigsaw puzzle. Chapter 19. Games, Puzzles, Curiosity, & Creativity.
2. End your shower with a burst of cold water. Chapter 20. Heat & Cold Exposure.

ACTIVE BUILDERS - Expand Capacity

1. Take a 10-minute walk after dinner. Chapter 22. Everyday Movement.
2. Go out dancing. Chapter 24. Zone 2 Exercise for Expanded Energy.
3. Climb a hill or stairs with extra effort for 5 minutes. Chapter 25.
Zone 5 Exercise for Resilience & VO2 Max

From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity**

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.
