

# Wizards of Wellness

Holistic Fitness for Business



## Integrative Checklist

## 1, Immediate Environment

- Free of toxins (molds, allergens, chemicals, electromagnetic, etc.)
- Free of noise pollution
- Free of chronic psychological stressors
- Full spectrum light
- Good ergonomics (avoid prolonged sitting)
- Tick bite prevention, etc. (where applicable)
  
- Feng shui (score a bonus point)

## 2, Water of Life

- **Water is your primary beverage**
- **Quality, purified, filtered or distilled**
- **Quantity, 64 - 128 ounces per day**
- **Avoid sugary beverages**
- **Avoid plastic bottled water**
- **Avoid fluoridated water**
- **Avoid chlorinated water (even for bathing)**

### 3, Dietary Arts

- **Avoid confinement raised meat**
- **Avoid excess carbohydrates and refined sugar**
- **Avoid processed vegetable oils (omega 6) and artificial trans fats**
- **Become fat-adapted**
- **Manage micro-biome with pre- and probiotics**
- **Practice mindful eating**
- **Practice variable fasting**
- **Use supplements wisely (vegans B12, K2, etc.)**

## 4, Holistic Hygiene

- **General (bathing, showering, etc.)**
- **Frequent hand washing**
- **Oral (brushing and flossing, etc.)**
- **Sexual hygiene (STD prevention)**
- **Dental checkups (cleanings, etc.)**
- **Health physicals and screening**
  
- **Facials and pedicures (bonus points)**

## 5, Exercise Arts

- **Cardio (progressive interval training)**
- **Strength (progressive resistance training)**
- **Flexibility (especially spinal R.O.M.)**
- **Balance & agility training (sports skills, etc.)**
- **Practice posture awareness**
- **Breathwork (diaphragmatic, nasal, slow, etc.)**
- **Bodywork (massage, Rolfing, Alexander, biofoam rolling, etc.)**
  
- **Advanced pranayama (bonus point)**

## 6, Sleep & Recuperation

- **Adequate to plenty (probably 7-9 hours)**
- **Dark bedroom**
- **Quiet bedroom (or use sound dampening)**
- **Good bedding**
- **Consistent routine (preferably with circadian rhythm)**
- **Light management (avoid blue light at night)**
- **Use supplements to avoid pharmaceuticals (whenever possible)**
  
- **Yoga nidra, shavasana meditation (bonus)**

## 7, Mental Development

- **Time management and punctuality**
- **Organization skills**
- **Worthy goals & purpose**
- **Active visualization**
- **Life-long learning, include memory practice**
- **Monitoring self-talk for positivity**
- **Practice smiling & laughter**
  
- **Hypnosis / self-hypnosis (bonus points)**



## 8, Financial Fitness

- **Job satisfaction**
- **Downtime and vacations**
- **Savings (at least 10 percent of earnings)**
- **Investing**
- **Practice generosity**
- **Attitude of abundance and appreciation**
  
- **Volunteering, mentoring (bonus points)**

## 9, Social Interconnections

- **Being of service**
- **Reaching out to family and friends**
- **Working on relationships**
- **Play and recreation**
- **Attending community activities**
- **Pets and plants**
  
- **Global awareness & activism (bonus point)**

## 10, Spirit / Cosmos

- **Cultivating wonder and awe**
- **Contemplative prayer**
- **Reverence for all life**
- **Communing with nature**
- **Walking barefoot on the earth**
  
- **Artistic expression in this area (bonus point)**



<http://www.WizardsOfWellness.org>