



Health • Hormones • Weight Loss

# Your Optimal Treatment Plan

Prepared For:



# 1st Optimal

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## Who We Are

1st Optimal is a membership-based telehealth platform for men and women, offering personalized care in hormone health, weight management, and performance optimization - all online.

Through our innovative approach to self-optimization, we aim to inspire individuals to optimize themselves so they can uplift others and lead a more balanced and purposeful life.

## Uplifting Care Plans

Choose from three areas of optimal telehealth care coverage, including **Peptide Treatments, Guided Hormone Optimization, & Weight Loss Care.**

### Exclusive Member Benefits

- Guided Optimization
- Premium Member Pricing
- Priority Booking
- Hassle-Free Refills
- Free Educational E-Books

### Guided Medical Oversight

- Telehealth Medical Consults
- Unlimited Asynchronous Care
- Lab Interpretations
- Ongoing Coaching & Support
- Patient Portal App

### No Hidden Fees

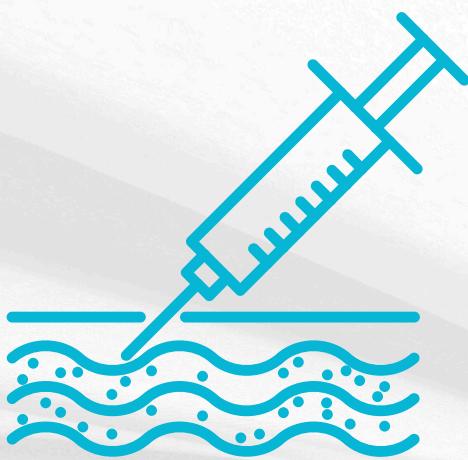
- Free Shipping
- Free Medical Supplies
- Free Processing

## Administration Methods

When receiving treatment through subcutaneous (under the skin) or intramuscular (into the muscle) injection, the medication is delivered directly into your body through a needle.

Subcutaneous injections are typically given in the fatty tissue just beneath the skin, while intramuscular injections go deeper into the muscle.

### Subcutaneous Injection



[View Instructions](#)

### Intramuscular Injection



[View Instructions](#)

# Free Resources

## Quizzes

- [Is GLP-1 Right For Me? Quiz](#)
- [Men's Hormone Health Quiz](#)
- [Women's Hormone Health Quiz](#)
- [Thyroid Health Quiz](#)
- [Gut Health & Food Sensitivity Quiz](#)

## Guides

- [Peptide Guide](#)
- [Creatine Guide](#)
- [Magnesium Guide](#)
- [Women's Health Guide](#)
- [Men's Health Guide](#)

## Educational Articles

- [Hidden Keys to Fat Loss](#)
- [Understanding GLP-1s Guide](#)
- [Gut Health Exercise Article](#)
- [Carb Cycling Guide](#)

## Lifestyle Recommendations

### **Follow CDC Exercise Guidelines:**

Engage in at least 150 minutes of moderate-intensity aerobic activity (like brisk walking or cycling) or 75 minutes of vigorous activity (like running or swimming) each week, plus muscle-strengthening exercises on 2+ days targeting major muscle groups. For strength training, use a weight where you can perform 8–12 reps with good form, equating to around 60-80% of your one-repetition maximum (1RM).

### **Prioritize Sleep Quality and Quantity:**

Aim for 7–9 hours of quality sleep per night. Research shows sleeping less than 5 hours can reduce testosterone levels by up to 10-15%. Focus on a regular schedule and limit blue light exposure one hour before bed to improve sleep efficiency.

**Stay Hydrated:** Aim for 3.7 liters/day for men and 2.7 liters/day for women, as recommended by the Institute of Medicine. Dehydration can increase cortisol levels and reduce energy, impacting exercise performance and hormone balance.

## Lifestyle Recommendations #2

**Optimize Nutrient Intake:** Follow a balanced diet with 20-30% of daily calories from healthy fats, essential for testosterone production. For example, if you consume 2,000 calories per day, aim for 44-66 grams of fat from sources like avocados, nuts, and olive oil. Ensure adequate zinc (11 mg/day for men, 8 mg/day for women) and magnesium (400 mg/day for men, 310 mg/day for women) to support hormone health.

**Reduce Sugar and Processed Foods:** Limit added sugars to less than 10% of daily calories, per CDC recommendations. For a 2,000-calorie diet, that's less than 50 grams of added sugar daily. High sugar intake can lead to insulin resistance and indirectly lower.

**Manage Stress Levels:** Chronic stress can elevate cortisol levels, which can suppress testosterone. Incorporate 10–20 minutes of daily stress management practices such as mindfulness, breathing exercises, or progressive muscle relaxation. Studies show that lower cortisol levels correlate with higher testosterone levels.

## Lifestyle Recommendations #3

**Incorporate Resistance Training:** Follow a balanced diet with 20-30% of daily calories from healthy fats, essential for testosterone production. For example, if you consume 2,000 calories per day, aim for 44-66 grams of fat from sources like avocados, nuts, and olive oil. Ensure adequate zinc (11 mg/day for men, 8 mg/day for women) and magnesium (400 mg/day for men, 310 mg/day for women) to support hormone health.

**Limit Alcohol and Avoid Smoking:** Limit alcohol to 2 drinks or less per day for men and 1 drink or less per day for women, as excessive intake can negatively impact testosterone levels and liver health. Smoking can reduce blood flow and negatively impact testosterone production, so it's recommended to quit smoking entirely for optimal hormone balance.

## Lifestyle Recommendations #4

**Maintain a Healthy Weight:** Aim for a Body Mass Index (BMI) in the range of 18.5–24.9, as studies show that excess body fat, especially visceral fat, is associated with lower testosterone levels. Calculate BMI as weight (kg) / height ( $m^2$ ). Losing 5-10% of body weight can significantly improve testosterone levels and overall metabolic health if overweight.

**Get Regular Sun Exposure or Supplement Vitamin D:** Aim for 10–30 minutes of midday sun exposure several times per week, depending on skin type and location, or take 600–800 IU of vitamin D daily if sun exposure is limited. Vitamin D is linked to improved testosterone levels and immune health.



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# Thank You.

We look forward to an optimal future together!

**Questions? Let's Talk!**



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