

STELLAR *Life*

Hosted by *Orion*

The Fountain of Youth

10 Point Checklist

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Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

STELLAR *Conversations*



10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Take care of yourself. Self-care has no age or timeline. Don't let a number stop you from getting better.
- Be mindful of the food you eat. Processed foods are manufactured to be addictive. Learn to control your portions, or better yet, transition to a healthy lifestyle.
- Educate yourself about food. There is a lot of misinformation about food on the Internet. Only listen to experts and read reliable sources for guaranteed results.
- Follow a healthy diet. Your body responds to what you eat. Don't wait until you become sick to listen. The sooner you start eating healthy, the better you'll feel.
- Limit the use of oils in food. Oils can damage health after they reach their smoking point. They're also filled with calories which become harder to track when added to a meal.
- Don't rush into diets. You become prone to relapse when you transition too quickly. Instead, start with small steps, then gradually take bigger steps.
- Consume fats from whole foods. You don't have to entirely remove fat from your diet. Sourcing fat from healthy options, like avocados and tahini, is a great place to start.
- Avoid using plastics when cooking. Plastic particles can get into the food when containers are heated or cooked. Instead, use high-quality glass or stainless steel for safety.
- Love yourself. By accepting your body, you become more successful. You're responsible for your own choices and can actively choose to go on a healthier path.
- Read Nan Simonsen's first book, [Aging Powerfully: Accept Your Past and Take Control of Your Future](#), visit her [website](#), and follow her on [Instagram](#) to learn more about how you can live and age with power.