

# 175: Secrets to Supercharging Your Health

## 10 Point Checklist

### Dr. Chris Zaino

Want to gain as much knowledge as possible out of The Optimized Geek? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*The* **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**

**"No one's coming to save you but you.  
You're in control of you."**

**DR. CHRIS ZAINO**

# 10 STEPS YOU CAN TAKE TODAY

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

- Never lose hope when faced with adversity especially when it comes to health. Always look for the possibilities.
- Have a positive mindset. My brain controls everything and what I feed into has a direct effect on the state of my body.
- Take control of my own health. It's not someone else's responsibility, but me.
- Recognize that life is an experience. I must learn to embrace the journey and see challenges as an opportunity to find my true purpose and gift.
- Strive to change a habit that's no longer serving me whether it be about health, finances or relationships. Build a momentum out of it until a desired outcome is achieved.
- Don't be afraid to make a decision whether it's good or a bad one. The most important thing is I am learning.
- Stop chasing the disease but focus on restoring well-being and function that I was naturally born with. Health is our natural state of being and sickness is the absence of that.
- Start now because tomorrow is never promised. Make each day worthwhile with choices towards the path of a healthy lifestyle.
- Constantly find ways to get myself moving. Dr. Chris says that every time we eat better and exercise, that's an act of self-love for our body.
- Make sure to check [The Hero's Secret Sauce](#) and learn how I can embrace my inner superhero authentically and start winning today.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.optimizedgeek.com/secrets-to-supercharging-your-health-with-dr-chris-zaino/>