

SWEAT & BUTTER

www.SweatandButter.com

We work with clients on five primary points of health:

- **Movement:**
 - take the stairs, maintain a garden, hunt/fish/butcher your own meat, chop wood)
 - interval training 3x per week (e.g. Crossfit)
 - feed your body within an hour after exercise
 - yoga provides a healthy stretch
 - play with your kids – frisbee, anyone?
- **Diet:**
 - food is real, superfoods don't exist
 - embrace saturated fat
 - your meals should be centered around local, organic produce
 - eat fermented foods like sauerkraut and kimchi
 - support sustainable farming practices
 - eat grass-fed beef, free-range poultry, game meat, and wild-caught fish
 - cut out gluten, vegetable oils, and processed foods entirely
 - consume all of your calories within an eight hour window
 - minimize caffeine
- **Relationships:**
 - prioritize time with those you love
 - cut out relationships that damage your sense of self-worth
 - smile at your neighbors, help those in need, and foster friendships
 - random acts of kindness are also a plus
 - have sex
- **Sleep:**
 - sleep with the stars, rise with the sun
 - black out your room at night
 - minimize noise pollution in your sleeping quarters
- **Stress:**
 - check your email just once or twice per day
 - minimize light exposure when the sun goes down
 - don't sweat the small things...keep the big picture in mind
 - meditate for 5 minutes per day
 - spend time in the woods

If a simple list was all that we needed to live a long, healthy life, this would be a piece of gluten-free cake. **So why aren't you living the healthiest life possible?** We make evidence-based recommendations and teach practices to help you form healthy habits. You know what you need to do...Contact us at info@sweatandbutter.com