

Issue	Diet	Workout	Temptations	Outcome
overweight	alkaline	walking / jogging	kitchen	live longer
diabetic	fasting	lifting weights	fast food restaurant	reduce chances of getting a disease
not an issue but Buddhist Monks staying away from western foods.	mediterranean	meditating	being around friends eating foods that may damage your health goals	happier
	dash	going out with friends and being active.		become an inspiration to others