

# Fit After 50

A getting-started guide and workbook for:

- better health,
- better fitness,
- and a better appearance.



by  
Dane Findley

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# MANIFESTO

*Over Fifty and Fit* and *Lifestyles & Properties* are websites inspired by an intention.

That intention is: to help you experience more joy and health in your daily life – by creating a lifestyle that better matches your unique interests and needs.

To express this intention clearly, I've created an easy-to-understand 3-point manifesto:

## **1. Create Happy Balance with Simplicity**

Simplicity does not mean you have to sleep on a straw mat in a bare room; it does mean that you'll be most content when you live the simplest version of the particular life you were meant to live.

So whether you're retired and living in a studio apartment, or running your business empire from a 22-story headquarters, the joy and meaning of your modern life will deepen when you can simplify both your daily routine and your surroundings.

## **2. Rise Above the Times in which You Live**

Contemporary life has many advantages for which you can feel grateful, but be discerning. You live in a society that has mass-developed destructive daily habits, many of which you have absorbed into your own routine without realizing it. Your soul is thirsty and that sugary punch that's coming down the cultural conveyor belt — you don't have to drink it. It will only make you thirstier.

### 3. Give Yourself Time to Make a Positive Difference

The advantage to living the healthiest and longest life possible is that it gives you more energy and time to do things that will benefit or advance the human race.

When you improve your physical, emotional, mental and spiritual health, it adds more years to your life, yes, but more importantly, it adds more life to your years. This can give you the additional time and energy to:

- demonstrate kindness
- embody compassion
- experience joy
- share love
- deepen your relationships
- have a positive impact within the world.

It appears that one day, you will have a life-review. But even if you don't believe this, imagine that it's true. During this review, you will be your own jury and bear authentic witness to your Self — and you will finally, viscerally, know how others secretly experienced you and felt around you.

Your personality and press-releases will evaporate and what will be left is the entire truth of who you were in this life. Even if there has been selfishness up to now, by living longer you will have the chance to increase the genuine goodness in your own life-review. Give yourself that opportunity!

# ABOUT THE AUTHOR

Dane Findley has been a professional fitness trainer since the 1980s.

In 2009, he launched the websites *Over Fifty and Fit* and *Lifestyles & Properties*, becoming a full-time blogger.

Together with his partner David, Dane matches people with the houses and neighborhoods that will help them live most fully.

Dane and David are [international relocation](#) specialists who help people buy and sell luxury lifestyle properties in fair-weather climates.

Dane is a Pilates enthusiast who holds a masters degree in Wellness Psychology. He enjoys discovering and sharing the latest in evidence-based research on how to live a smarter, more meaningful life – including information on functional fitness, advanced nutrition, mental health, and improving personal productivity.

You can email Dane directly at [dane@overfiftyandfit.com](mailto:dane@overfiftyandfit.com).

# INTRODUCTION

Over the age of 50? If so, this guide and workbook will help you become more fit.

This guide is made available to those who have subscribed to my free weekly email updates (if you haven't yet subscribed, please go now to [overfiftyandfit.com](https://overfiftyandfit.com) and opt-in).

## **What to Expect with this Guide**

This workbook is designed to get you motivated, get you thinking, and get you moving.

It begins with organizing tips. Why? Because – though it may sound odd – the trick to improving your fitness is to improve your personal productivity first. Once you're organized, getting into great shape becomes easier.

Next, this guide gives you tips on how to use your blender to get healthier – because using a blender is the easiest way I know to reach your daily vegetable allotment. Contrary to popular belief, great bodies are built in the kitchen first (and the gym, second).

Finally, this guide ends with a list of tips that will help bring your health and happiness up to the next level.

Each tactic is divided into one core concept and one action step. The information is as brief as possible, and you'll notice that some tactics contain a link that will take you to a deeper explanation (for those who desire it).

I chose these strategies specifically for their effectiveness and for their tendency to be underrepresented.

As always, I strongly encourage you to consult with your medical doctor before undertaking any changes in how you eat or move.

My site *overfiftyandfit.com* offers two helpful tools:

- one is the free guide you're reading now.
- the other is a coursebook called **Silver & Strong** that sells for \$77 and is designed to transform your health and physique.

The concepts within this free guide are generalized.

For more granular tips that align specifically with your unique circumstances, I recommend the [Silver & Strong Course](#). It will help you successfully adopt an anti-inflammatory diet – which can be a real game-changer. If you do the action steps within the coursebook, any fat cells you have will be significantly reduced – and in their place you will have sculpted muscle. Even your posture will improve.

The **Silver & Strong Course** is detailed, and requires you to count calories, track macros, and choose menu items. The coursebook gives you ideas, tools, and a specific sequence, but it doesn't do all the work for you (you still have to complete the action steps yourself)!

At the moment, the course also includes highly effective bonus workouts with exercises that can be done at home and those that can be done at the gym.

# GETTING ORGANIZED

Checklists are helpful.

The following technique presents a new way of approaching your to-do lists.

Understanding why you want to get organized is an essential first-step to figuring out how to tailor a checklist system that fits your unique needs. Are your priorities to:

- create more free time for meal-prep?
- create more free time for workouts?
- develop your career?
- better maintain your household?
- reduce stress?
- get healthier?
- lose body fat?

Take a moment to reflect about what you want. In a sense, this is an opportunity for you to write a list about the person you'd like to become.

What sorts of things are you hoping to achieve by being better organized?

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Looking at what you just wrote down, can you recognize common elements?

Having a clear focus is important. If you see a common theme or element, try to boil-it down do its basic essence, and use it to complete this sentence:

I am getting better organized in order to

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### **Treat Your Checklist Like It's Your Best Friend (instead of Like Your Enemy)**

We've all written a to-do list before and then done nothing about it. So what? This is a fresh start. And with a fresh start you need a fresh approach. Before I show you the specifics, it's important to first grasp the essential energy of the entire system.

### **Take a Day (or Two Off) as Needed**

If you feel a strong aversion to your checklist on a particular day, then don't use the checklist. Take a day off.

You are the boss of you, and you're in charge of this whole process.

When you go into organizing knowing you are in charge and that you don't have to do it every single day, it will relieve any of that counter-productive, neurotic pressure we humans sometimes put on ourselves.

## **Get Back on the Horse**

Sure, you can take a break. The occasional day off – even two – will be good for you. But you need to pick it up again by the third day as you'll start to fall out of the habit otherwise.

The process will remain lighter and easier if you avoid taking any break longer than 48 hours (unless you're on vacation, of course).

## **Trust the Process**

Don't resist organizing; just embrace it.

Even if you created a new checklist system for yourself, and then didn't look at it again for six months, the process of creating the system was still a useful and valuable experience (any time you are able to spill those worrying thoughts out of your mind and onto paper, it is healthy for you).

Forge ahead through the process, step by step, without angst about what the end game will look like.

Don't stall by imagining new ways to overhaul the system (you can always do that later) or by making a case as for why the system might not work for you. These things don't really matter and you will just tire yourself out with procrastination and decision-fatigue.

Save your energy for what matters. Do the steps!

## Organizing is the Ultimate Anxiety Hack

Personal-productivity systems are a healthy way to metabolize the anxiety that comes with daily contemporary life.

A typical day in the 21st century can be chaotic and anxiety-producing.

Even if you think you're the calmest person in the world, modern living can still sometimes grind you down in unexpected ways.

It's the low-level stress you have to watch out for, because it starts to feel like your normal baseline after a while, so that you don't even realize it's there – that undercurrent of mild anxiety or tension in the body (too mild to be dramatic, but too unhealthy to be experienced day in and day out).

Organizing helps your mind to focus and your heart rate to lower, because productivity systems bring order to the chaos -- the brain doesn't have to keep reinventing the wheel every hour, accounting for every variable, storing every bit of data.

Too often, without realizing it, we "handle" the multitude of tiny stresses within our daily lives by: self-medicating them. We use television, sugar, wine – you name it – to help dial-down the chatter of our brains and unwind a bit.

I encourage you to use productivity systems instead.

Productivity systems can give you a legitimate sense of calm and control, so that you know you've handled what you can for today, and tomorrow you're poised to hit the ground running, so you don't even have to think about anything else now but being in the moment – enjoying your novel, or being emotionally present with your spouse, child or best friend.

## Quotidian Lists

Quotidian is one of my favorite words. What it means is: everyday.

The word quotidian has a kind of spiritual quality to it – it’s like: daily rituals of blessing.

Your quotidian lists are for daily tasks you will do everyday (not the one-time tasks).

Your quotidian lists are the foundation on which can construct increased success and joy. There are two quotidian lists – one for Professional, and one for Personal. Think of all the tasks you want to get done everyday, in your business and personal life, and lay it out – one page for each.

## Ideal Day

What do you want to happen?

To help you work out what to put on your Quotidian lists, think about what you want from an ideal day.

Write down what your ideal day would entail. Just go for it and don’t hold back.

Early Morning: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Morning: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Afternoon: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Evening: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Before Bed: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Use the following two pages to write up 14 daily tasks you'd like to get done each and every day – 14 personal and 14 professional – in the sequence you'd like to complete them.

If you work from home, you might choose to combine personal and professional tasks into a two-page, 28-task list (this is a personal preference – whichever way you imagine will work best for you).

Or, you might be the type of person who would prefer to do your to-do lists digitally. There are phone apps that can help with this, such as **Asana**.

My personal productivity style is a bit more tactile, so I craft and print my own lists from **Google Docs**. I use a traditional clipboard to hold my list and keep it on my desk or take it with me when I move around.

(To see blank template checklists, [click here](#).)

# Quotidian

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## Once-a-Week Tasks

There are tasks that you don't need to do every single day, but that you'd like to do at least once a week.

Your *Once-a-Week List* is a good way to space activities out over the course of the week (completing, say, 1 to 4 each day) to make sure you have enough time to do them before the week is over.

Monday:

_____	_____
_____	_____

Tuesday:

_____	_____
_____	_____

Wednesday:

_____	_____
_____	_____

Thursday:

_____	_____
_____	_____

Friday:

_____	_____
_____	_____

Saturday:

_____	_____
_____	_____

Sunday:

_____	_____
_____	_____



## Errands List

Even though many of us today do our grocery shopping online and have items delivered through the mail, most of us also have to visit a brick-and-mortar grocery store – usually once each week (for a large family) or twice a month (for single folks and couples).

The *Errands List* is a pre-printed list (or a digital list on your phone) for when you run errands.

I have a list for the health food specialty store, and another list for the regular grocery store.

By creating this list you make all the decisions now. Shopping becomes a ritualized event that you'll be able to do on autopilot -- no time or energy wasted.

### Tips:

- To save time, list the shopping items in the order items are found in the store. (By the way, I start my shopping from the back of the store, so I'm going *against* the usual customer traffic. It saves time.)
- Put items on your list that you *don't* need every week within parenthesis (the items you know you *do* need each week can be listed without parenthesis).

## Additional Lists

Energy management and organization form the foundation of extreme health and longevity – because they help us create time for additional self-care protocols, and the increased mental clarity to habituate them.

Each person requires different daily rituals because each person is unique. The productivity system outlined in this workbook will get you started – and hopefully will inspire you to improve and fine-tune your own system.

The big idea is to craft a system that you can stick with – which is important, because you want a system that works for you, not a system that you have to work for.

What other extra lists are you going to need that are tailor-made for your unique circumstances?

Any extra lists can be mentioned in your Daily Quotidian to remind you to refer to them. Simply add a task that reads “*refer to grooming list,*” or “*refer to workouts list,*” etc. Then, after you’ve cross-referenced (switched temporarily to the other list), you can check off the task on your Quotidian.

The process of thinking about your priorities can be, in itself, a transformative experience.

Just forming the lists for the first time will give you perspective on what activities are time-wasters and what activities are priorities that need proper attention.

I like to imagine my lists as organic, living entities. I’m always refining my own lists – they just work better and better with time.

# BLENDER SECRETS

Small steps can lead to fantastic changes.

Replacing those typical inflammatory foods found in the modern diet with vegetables is a simple way to prevent accelerated aging. Your blender can prove helpful with this process.

Green smoothies provide healthy complex carbohydrates – vitamins, minerals, and fiber from whole food sources – and the high-quality fats and protein required to lose weight safely.

A green smoothie is a thick, blended drink that has the consistency of a milkshake, but is made from fresh, healthy ingredients – including (and this is key) vegetables.

These shakes are not always the color green – sometimes they are red or purple – but they always have at least one green ingredient.

The foods in green smoothies are easily digested as the blender starts the digestive process with the mechanical breakdown of the vegetables (especially helpful with tougher foods like broccoli).

While most people in developed countries are eating highly “acid ash” foods and highly processed simple carbs, the alkalizing vegetables within smoothies make it easier for your body to maintain a healthy pH balance.

To be perfectly frank, green smoothies are loaded with the micronutrients in which – at this moment – you’re probably deficient.

Our bodies create surplus body fat from excess calories, yes; but I've also come to believe that the reason that fat is padded around the midsection is because our bodies are trying to protect vital organs from irritation.

Visceral and subcutaneous belly fat becomes like a shield of armor – a ploy by the body to defend itself against bad influences.

In some people, as the body becomes healthier the belly fat is dispersed or more evenly distributed. *Hooray!*

And there's even better news: a green smoothie in the morning will give you sustained energy for the day ahead (and – unlike cold cereal – it will not make you puffy or sleepy).

## **Meal Prep**

The difference between people who achieve their body composition goals and those who do not, is usually found in meal preparation habits.

When an athlete talks about “meal prep,” they're referring to the habitual process of shopping for meal ingredients and preparing those meals ahead of time.

If you let yourself get hungry without having prepared a meal or snack beforehand, you've already lost the war. Very fit people already know this.

In my case, I shop for green smoothie ingredients twice each week (usually Wednesdays and Sundays), and I prepare a blenderful of green smoothies twice each week.

I store the smoothies in covered glasses in the refrigerator (if the ingredients are well-chosen and fresh, then the smoothies will keep safely in the refrigerator for 3 to 4 days).

### **The 3 Levels of Smoothie-Making**

Smoothie-making generally moves through three levels: beginner, intermediate, and advanced.

I encourage people who are new to green smoothies to begin at the beginning. One reason for this, is that it takes a little while for your mouth-palate to evolve.

If you're used to the acidic, salty and sweet tastes of the standard modern diet, then an advanced-level green smoothie is going to taste peculiar to you. It's better to start with a beginning-level recipe, which will taste more comforting and familiar (and that way you'll be more likely to stick with it).

I've learned that if people experience nutritional or menu changes too drastically and too quickly, then they see the changes as a "diet." Diets generally don't work.

It has been relentlessly proven that most people gain back any weight lost on a diet, and then gain a bit *more* than they had before the diet!

Therefore, I don't believe in diets. Instead, I believe in lifestyle changes.

The thing about lifestyle changes is that they require letting go of some old habits, and adopting newer, healthier habits.

Forming new habits is not always as easy as it might sound, but evidence on the stages of permanent change – precontemplation, contemplation, preparation, action, and maintenance – reveal that if people move through the stages at a pace that is uniquely good for them, and, if in particular they don't skip the essential third stage (preparation), then their new lifestyle habits will often stick!

I encourage you to take a more methodical approach to smoothie-making and use the information in this workbook to help guide you through the levels of smoothie-making at a pace that is good for you.

## **The 4 Rules of a Successful Smoothie**

**#1** The first rule of smoothie-making is to cover your blades with liquid first.

Your first ingredient when making a smoothie is always a liquid, which you pour into the blender until the blades are covered (in most blenders, that means a couple of inches of liquid at the bottom of the blender).

With a good blender you can minimize liquid. To keep your smoothie from being too watered down, only add enough liquid base to cover those blades, and then a little more liquid on top of all your ingredients at the end (once you've blended it, you can always then add more liquid to find the consistency and taste you enjoy).

Here are some ideas for the “liquid base” of your green smoothie:

- water (what I use in my own smoothies)
- green tea
- almond milk

- hemp milk
- pomegranate juice
- coconut milk or coconut water

**#2** The second rule of smoothie-making is to understand that, eventually, you're going to need an excellent blender.

There are a few companies that make the blenders that smoothie aficionados enjoy. These are the blenders that can turn almost anything into the consistency of a milkshake, with no chunks of anything remaining. The motors are powerful and usually under warranty, so that you can blend ice, seeds, nuts, vegetables – you name it – for many years, without burning out the motor.

If you have one of those \$40 blenders from the discount box stores, well, that's fine to start out with. But just realize that as you become more experienced in smoothie-making, you'll eventually become desirous of an advanced-level blender.

**#3** The third rule of smoothie-making is to realize that your taste buds are going to change.

What that means, in a practical way, is that in the beginning you'll want more fruit (and less vegetables) in your smoothies.

Generally, you want the simple, sweet recipes to start with.

Later, however, your palate will evolve and you'll start to crave the sustained "high" you get from a smoothie that has less fruits and more alkalizing vegetables instead.

**#4** The fourth rule is: always start your blender at the lowest speed, then increase speed gradually. This stops the larger chunks of frozen fruits and vegetables from overworking or jamming your blades.

Finally, though I wouldn't call this a "rule," I do suggest that you get in the habit of chewing your smoothies as you drink them.

I'm not a big fan of gulping down a big smoothie instantly. It just feels strange hit the body with 300 calories in under a minute. So chew as you go.

By chewing a bit before drinking, you activate a process of digestive enzymes that aids the body in getting the most from your food.

### **Moving from Beginning-Level Smoothies to Intermediate Level**

As a beginner, you'll add fruit to your smoothies. Eventually, you'll find dark berries or chunks of frozen (peeled) banana are becoming too sweet and unnecessary – and you'll eventually move instead to adding only a bit of fresh lemon or lime juice as your fruit ingredient.

Eventually, might also want to experiment with adding sprouted microgreens to your smoothie – and perhaps also sprigs of fresh peppermint leaf or spearmint leaf.

### **Advanced-Level Smoothie-Making**

Advanced-level smoothies have hardly any fruit – or even no fruit at all.

Remember when you first started out making smoothies? It took more time then.



At this level, however, you move more swiftly and effortlessly. A smoothie takes less time to make and you enjoy the process even more. Frankly, **your addiction to sugar is probably starting to lose its grip**, and you feel naturally inclined to include more vegetables (and less fruits) into your smoothies.

At the advanced level of smoothie-making, you're becoming an expert at tossing things into the blender. You have probably developed confidence, a zest for adventure, and a willingness to experiment with more ingredients and flavors.

At this point, I encourage you to create your own recipes!

You might have to make a few "so-so" smoothies in the beginning while you get the hang of it, but the advantage to doing it this way is that you really learn. The process of trial and error teaches you to think about smoothies in terms of protein, fat, and complex carbohydrates, because you want to find ingredients you like for each of the three ("macros") nutritional categories.

### **Should You Add Extra Protein to the Blender?**

An over-40 person tends to need less calories than a younger person, but it's important to stay away from generalizations and take things on a case-by-case basis.

For example, a 50 year-old hobby athlete with a genetically high metabolism could need more calories than a 20-something with a genetically low metabolism and a full-time desk job.

It's the same with protein. How much protein you need is determined by your activity level and your genetics.

Protein is a funny thing. Most people are less active than they think they are, and therefore need less protein than they think they do.

On the other hand, for hobby athletes who exercise strenuously and often, ample protein intake is an important part of recovery.

Adding quality protein to your smoothie is an easy way to strengthen and nourish your body (protein is needed in virtually every part of our body; our bones, skin, muscle – you name it – all need protein).

Excess protein creates inflammation (and some people also believe that excess protein converts to glucose), so it's important not to have too much. On the other hand, our bodies don't store protein the same way as they store fat, so it's important that we consume quality protein, daily, as part of a healthy diet.

The more physically active you are on a given day, the more important it is to pay attention to your intake of protein and a smoothie can be a great way to top-off your daily dose.

One option is to add a tablespoon (or so) of protein powder. I make my own unsweetened blend from whey (from pasture-raised cows or goats), hemp, sprouted rice powder, and bone broth powder.

### **Brazil Nuts**

I often will drop 3 or 4 brazil nuts into the blender when making a big batch of smoothies for the week ahead. Brazil nuts have naturally occurring selenium – a nutrient that is difficult to find in food and that many people are deficient in.

## Recipe #1: The Red Robin Level: Beginner

This delectable smoothie is designed for the very beginner who, over the years, has become accustomed to the salty and sweet flavors of the standard modern diet. To help ease the beginner into the blender lifestyle, this first recipe has no green ingredients and is less alkalizing. (For me now, as an advanced-level smoothie maker, this recipe is too sweet. But during my first year of smoothies, it was perfect.) *Serves: 1 person*

- 2/3 cup pomegranate juice
- 1 frozen banana
- 5 frozen strawberries
- 1/2 Tablespoon raw macadamia nut butter
- 1/2 Tablespoon coconut flour
- 1 teaspoon high-quality, pure whey protein powder
- 1/2 teaspoon real vanilla extract
- 3 generous dashes of cinnamon
- 3 ice cubes
- 1 Tablespoon of water

Optional: add a dash of sea salt.

## Recipe #2: The Chai Choc-o-nut

*Level: Beginner – Serves 1 person.*

This recipe begins to incorporate a bit of leafy greens, helping ease the beginner into increased green vegetable consumption. Tastes like a milkshake. Delicious!

- 3/4 cup earl grey tea (cold)
- 1/4 cup rice milk
- 8 raw hazelnuts
- 1 light dash of cardamom
- 2/3 cup green chard
- 1 frozen peeled banana
- 2 teaspoons raw chocolate cocoa powder
- 1 teaspoon coconut flour
- 1 Tablespoon of stevia-sweetened plant-based protein powder (soy-free)
- 1 teaspoon high-quality protein powder
- 4 ice cubes

### Recipe #3: The Blue Beauty

*Level: Beginner* – The sweetness of blueberries and apple vary by region and harvest, so if you enjoy more sweetness, feel free to add a drop or two of monk fruit extract to this sporty and refreshing smoothie. Serves: 1 person

- 1/2 cup water (for liquid base) and the also the juice of 1/2 fresh lemon
- 3/4 cup fresh cucumber chunks (peeled)
- 1/3 cup frozen broccoli
- 1 apple (cored)
- 1 cup frozen blueberries
- 1/4 cup raw pecans
- 1 prune
- 1 teaspoon high-quality protein powder
- 1 sprig of mint leaf
- 1 very small chunk of peeled ginger root
- 4 ice cubes
- 1 Tablespoon water (on top of ingredients, before blending, to prevent blender “freeze-ups”)

#### **Recipe #4: The Neon Lean-n-Green**

*Level: Intermediate – Serves 1 person –* Pre-soak the seeds in the liquid (in the blender) while you do other activities. This makes them easier to digest (no need to rinse the seeds, as they're already sprouted). Even a 10-minute presoak is helpful.

Soak in the blender; set aside:

- 2/3 cup water
- 1 teaspoon raw sprouted pumpkin seeds
- juice of 1/2 fresh lime

Later, add:

- 1 1/2 cups fresh spinach
- 1 cup frozen mango chunks
- 1/2 stalk of celery
- 1/2 cup fresh parsley
- 1 Tablespoon raw almond butter
- 1 Tablespoon of high-quality protein powder, and, 3 ice cubes

## Recipe #5: The Green Tropicale

*Level: Intermediate* – Pre-soak the seeds in the liquid (in the blender) while you do other activities. This makes them easier to digest (I don't rinse chia seeds, because they're too small). Even a 10-minute presoak is helpful. Serves 1 person.

Soak in the blender; set aside:

- 3/4 cup coconut milk
- 1/2 teaspoon chia seeds
- 3 raw brazil nuts
- 1 light dash of tumeric

Later, add:

- 1 1/2 cups fresh kale
- 1 cup pineapple chunks (fresh or frozen, not canned)
- 1/4 cup fresh cilantro
- 1 Tablespoon of high-quality protein powder
- 2 Tablespoons water
- 3 ice cubes

## Dane's Advanced-Level Green Smoothie

As mentioned earlier, I meal prep my smoothies. Making a huge batch twice each week, which I store carefully in the refrigerator.

- I add water and a bit of lemon juice to the blender.
- Then I add several dashes of turmeric and a single dash of cayenne.
- I drop in 4 rinsed, raw brazil nuts
- I peel a large cucumber, chop it up, and toss it in.

Next, I carefully clean my greens and toss them in (blending as I go):

- 1 bunch of Cilantro
- ½ bunch of Italian Parsley
- Romaine
- 1 stalk Celery

I also add frozen:

- ½ cup Kale
- ½ cup Spinach
- ½ cup Broccoli

If needed, I add (just enough) additional water to make blending possible (if you skipped ahead to this recipe, I strongly encourage you to go back and read the preceding pages first.)

When you store the individual smoothies in covered glasses in your refrigerator, you'll want to add a bit of water to each one before drinking (and stir with fork).



In a way, all green smoothies are taking on the same fight – battling off the everyday toxins from daily environmental pollution, or processed and packaged foods.

Armed with antioxidants, chlorophyll, fiber, and ingredients that do *not* inspire inflammation within the body, a daily green smoothie can be a powerful weapon in the fight against premature aging.

# TRANSFORMATIVE ACTION STEPS

Ready to thrive? Now that you're feeling more organized and have started your new habit of having one green smoothie each day, these remaining action steps should help take you further into profound wellness:

## 1. Engage the Principles of Manifestation

*Core Concept:* use visualization more often.

*Action Step:* sit down for 5 minutes and picture in your mind a healthier version of yourself. Imagine not only what you will look like, but what it will feel like.

## 2. Craft a Healthy Template

*Core Concept:* start with a blank slate.

*Action Step:* print up a [one-page calendar week](#) to use for designing your ideal healthy week.

## 3. Walk Yourself Well

*Core Concept:* walking reorganizes the body.

*Action Steps:* go for a long walk, then return home, block out a one-hour time slot on the weekly calendar template, and title it "Walk."

#### **4. Do Mind Tricks**

*Core Concept:* a prevention mindset makes all the difference.

*Action Steps:* Decide how important a role *good health* would play in what you'd like to achieve over the next 10 years. Write down your thoughts on this.

#### **5. Check Your Own Eyes for Clues**

*Core Concept:* there are fast ways to determine which foods your body likes best.

*Action Steps:* be more curious about your body's subtle responses. Ascertain your energy levels after you eat; upon waking in the morning, evaluate your tongue and your eyes. Is your tongue yeasty? Your eyes bleary? Your face puffy? Is your digestion gassy?

#### **6. Take a Holistic Approach**

*Core Concept:* lasting success is achieved in incremental stages.

*Action Step:* begin to witness yourself more objectively throughout the day, noticing more clearly how and when you move, sit, breathe, eat and, especially, witness your own thoughts and feelings as they occur.

#### **7. Build Your Wellness Team**

*Core Concept:* people either enhance your energy or they drain it.

*Action Steps:* express gratitude to a person who enhances your energy; reflect on who in your life supports and encourages your increased desire for wellness.

## **8. See Solutions**

*Core Concept:* habitual, negative feelings can create malaise and even illness; the way out of a negative feeling is a positive thought followed by action.

*Action Steps:* begin training your mind to be solution-oriented (this could put your wellness journey into warp-drive); when you encounter a problem or challenge, immediately imagine that the solution already exists.

## **9. Build Your Happiness Momentum**

*Core Concept:* exercise is self-perpetuating.

*Action Steps:* pause and do a self-inventory directly before you exercise. Observe your mood, how your body feels, and listen to your thoughts about the impending workout.

Post-workout, do another inventory – take special note of any differences between how you feel after (compared to how you felt before).

## **10. Understand Normal Health vs. Optimal Health**

*Core Concept:* there's a different lens through which one can evaluate lab results from a yearly physical.

*Action Steps:* decide if you want to be generally healthy based on the averages within your current culture, or if you want to be optimally healthy based on your own dreams and goals. Schedule a physical with your doctor if it has been over a year since your last visit.

## **11. Rise Above the Times**

*Core concept:* you are influenced by the time and place in which you live, in ways you might not even realize.

*Action Step:* notice which of the daily habits and automatic behaviors you engage in are inspired by what truly serves you, and which are “standing operating procedure” within our culture.

## **12. Know the Full Circle of Wellness**

*Core concept:* to get healthier as you get older, each week needs to include cross-functional exercise, excellent food choices, and daily habits of stress reduction.

*Action Step:* notice when your environment seems to be making good self-care especially difficult or, alternatively, when it's you who gets in your own way.

## **13. Appreciate the Hardest Part of Being Healthy**

*Core concept:* the actual acts of exercising and eating-right get easier with time, it's the preparation that is often most difficult.

*Action steps:* look for moments in your day when better planning and preparation could have produced a more desirable outcome; determine in what specific ways preparation can help you exercise more and eat better.

#### **14. Make an Impact**

*Core concept:* the degree to which you enjoy excellent health correlates with your ability to make a positive difference in the world.

*Action steps:* Reconnect with your reasons for wanting to be even healthier than you are now; notice if when you feel stronger and have more energy, the world (and the people you love) are also benefitted.

#### **15. Get Brutally Honest with Yourself about Vegetables**

*Core concept:* vegetables are a real game-changer; generally, an increase in vegetable intake correlates with improved health.

*Action step:* track your average daily vegetable intake -- be brutally honest about it.

#### **16. Appreciate that Wellness is a Daily Process**

*Core concept:* shame is counterproductive; setbacks are a natural and healthy part of the self-improvement process.

*Action step:* engage your sense of humor during those "stumbling" moments. Lean on the visualization technique of picturing yourself clearly in your own mind as an even-healthier you; gently guide your attention and energy back to what's working well about your daily life and – most importantly – allow yourself to delight in the progress you have made!

## **17. Sleep More Deeply**

*Core Concept:* excellent sleep makes excellent health possible.

*Action Step:* do one thing to help improve your [average night's sleep](#).

## **18. Wake Up Leaner**

*Core Concept:* paying closer attention to what you eat and drink after 4pm is a pivotal step toward improving your own health -- grains and flour seem to be particularly problematic for many people.

*Action Step:* experiment with [healthier recipes](#).

## **19. Know the Stages of Change**

*Core Concept:* when people are able to acquire new good habits, it's because they have moved through the [five stages of permanent change](#) – usually without realizing it.

*Action Step:* pick a small, new habit you'd especially like to build into your weekly life.

## 20. Prepare, Prepare, Prepare

*Core Concept:* preparation = success. Ironically, by planning ahead for self-sabotage, you can avoid it.

*Action Step:* pick another small new habit that you'd very much like to build into your daily lifestyle. Next, write down your answers to this question: *"If I were to get in my own way, how would I do it?"*

## 21. Become a Cross-Trainer

*Core Concept:* most people focus chiefly on one form of exercise, which hinders results.

*Action Step:* in addition to "Walk" on your weekly calendar of standing appointments, now also add "[Mobility Training](#)."

## 22. Create More Time for Self-Care

*Core Concept:* your new calendar can reflect your healthier lifestyle.

*Action Step:* add one hour each (to your weekly template) for "Cardio" and "Strength Training."



## 23. Design Your Perfect Week

*Core Concept:* you don't have to let life just "happen" to you. Everybody is given 168 hours each week – you have choices as to how you fill those hours!

*Action Step:* leverage your leisure time! Write down a small number of activities that bring you the most happiness, then add one of them to your calendar. This means you now have five standing appointments on your new weekly calendar template (including one happiness activity with family or friends).

## 24. Decide What Perfect Health Is to You

*Core Concept:* Each person defines excellent health differently. For some, excellent health means the absence of disease. For others, being disease-free – while satisfactory – is merely a foundation from which to build to the next level.

*Action Step:* determine what true health means to you personally. How will you know when you're optimally healthy? Be as specific in your answer as possible.

## 25. See Time Differently

*Core Concept:* when you look at your time objectively, you're better able to prioritize your core competencies.

*Action Step:* [track how you spend your time](#) during an average day.

## 26. Discover Intentional Breathing

*Core Concept:* stress is the same thing as aging.

*Action Step:* try [simple breathing exercise](#) provided.

## 27. Heal Your Feet

*Core concept:* Healthy feet are the foundation of your body's musculature and central nervous system.

*Action steps:* experiment with changing the positioning – and body weight distribution – of your feet as you walk, stand, and sit. Moisturize your feet every night before bed.

## 28. Sort your Supps

*Core concept:* food-based nutritional supplements can be a good idea to fill in the missing gaps of your daily diet (your medical doctor or naturopath can help you fine-tune your supplementation regimen).

*Action step:* get yourself organized around your supps; decide how they, and [the process](#), can be improved.

## 29. Know the Poop on Poop

*Core Concept:* daily elimination can be a key aspect of excellent health; use fiber and hydration (instead of caffeine) to inspire regularity.

*Action Steps:* experiment with increasing your daily intake of water and dietary fiber (especially vegetables) to determine if it improves your elimination.

Verify your ideal water intake using an [online water calculator](#) and then carefully [track how much](#) you drink on a typical day.

## 30. Look How You Feel

*Core Concept:* taking care of your skin is more than just cosmetic. Skin is a vital organ and its care and maintenance is important.

*Action Step:* moisturize the sensitive tissues of your face – and especially your neck – immediately after waking in the morning (even if you're just going to shower it off an hour-or-so later).

## 31. See Sugar Differently

*Core Concept:* reducing your daily intake of sugar will help you to experience one of the most positive changes possible to your long-term health.

*Action Step:* increase your daily awareness about the amount of carbs – both simple and complex – that you typically consume.

### **32. Find Kooky Ways to Metabolize Daily Anxiety**

The journey of personal improvement is, ultimately, a journey of continually finding better ways to manage anxiety.

An actualized life is merely a series of finding clever, tailored ways to manage anxiety even better. (For example, replacing those nightly, post-dinner, 2 glasses of wine with an outdoor walk.) Your own solutions can be unique to you. (It helps to have a sense of humor about it. Be relentless in your experimentation and keep working on yourself.)

### **33. Forgive**

It's possible that someone in your past did not listen to you carefully or make enough of an effort to understand you clearly. Maybe they were self-absorbed, lacked insight, or didn't do the best for you that they could have (given their own innate potential).

Well, that sucks.

But forgive them anyway.

Negative loops of painful memories are extremely unproductive and can impair mental and physical health. Forgive those who you felt harmed by.

If you're not able to heal the relationship, then release that person (if you're over the age of 18, then incompatible people no longer have to be a regular part of your personal life). But, release them with love.

Interestingly, the more you're able to forgive and the more you're able to demonstrate patience and kindness, then the more space it creates in your psyche for gratitude. Spontaneous feelings of gratitude are what put the magic and color back into your daily life.