

Dr. Manu's 2024
Checklist for your
Vitality



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- Aim for 7000-10000 steps each day to promote physical activity and overall well-being.
- Drink 3-4 liters (about 8-10 glasses) of water daily to stay adequately hydrated.
- Consume a balanced diet rich in whole foods, including fruits, vegetables, lean proteins, and whole grains.
- Prioritize sleep by aiming for 7-8 hours of quality rest each night.
- Engage in 3-4 days of moderate-intensity exercise per week, incorporating both cardiovascular and strength training activities.
- Practice mindful eating, paying attention to hunger and fullness cues.
- Include a variety of colorful fruits and vegetables in your meals for diverse nutrient intake.
- Allocate time for relaxation and stress management techniques, such as meditation or deep breathing exercises.
- Limit processed foods, refined sugars, and excessive salt in your diet.
- Incorporate at least 20-30 minutes of sunlight exposure for natural vitamin D synthesis.
- Consider incorporating flexibility and balance exercises into your routine, such as yoga or tai chi.
- Prioritize mental health by incorporating activities you enjoy and seeking professional support if needed.
- Practice good hygiene, including regular handwashing, to prevent illness.
- Maintain strong social connections by connecting with friends, family, or community.
- Schedule regular health check-ups and screenings based on your age and health history.

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