

Diet: Honor Hunger

Instead of eating in a regimented pattern guided by the clock, allow hunger sensations to guide your eating habits today. See how long you can last in the morning until you detect actual hunger sensations kicking in, or until energy levels dwindle slightly. Then, enjoy a delicious Primal meal, eating enough to feel satisfied but not full. Avoid overeating by asking yourself, “am I really hungry for another bite, or have I had enough?”

Go about your day until you again notice hunger sensations, cravings, or diminished energy requiring calories. Enjoy a delicious Primal lunch or snack, then repeat the process in the evening. This exercise will help strengthen your intuitive eating habits and prepare you for the Intermittent Fasting challenges coming later, when you are more Primal-adapted.

Exercise: Aerobic Adventure

Conduct an extended duration aerobic workout at a heart rate range of 55-75 percent of maximum. Try something new: rent a stand-up paddleboard, a pair of snowshoes, inline skates, or a mountain bike. Be safe, but step outside of your comfort zone, especially if most of your aerobic exercise is on gym machines.

Lifestyle: Standup Work Station

If you are an office worker or otherwise work for long periods while seated, modify your work environment so that you can engage in periods of standing up. Grab a few reams of paper, some file boxes, or anything else handy to elevate your keyboard and monitor. If you work on a large corporate campus, you may be able to ask the facilities department to install a high shelf in your cube or office.

Try to stand up for as long as comfortably possible before returning to a seated position. Take repeated cracks at it after sufficient rest periods. If possible, remove your shoes while you stand to get a barefoot experience.