



My health journey begins: reclaiming my health for good

I made 2023 the year I reclaim my health FOR GOOD, and none of that new year's resolution fad stuff. The last few years – especially COVID – had been tough to prioritize exercise, sleep, wellness, friends, and family with the professional demands and personal operating model I had implemented for myself, but all that changed on December 24, 2022 (yep, Christmas eve!). This time, I made a commitment to prioritize the things that mattered most. Here are a few of my lessons learned so far...

Scroll to the end for my results so far

There is no tomorrow

Procrastinating is far too easy when it comes to your health. Before you know it, tomorrow is 20 years of unhealthy living. Make the choices today and make them repeatable habits so they become your tomorrow.

WTF, gluten?

OK, I'll be honest, I am not *EXACTLY* sure what gluten is but cutting it out of my diet made me feel

dramatically better. I mean, I know what it is but I am not sure why it makes me feel better. I've been thoroughly tested and all tests came back negative. Maybe not for everyone but it helped me and it was super easy.

Follow the science, not the fads

Talk to your doctor, not the folks at GNC (no offense) or late-night infomercials. Your doctor and those they refer have the best information and science-backed treatments for you. You may even be genetically pre-disposed to certain conditions and may not be aware of it.

Cut your empty calories

Cream in your coffee, that afternoon cookie, a bite of something here or there...it all adds up. For me, it was the booze. I cut it to eliminate empty calories and for health reasons and I've never felt better.

Find your reason

You need a reason to flip the switch and make the change permanent. Breaking the cycle of bad habit takes a constant reminder of your "why." I constantly think about why I am doing this. Find yours and it no longer becomes a chore, it's just an easy choice!

Results so far

I've lost over 53 lbs since December 24th and I still have about 37 more to go. My cholesterol and blood pressure are down significantly to normal, healthy ranges. I'm back to exercising every day and have way more energy. I sleep better, think clearly, don't have weird aches and pains, no bloating, and no more acid reflux/heartburn. Best of all, I have more energy to play with the kids and be with family. It's a journey. For those of you on it, or contemplating making some changes, start small, make little adjustments, and stay consistent every day, and celebrate your success!

To be continued...

This article was originally posted in [LinkedIn](#).



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(nice to meet you)

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