

# STELLAR *Life*

Hosted by *Orion*

## Biohacking for Women

### 10 Point Checklist

### Kristin Weitzel

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!

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# 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.**

- Prioritize quality sleep by sleeping seven to nine hours each night. Optimize your sleep environment by using blackout curtains, earplugs, and a white noise machine.
- Focus on nutrient-dense foods such as vegetables, healthy fats, and high-quality proteins. Consider incorporating intermittent fasting to support your health goals.
- Practice an enjoyable exercise routine that includes strength training, cardio, and low-impact activities like yoga or walking.
- Take care of your stress levels by including stress-reducing techniques like meditation, deep breathing, or yoga in your daily routine to help your body manage stress.
- Experiment with cold exposure for health benefits like increased metabolism and reduced inflammation. Try cold showers, ice baths, or cryotherapy.
- Join a fitness group or a like-minded community to connect with others on the biohacking journey. Social support is essential for overall health and well-being.
- Use positive self-talk to transform negative talk that can lead to self-doubt, low self-esteem, anxiety, and depression into empowering beliefs.
- Monitor your reproductive health by tracking your menstrual cycle monthly and use a method like a paper calendar or menstrual cycle-tracking device.
- Keep yourself up-to-date with the latest biohacking research and developments by reading articles, blogs, and scientific papers. Join online communities and discussion groups to learn about new trends and discoveries.
- Visit Kristin Weitzel's website, [Wellpower](#), for free education and information on how to optimize your health, and use code "stellarlife" for \$250 off her coaching course.