

1st Optimal

Hormones • Performance • Weight Loss

Your Personalized Treatment Plan

More Information



Patient Name



Date of Appointment



Membership Manager Name

“Optimize You, Uplift Others.”

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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 **Sex & Longevity Care**, **Guided Hormone Care**, and **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

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Thank You.

We look forward to an optimal future together!

Questions? Let's Talk!



Membership Manager Name



Membership Manager Phone



Membership Manager Email



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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.

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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.

Prioritize Sleep Quality and Quantity: Incorporate Resistance Training: Perform strength training 2-3 times per week with compound movements (squats, deadlifts, bench presses) using weights that are 60-80% of your 1RM to stimulate muscle growth and testosterone production. A typical workout could involve 3 sets of 8-12 reps per exercise for major muscle groups.

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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.

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.

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Lifestyle Recommendations #4

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.

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Lifestyle Recommendations #5

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.

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.

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Lifestyle Recommendations #6

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.

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

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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