

# How to transform your health and fitness

## (8 cheat codes)



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**Dr. Christian Poensgen**

# 1. Drink a lot (=loads) of water

Drinking plenty of water is essential for your physical and mental health.

Also, 1-2 glasses before a meal make portion control much easier (take it from a hopeless foodie).

The Mayo Clinic recommends 2 liters a day for women and 3 liters for men. It's a total game-changer.

## 2. Fast intermittently

Daily intermittent fasting (IF) for 12-16 hours has many health benefits, including reduced cancer and dementia risk.

Getting to 12 hour is easy: stay away from food 3 hours before bed and 1 hour after waking up.

And if you have breakfast later (or not at all), you'll also burn fat while you work.

### 3. Eat smart, go genius

You can't outfast (or outwork) a bad diet. So, avoid processed foods and eat smart. How?

Go big on Max Lugavere's 10 "Genius Foods":

Eggs, almonds, broccoli, avocados, extra-virgin olive oil, blueberries, grass-fed beef, dark leafy greens, dark chocolate and wild salmon.

I have 5+ of these daily.

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## 4. Cut out the alcohol

Alcohol contains loads of sugary calories and crushes your impulse control. Helluva double-whammy.

Start a “Dry July” today. Then stick to 2–6 drinks per week max.

The science is clear: more than that seriously harms your health.

Save alcohol for special occasions. Your future self will thank you.

## 5. Screw cheat days

Harsh truth: you won't rewire your brain to enjoy healthy food if you binge on junk once a week.

It took me 10 years to learn this the hard way.

Don't be me. Start avoiding cheat days now. Silver lining: cheat meals are fine.

## 6. Maintain muscle

Forget countless hours running or cycling to burn calories.

If you want to transform your health and fitness, focus on building and maintaining muscle.

Tim Ferriss (pictured) swears by two high-impact moves: kettlebell swings and myotatic crunches.

## 7. Walk each day

Zone 2 cardio (like brisk walking) is essential for health and fitness. Here's how to fit it into a full day:

- 1) Walk 10 minutes before or after work. Get off the train or park a block away.
- 2) Always take the stairs. Skip the elevator, no exceptions.
- 3) Walk before or after meals to regulate blood sugar.

## 8. Sleep deeply

Mere quantity (i.e. 8 hours of shallow sleep) isn't good enough. You also need quality, notably 90 mins of deep sleep (DS).

It's when your stress system shuts down, your brain clears toxins, and your body releases growth hormone.

Use the 10-10-10 rule: 10 minutes of sunlight before 10 a.m., no bright light after 10 p.m.

# **TL;DR:**

1. Drink a lot (=loads) of water
2. Do intermittent fasting
3. Eat smart, go genius
4. Cut out the alcohol
5. Screw cheat days
6. Maintain muscle
7. Walk each day
8. Sleep deeply

# That's it!

Want a deep dive into the 8 cheat codes? Get it via the link above.

Try them for 4 weeks and you'll become unrecognizable.

Repost this to help others, too.  
And follow me for more.

**P.S.**

Want to **double** your productivity  
in 3 months?

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1:1 coaching program  
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# **Becoming Ultrapructive**



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