

NUTRITION, SLEEP, FITNESS,
AND STRESS MANAGEMENT

MORE GOOD YEARS

YOUR TOOLKIT FOR LONGEVITY



91WHISKERYRx

PRECISION MEDICINE. VETERAN STRENGTH.

You don't need fancy equipment, endless time, or complicated science to live stronger and longer. What you do need is bloodwork and a no-bullshit plan that helps you move, fuel, sleep, and recover in a way that adds not just more years, but better years, to your life.

The truth is that none of us know how long this ride will last. Longevity is great, but quality is everything. The goal isn't just to add time, it's to make the time you do have count.

That's exactly what this toolkit is: one week of training, nutrition, sleep, and stress management strategies tested by those who have lived it at the highest level. Take these tools, put them into practice, and start stacking more good years on your life.

WHAT'S INSIDE

- 1-Week Fitness Plan
- 1-Week Meal Plan
- Sleep Tips
- Stress Management Guidelines

1-WEEK FITNESS PLAN

Always start with 35 minutes of Zone 2 Cardio

MONDAY - PUSH STRENGTH

- Push-ups - 15-20 reps → [Demo](#)
- Pike Shoulder Press - 10 reps → [Demo](#)
- Triceps Dips - 12-15 reps → [Demo](#)
- Standing Dumbbell Overhead Carry - 30 sec each arm → [Demo](#)

TUESDAY - MOBILITY & CORE

- Hip Openers - 60 sec each side → [Demo](#)
- Hamstring Mobility - 60 sec each side → [Demo](#)
- Shoulder Pass-throughs - 15 reps → [Demo](#)
- Forearm Plank - 1 min → [Demo](#)
- Side Planks - 30 sec each side → [Demo](#)
- Deadbugs - 10 each side → [Demo](#)

WEDNESDAY - PULL STRENGTH (3 ROUNDS)

- Inverted Rows - 10-12 reps → [Demo](#)
- Band Face Pulls - 15 reps → [Demo](#)
- Dumbbell Hammer Curls - 10-12 reps → [Demo](#)
- Dumbbell Lateral Raises - 15-20 reps → [Demo](#)



1-WEEK FITNESS PLAN CONTINUED

Always start with 35 minutes of Zone 2 Cardio

THURSDAY – HIIT EMOM X 20 MINUTES

- Minute 1: Jump Squats – 15 reps → [Demo](#)
- Minute 2: Push-ups – 15 reps → [Demo](#)
- Minute 3: Dumbbell Snatch – 8 each side → [Demo](#)
- Minute 4: Burpees – 12 reps → [Demo](#)
- Minute 5: Res

FRIDAY – LEGS + CORE (3-4 ROUNDS)

- Goblet Squats – 15 reps → [Demo](#)
- Walking Lunges – 10 each leg → [Demo](#)
- Glute Bridge March – 10 each leg → [Demo](#)
- Hanging Leg Raises – 10-12 reps → [Demo](#)

SATURDAY & SUNDAY – REST / ACTIVE RECOVERY

- Options: Easy walk, light ruck, yoga, or long mobility session (30-60 min)
- Add foam rolling → [Demo](#)



1 - WEEK

MEAL PLAN



Week 1 Meal Plan

(Week):

(Year):

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	3 EGGS SCRAMBLED WITH SPINACH + ½ AVOCADO + 1 SLICE WHOLE-GRAIN TOAST	GRILLED CHICKEN BREAST + QUINOA + ROASTED BROCCOLI & CARROTS	BAKED SALMON + SWEET POTATO + GREEN BEANS	GREEK YOGURT + HANDFUL OF BLUEBERRIES + CHIA SEEDS / APPLE + 2 TBSP ALMOND BUTTER
TUE	PROTEIN SHAKE BLENDED WITH BANANA + SPINACH + ALMOND MILK	TURKEY LETTUCE WRAPS WITH CUCUMBER, HUMMUS, AND SLICED PEPPERS	BEEF STIR-FRY WITH MIXED VEGGIES + BROWN RICE	2 HARD-BOILED EGGS + HANDFUL OF ALMONDS / COTTAGE CHEESE + PINEAPPLE
WED	OATMEAL W/ PROTEIN POWDER, ALMOND MILK, STRAWBERRIES, AND PEANUT BUTTER	GRILLED CHICKEN WITH MIXED GREENS, CHERRY TOMATOES, CUCUMBERS, OLIVE OIL & BALSAMIC	SALMON TACOS (CORN TORTILLAS, CABBAGE SLAW, AVOCADO)	STRING CHEESE + HANDFUL OF ALMONDS / PROTEIN BAR (LOW SUGAR, ~20G PROTEIN)
THU	3 EGGS WITH MUSHROOMS, PEPPERS, AND FETA CHEESE	TUNA SALAD (GREEK YOGURT BASE) ON WHOLE-GRAIN WRAP + SIDE SPINACH SALAD	GRILLED STEAK + ROASTED BRUSSELS SPROUTS + BAKED POTATO	RICE CAKES TOPPED WITH PEANUT BUTTER + BANANA SLICES
FRI	PROTEIN SHAKE BLENDED WITH BANANA + SPINACH + ALMOND MILK	GROUND TURKEY BOWL WITH BROWN RICE, BLACK BEANS, SALSA, AVOCADO	BAKED COD + ASPARAGUS + ROASTED BUTTERNUT SQUASH	2 HARD-BOILED EGGS + HANDFUL OF ALMONDS / COTTAGE CHEESE + PINEAPPLE
SAT	VEGGIE BREAKFAST BURRITO (EGGS, PEPPERS, ONIONS, SPINACH, SALSA)	GRILLED CHICKEN SPINACH SALAD W/ LIGHT DRESSING	GROUND TURKEY BURGERS (NO BUN OR ON LETTUCE WRAP) + ROASTED ZUCCHINI + QUINOA	BEEF JERKY + APPLE W/ ALMOND BUTTER
SUN	OATMEAL W/ PROTEIN POWDER, ALMOND MILK, STRAWBERRIES, AND PEANUT BUTTER	SALMON GRAIN BOWL (QUINOA, KALE, CUCUMBER, AVOCADO, SESAME DRESSING)	ROAST CHICKEN + MASHED CAULIFLOWER + ASPARAGUS	GREEK YOGURT PARFAIT WITH GRANOLA AND PINEAPPLE

SLEEP HYGEINE

CUT THE NOISE: NO SCREENS
60 MINUTES BEFORE BED

AIM FOR 7–9
HOURS NIGHTLY

GO DARK AND COOL:
BLACKOUT CURTAINS,
65–68°F ROOM TEMP

STACK ROUTINES:
SAME BEDTIME AND
WAKE TIME EVERY DAY

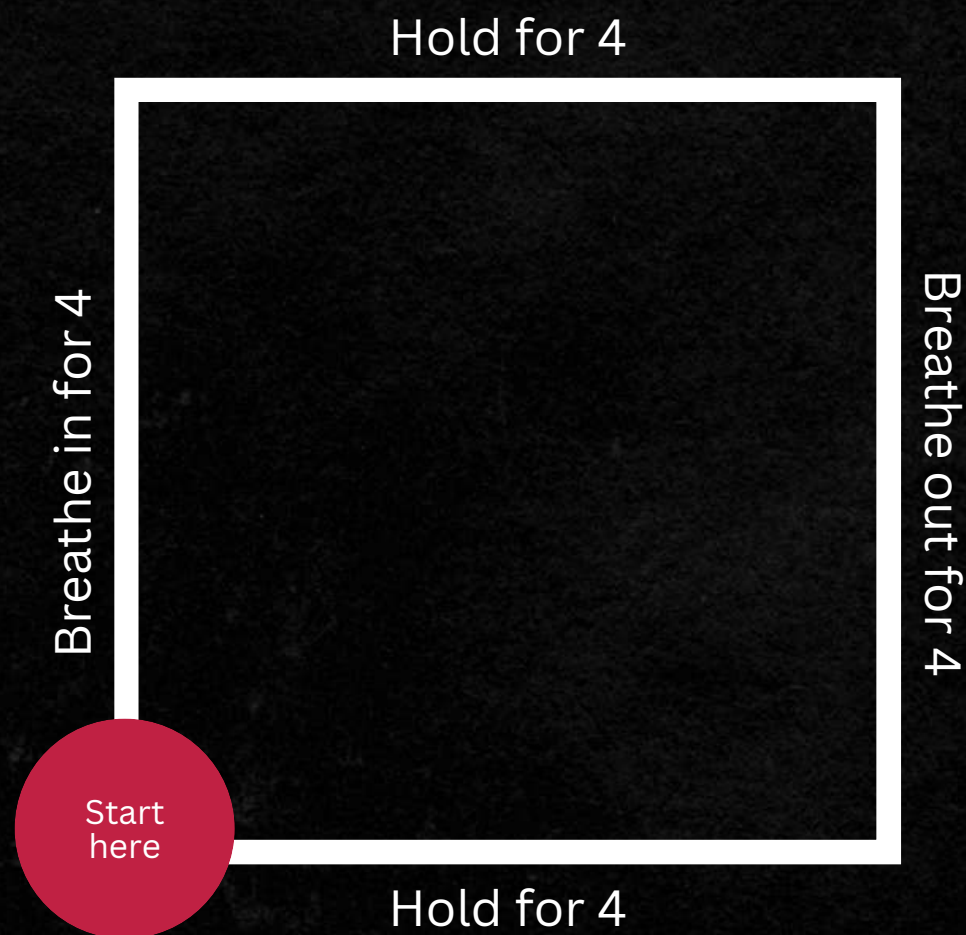
BONUS: TRY A SHORT
EVENING WALK TO CALM
THE NERVOUS SYSTEM



BETTER SLEEP = BETTER HORMONES, BETTER RECOVERY, AND A SHARPER MIND.

MANAGE YOUR STRESS

Breathe: Try box breathing (inhale 4 sec, hold 4, exhale 4, hold 4)



MANAGE YOUR STRESS

Move daily: Even short walks regulate cortisol

Write it down: A quick brain dump before bed clears mental clutter

Connect: Strong relationships are one of the biggest predictors of long life

Guard your inputs: Limit constant news/social scrolls



THIS TOOLKIT IS JUST THE START.
ONE WEEK OF WORKOUTS,
NUTRITION, AND RECOVERY
STRATEGIES IS ENOUGH TO
JUMPSTART CHANGE. BUT
IMAGINE WHAT 12 WEEKS OR 12
MONTHS COULD LOOK LIKE.

WANT MORE GOOD YEARS?
WE'RE HERE TO GUIDE YOU.

SIGN UP NOW