

Ultiself Core Routine

Absolutely Positively Implement these habits in your daily routine no matter what!

Ultiself Core Routine



Eat Healthy - Eating a variety of foods will help your body get all the nutrients it needs to work well.

ACTION - Eat 3 to 5 servings of fruits and vegetables and avoid excessive sugar and unhealthy fats.



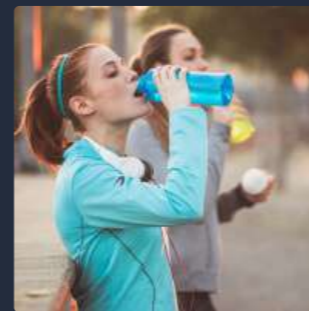
Exercise - Exercise benefits your body, improves your endurance and boosts your mental health.

ACTION - Exercise daily for at least 30 minutes to take care of yourself.



Sleep Between 6-8 Hours per Night - Lack of sleep leads to fatigue and worsens the performance of your cognitive functions.

ACTION - Make sure you get 6 to 8 hours of sleep a day.



Hydrate - Water is a requirement for almost every function of your body.

ACTION - Go out with friends or family at least 3 times per week.



Get Outside - Being in artificial environments all the time makes your mood low.

ACTION - Go outside in a natural environment (e.g. park) for at least 10 minutes every day.



Breathing - Breathing affects the autonomic nervous system and promotes the decrease of cortisol in your body.

ACTION - Inhale for five seconds and then exhale for 10 and repeat. Do it every day.



Socialize - Socializing is good for your mental performance, mood and even overall health.

ACTION - Make it a habit to spend time with your friends and family at least 2-3 times per week.