

Ben Greenfield's

# Optimized Habits for High Performers



Tips and tricks that Ben uses daily to defy aging and unlock energy to be *Boundless* every day!

# Ben's Complete 12-Step Guide to Optimized Performance

## High Performance Habit #1: Walk

Walking is one of the most underrated activities in your health arsenal. It facilitates neuron growth, circulates blood, lymph, and cerebrospinal fluid, decreases cortisol, resets the eyes from looking at screens, strengthens tendons and ligaments, and stabilizes blood sugar. Most of the world's longest lived people walk a LOT.

Walking is an easy habit that you can pair with breathwork, grounding and natural light exposure.

**Walk 8K-10K steps a day, and use a tracking device to ensure you do it.**

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## High Performance Habit #2: Heat

Regular sweating or getting hot in a sauna results in improved endurance as well as benefits to red blood cells, muscle and brain tissue, stress resistance, and blood sugar control.

Sauna can be paired with other fundamentals. I practice breathwork in my sauna daily and finish with cold.

**Do a dry or infrared sauna session 3-5 days a week, for 20-45 minutes.**



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### **High Performance Habit #3: Cold**

Cold introduces a mild stressor, known as a hormetic stressor, known to increase cellular resilience and immune system strength.

Cold therapy is also particularly good for fat loss when performed in a fasted state and is not very time-consuming at all. You can use a cold shower, cold tub, cryo-helmet, or cooling vest to enjoy the benefits of cold.

**Using a cold shower, cold plunge or cryotherapy, get cold for 2-5 minutes each day.**

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### **High Performance Habit #4: Strength**

Nearly every biological system in your body benefits from being under some sort of heavy load several times per week. In fact, lifting heavy weight could be one of the most potent tactics for defying age.

I mostly use just six main lifts: deadlift, chest press, pull-up or pull-down, squat, overhead press and row.

**Do a full-body strength training session 2-3 times per week, pushing the muscles as close to failure (high reps or high weight) as you can with good form.**

## High Performance Habit #5: Breath

Breathwork is a powerful way to tap into a host of perfect health benefits: increased nitric oxide, a stronger immune system, better sleep, higher energy levels and cellular oxygenation, better sex, and much more.

I breathe through my nose as much as possible the entire day. I also use breathwork to calm myself down for both sleep and afternoon naps. I mouth tape when I sleep. Finally, I use the app [Breath Source](#) to do breathwork at least three times per week, usually paired with sauna and cold therapy.

**Do a 2-60 minute breathwork session 3-5x/week.**

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## High Performance Habit #6: Air

It's crucial that you ensure the air you are breathing is filtered, clean, and pure. Ideally, you are breathing outdoor air, but that is not of course possible all of the time.

I outline all of my [tips for air quality](#) and my [favorite air filters here](#). But the bottom line...

**Invest in a good HEPA air filtration system in your office, home, and gym.**



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## High Performance Habit #7: Light

Modern fluorescent and LED lighting, along with overhead lights and screens, can create similar problems as you might experience if you were holding a phone up to your head all day, or sitting next to a WiFi router all day. Get as much natural light as possible during the day, then use light blocking glasses, red lights and dim screens when the sun sets.

**Be outside for at least 60 minutes per day, especially early in the day, even if there's cloud cover (the sun gets through!).**

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## High Performance Habit #8: Electricity

EMF (electromagnetic frequency) radiation is a form of environmental pollution that is a direct result of this age of technology.

I recommend hardwiring as much as you can, especially by using ethernet instead of WiFi to do the majority of your work, and turning bluetooth/WiFi off whenever possible.

**Turn off your WiFi router and keep your phone/wearables/devices in airplane mode whenever possible.**



## High Performance Habit #9: Water

You need to not only need to pay attention to the quality of your water intake, but the electron-charged minerals contained within that water, and even the type of vessels in which water is stored and the energy that water is exposed to. Drink out of glass, not plastic, whenever possible.

**Drink filtered water only from glass bottles and invest in a water filtration system for your office/home, preferably reverse osmosis or carbon block filtration .**

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## High Performance Habit #10: Sound

Every cell in your body vibrates with specific frequencies so paying attention to the sounds and music in your personal environment is a very good idea.

I primarily choose uplifting, positive, and non-chaotic music such as classical, orchestral, and spiritual in my own living and working environment. I also frequently use binaural beats, sound frequency generators, and other forms of audio to induce a state of either relaxation or excitation. Bonus tip: I practice guitar 10-15 minutes every day!

**Listen to uplifting, positive music whenever possible, and preferably learn and play a musical instrument frequently!**



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## High Performance Habit #11: Nutrition

Eat real food, as fresh and close to nature as possible, with a wide variety of proteins, fats, carbohydrates, plants, herbs, and spices, avoiding vegetable oils, processed sugar, and acellular carbohydrates. While nutritional supplements can be beneficial, don't fool yourself into thinking they are going to make a bigger difference than making good food choices.

**Eliminate as much packaged food as possible, especially if it has vegetable oil and refined carbohydrates in it. At restaurants, ask for food prepared in butter, ghee, olive oil or avocado oil instead of vegetable oils.**

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## High Performance Habit #12: Spirit

Nothing is more important than caring for your soul.

I personally read religious texts, pray throughout the day, prioritize service and charity, and faithfully pick up my *Spiritual Disciplines Journal* each morning and evening to practice gratitude, remind myself to serve others, and reflect on my day. I also prioritize relationships, family and community, even if it means working less.

**Care for your spirit every day, and spend quality time with friends and family as much as possible.**

# Ben Greenfield's Optimized Performance Sample Day

## Morning

- Wake up with the sunrise
  - Drink large glass of water with minerals added (see Ben's Biohacked Morning Cocktail in [Boundless Cookbook](#))
  - Spend 5 minutes gratitude journaling
  - Walk outside for 15-20 minutes
  - Do [breathwork](#) and a sauna (optional), then cold plunge or shower for 3 minutes
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## Work day

- Turn phone on airplane mode and connect computer via ethernet cable
  - Put on blue light blockers
  - Turn on [air filter](#) or open your office window
  - "Eat the frog" - do hardest/most mentally taxing task of day first
  - Play positive, upbeat music during workday
  - Practice gratitude and chew food slowly while eating
  - Eat a wide variety of colorful foods with breakfast and lunch, with no seed oils
  - Take a 10-30 minute "siesta"
  - Walk if possible during work in afternoon (answering emails, responding to messages, etc)
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## Evening

- Full body strength training session 30-45 mins
- Eat dinner that includes plenty of protein and healthy fats, with easy-to-digest carbs and minimal alcohol
- Wind down with creativity and family time - play an instrument, a card or board game, or make art
- No screens within 60 minutes of bed
- [Breathwork](#) and/or easy reading before bed



# Exclusive Coaching Offerings

*As a special thank you for being a part of Ben's trip to India, we are offering a 10% discount on any of the following services*

**20 Minute Consult with Ben** [CLICK HERE](#) 

**30 Minute Consult with Ben** [CLICK HERE](#) 

**60 Minute Consult with Ben** [CLICK HERE](#) 

## Unlimited Q&A Access with Ben

Ben is your personal “coach in your pocket” to guide you on your wellness journey. This option is best for those who need ongoing support but their schedule does not allow for regular consult scheduling.

Bonus:

- Complimentary access to Ben's Life Optimization Masterclass

[CLICK HERE](#) 

## VIP Coaching Program

12 months of personalized coaching to fully optimize every area of your life including fitness, nutrition, biohacking, cognition, productivity, and more. This option is a fit for those looking for the highest level of coaching support on the planet.

Bonus:

- 60 minute consult call
- Complimentary access to Ben's Life Optimization Masterclass

[CLICK HERE](#) 

**Need help?**

Email [Coach@BenGreenfieldCoaching.com](mailto:Coach@BenGreenfieldCoaching.com) or book an exploratory call with our coaching team by [clicking here](#).