

What your Chronic Pain and Other Health Conditions are Telling You

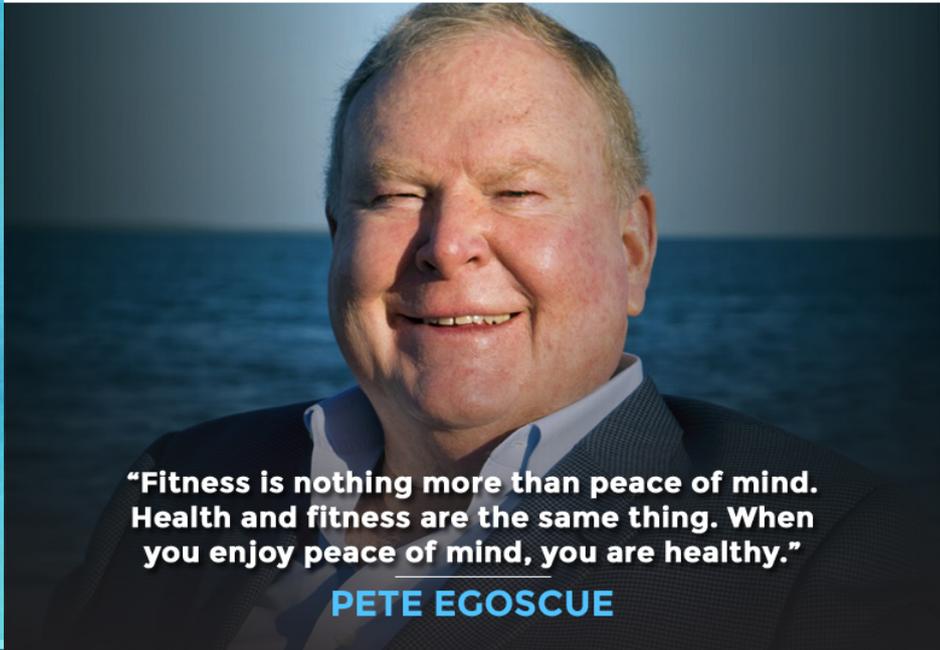
10 Point Checklist

Pete Egoscue

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**



**“Fitness is nothing more than peace of mind.
Health and fitness are the same thing. When
you enjoy peace of mind, you are healthy.”**

PETE EGOSCUE

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.**

- When I experience pain in my body, instead of asking myself, What's wrong?, ask myself, What is my body trying to tell me?
- When I'm hurt or experiencing nerve pain, take a moment to do an inventory of my body. Are there any other body parts that I'm having trouble moving or that feel tight? Sometimes the body part having pain isn't the source of the issue.
- When sitting at a desk, check my posture. Sit in a posture that keeps my metabolism going to avoid the detrimental effects of long-term sitting.
- On days that I do have to sit in front of a computer for long periods of time, make a conscious effort to drink lots of water. Staying hydrated is key to better health.
- Avoid sugar as much as possible. It might give me a quick high, but will result in a longer-term crash.
- Before eating something, check the ingredients. A good rule of thumb to remember is, if I can't pronounce them, neither can my body. Stick to foods with basic ingredients for better health.
- In everything that I do, remember that it's not what I'm doing, but why I'm doing it. My intention has such a great impact over everything, so be conscious of the motivation behind my day to day actions.
- Incorporate exercise and self-care into each day of my life. Pete Egoscue exercises for 30 minutes a day and dedicates another hour and a half to self-care. How much time can I dedicate every day? Make a commitment.
- Remember that I know more about my body than anyone else, even the experts. Make a commitment to myself to get in tune with my body and mind, and check in every day.
- Practice living a healthy life and having a peaceful mind. Exercise is nothing without a peaceful mind.