

Breaking Down the Science of Weight Management

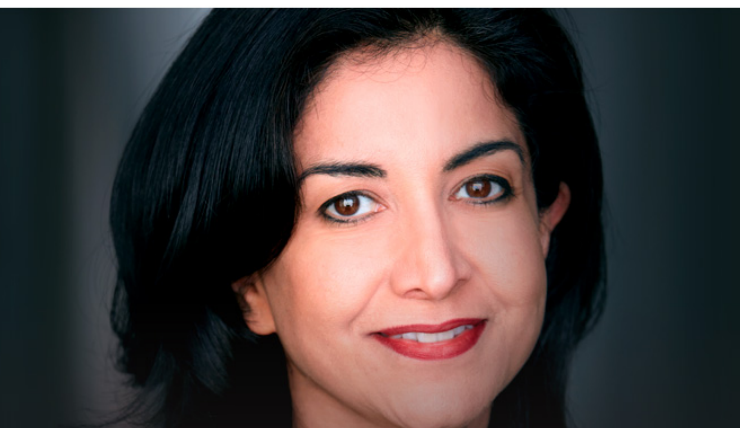
10 Point Checklist

Sylvia Tara

Want to gain as much knowledge as possible out of The Optimized Geek? 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.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



“You should respect your fat. It’s not just sitting there as some unsightly body part that we have to get rid of. It’s actually a great service. Learn to love it, keep it in the right places.”

SYLVIA TARA

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.**

- Reframe my thinking on fat. It isn't just fat; it also functions like an endocrine organ, releasing hormones and is positively linked to brain size and several of my body's systems.
- If my body fat percentage is too high, focus on losing just 7% of my body fat. This can improve my insulin sensitivity by 57%.
- Get tested for AD-36 if I have concerns about my weight. This virus can make it easier to gain weight and harder to lose it.
- Eat more fruits and vegetables. This actually tilts my microbiome toward that associated with a leaner body type.
- Order a test kit and get my microbiome tested. (uBiome is an example of a company that does this.) This offers insight into how my microbiome is helping or hindering my weight journey.
- Let go of my guilt about dieting issues. Calorie restriction and weight loss are harder for some people than others due to biological and psychological factors.
- Research diets, then pick one as if I plan to stick with it for six years. This way I'll end up with a diet that's sustainable for me instead of just a crash diet.
- Get my genes tested by Simplified Genetics. Follow the recommendations they offer for exercise and diet based on my DNA.
- Try intermittent fasting for the next 30 days. If I'm a man, fast for 14 hours a day. If I'm a woman, fast for 16 hours a day. This means I can only eat during the other eight to 10 hours.
- Monitor what I eat closely and track how my weight changes. Small things can have big impacts on different people, so monitoring myself will teach me how my body reacts.