



Action Guide

6 Steps to a Longer, Healthier Life

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Enjoy this companion to **BOOM: 6 Steps to a Longer, Healthier Life** to devise your personalized plan! Need help? Visit me at cathyrichards.net! Don't have a copy of **BOOM**? Get your copy at Amazon.com.

<h1>1</h1>	<h3>A Strong Body, Sharp Brain, and Endless Energy Starts in Your Head</h3> <p>If up to 70% of how we age is determined by lifestyle, what about my lifestyle might need to change?</p> <p>Which of the “magical properties” of exercise do I most want to receive?</p> <p>If I haven't been exercising regularly, what have been my biggest obstacles?</p> <p>Which of the unhealthy mindsets have I been guilty of?</p> <p>What are some of the “practical keys to making it work” that I want to try to implement?</p> <p>Which of the success attitudes at the end of Chapter 3 resonated most with me?</p>
<h1>2</h1>	<h3>Exercise is the Magic Pill</h3> <p>Do I see myself as fitting into “never too early” or “never too late” (or maybe somewhere in between)?</p> <p>How's my knowledge and experience with the exercise how-to of aerobic exercise, strength training, and stretching?</p>

	<p>What type and amount of cardiovascular exercise appeals to me?</p> <p>What type and amount of strength training appeals to me?</p> <p>What type and amount of stretching appeals to me?</p> <p>What about exercise extras? Is yoga, Pilates, or tai chi a good fit for me?</p> <p>How is my back? Should I include a routine to prevent/treat back pain? If so, which one?</p> <p>Should I implement the routine for falls prevention?</p>
<p>3</p>	<p>The <i>BOOM</i> Fitness Framework and Exercise Levels</p> <p>The <i>BOOM</i> Fitness Track and Level that is best for me right now is: Never Too _____ Level _____</p> <p>My reasoning is:</p> <p><i>Remember, you may change levels or tracks as your needs and desires change.</i></p>
<p>4</p>	<p>Fueling Up and Balancing the Scale</p> <p>Things I need to eat more of:</p> <p>Things I need to eat less of:</p> <p>Healthy eating tips that I want to try:</p> <p>My power breakfast strategy will be:</p> <p>Strategies I want to try to rev up my metabolism:</p>

<p>5</p>	<p>Beyond Eating and Exercise</p> <p>Strategies that I want to try to sharpen my brain:</p> <p>How's my hearing? Should I get my hearing tested?</p> <p>Is fatigue a problem for me? If so, which of the four main factors do I most need to address?</p> <p>Do I need to develop a stress busting strategy? If so, what?</p> <p>If I smoke, do I want to investigate trying to quit?</p> <p>Do I need to get up to date with health screenings and annual physicals?</p>
<p>6</p>	<p>Across the Ages – With Each Other!</p> <p>Who do I need to share BOOM with?</p> <p>When I think about my family, friends, and loved ones, and what may be on the horizon for all of us, are there changes we might want to make together?</p> <p>Are there ways we can support each other now and into the future?</p>
<p>*</p>	<p>Final Take-Aways and Next Steps</p> <p>The most important thing I have taken away from BOOM is:</p> <p>In one year, my vision for myself is:</p> <p>In three months, I would like to reach these goals:</p> <p>THIS WEEK, I will do this to get started on my three-month goals:</p> <p>Here's how I'll make progress and set new goals week by week to reach my three-month goals and beyond:</p> <p>Need help? Visit me at cathyrichards.net! I'd love to work with you!</p>