

THIS WILL BE YOU IN [CURRENT YEAR + 1]

1. Get your bloodwork done. [\[LINK, QUEST DIAGNOSTICS\]](#)
2. Follow the push/pull/legs routine [\[LINK\]](#)
3. Perform Zone-2 and Zone-5 cardio regularly.
4. Practice healthy sleep
5. Supplement intelligently.
6. Take creatine [\[LINK\]](#)
7. Meet your protein intake requirement [\[LINK\]](#)
8. Eliminate processed foods
9. Get hydrated by drinking plenty of water, and stay hydrated with electrolytes [\[LINK\]](#)
10. Breathe exclusively through your nose