5 Pillars of health and longevity
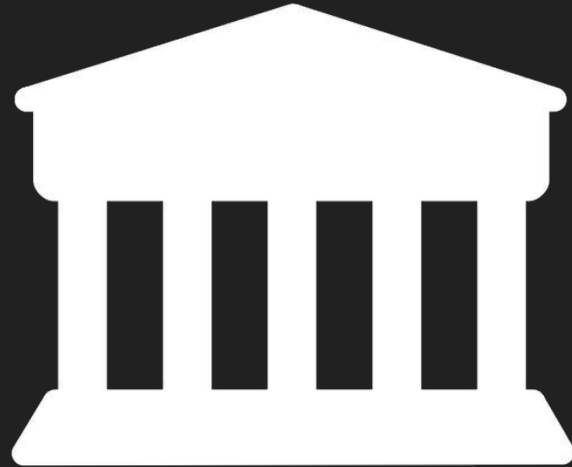
5 Pillars are

How you….

- Eat
- Sleep
- Move
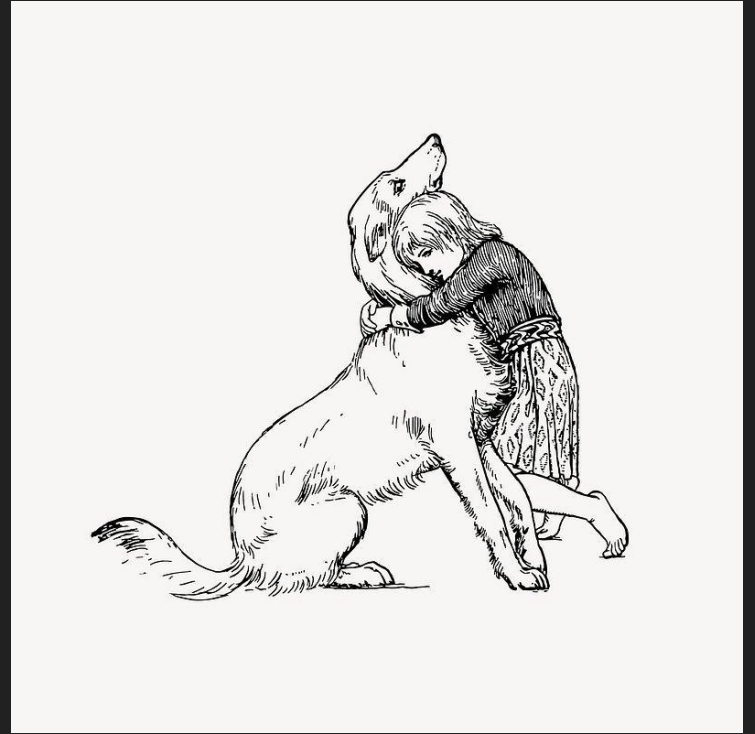- Think
- Connect

QRC for this presentation

Spoilers

Of all the 5 pillars…

Connection is the hardest to get

Yet wins in the end

Get connected!!!!!!!!

Eat Carnivore / Lion

Andy McCann

EE from GT - Tech sales

2010 - Who is this guy - TSPC

Several "Jack you jerk"s later

17 years health and fitness

Woodstock GA and online

andymccann1@yahoo.com

678-654-7796

✓ Chickens

❌ Ducks

✓ Garden
❌

❌ Bees

✓ Bitcoin / Lightning / Nostr Node!

START9
SOVEREIGN COMPUTING

YOUR PERSONAL
CRYPTO
ASSISTANT

Thank you Jesse

✓ Media - Jack you jerk

YouTube

Podcast

5 Pillars are

How you….

- Eat
- Sleep
- Move
- Think
- Connect

Simple steps here we go….

It's usually the same 3 answers

- In your HEAD (no talking)

  Or

- Thumbs down trick

How do you start?

Worst pillar?

Easiest win?

Sticky Why

My future vision

Ask questions as we go

Are you healthy?

CDC - Absence of disease

Or

Work capacity across broad time and

modal domains throughout life

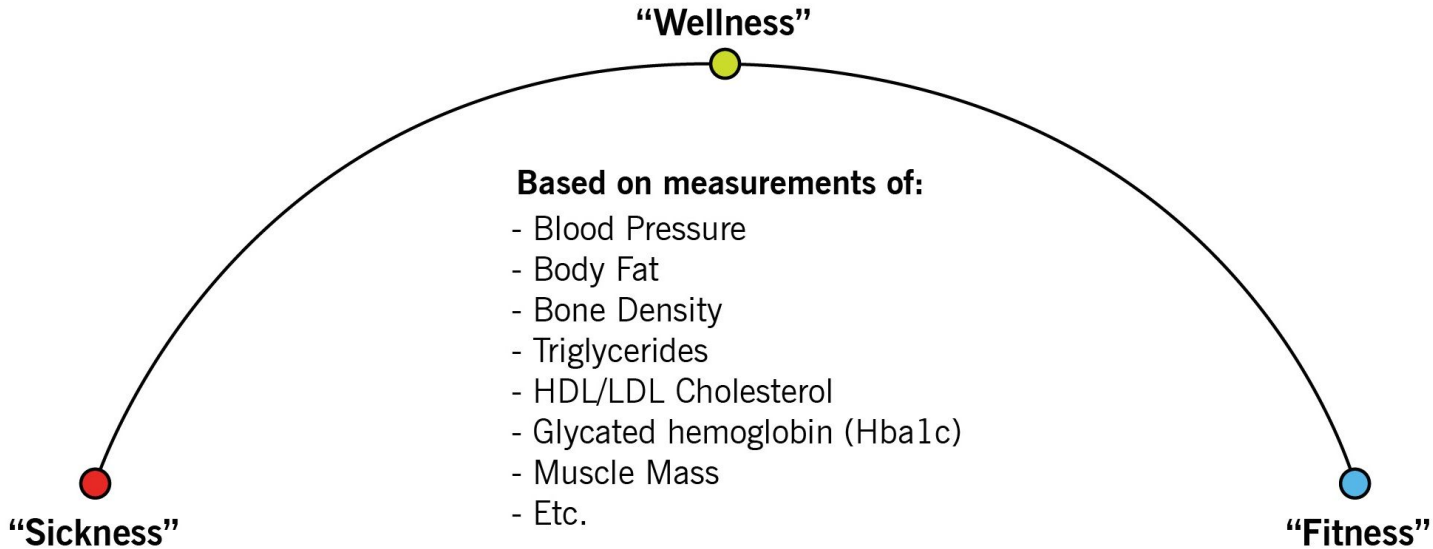50% dead by 76

GTFO

What goes in your pack?

Calculate weight

How far are you hiking?

Knees?

Fitness/Health as a hedge against sickness

"Wellness"

Based on measurements of:
- Blood Pressure
- Body Fat
- Bone Density
- Triglycerides
- HDL/LDL Cholesterol
- Glycated hemoglobin (Hba1c)
- Muscle Mass
- Etc.

"Sickness"

"Fitness"

Our assumption is that if everything we can measure about
health will conform to this continuum then it seems that sickness,
wellness, and fitness are different measures of a single quality: health.

Eat - Test

Do you drink sugar?

Do you eat fast food?

Do you drink <6 glasses of water? Berkey Guy

Does your belly get in the way?

How to lose 10 pounds podcast

Eat

Real Food - edges

1 glass of H2O before eating

Less sugar & seed oils

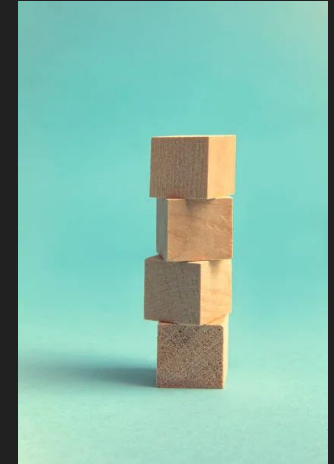Carnivor / Lion diet (Ken Berry)

Log for 2 weeks

5 almonds

Build Habits

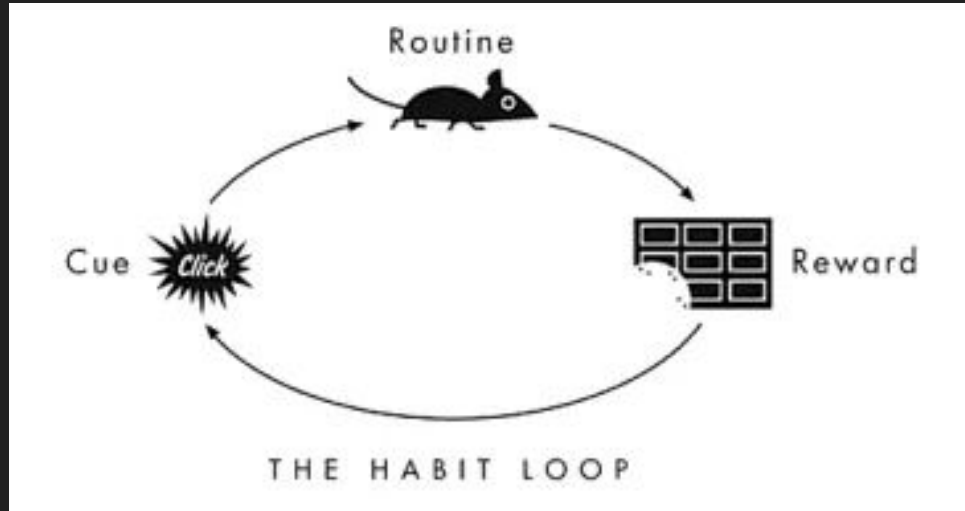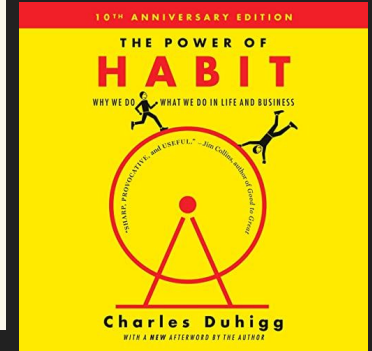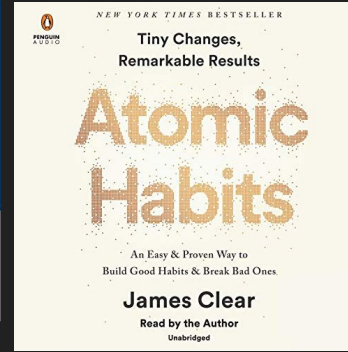# Habits

[7 Habits](7-habits)

[Atomic Habits](atomic-habits)

[Power of Habit](power-of-habit)

Stack
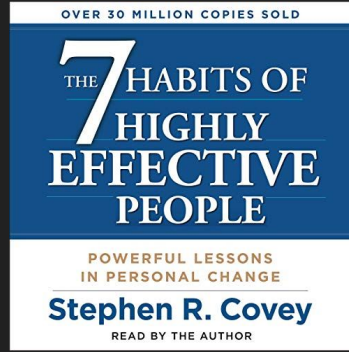
Eat - 185# to 155# - Andy 🏛️
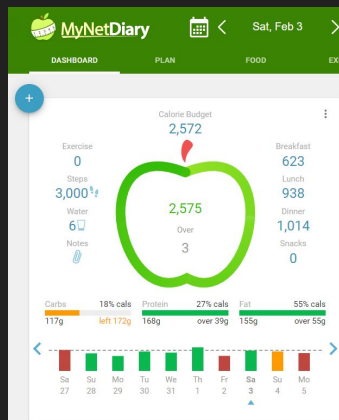
Eat - Cholesterol on meat
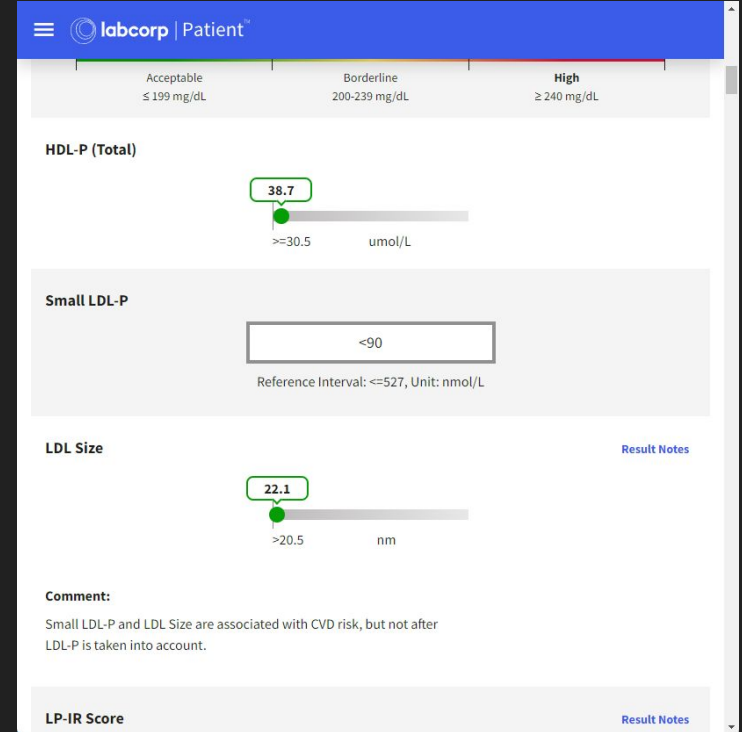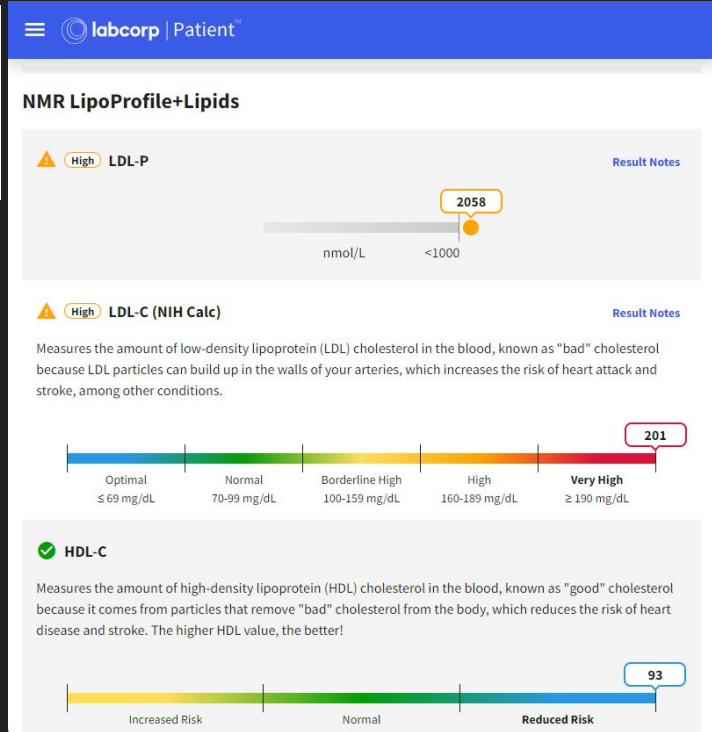
Sleep / Recover - Test

Do you get 8 hours of sleep?

Do you fall asleep at red lights?

If after a hike are you wiped out the next day?

Sleep - WTF

athletes become pre-diabetic

20% heart attacks on DLS
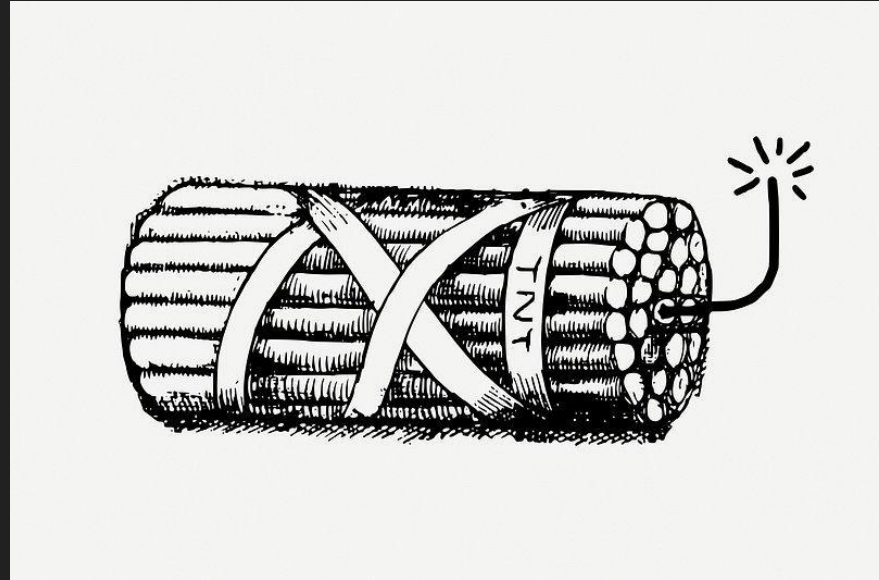
Sleep

[18 ways to fix your sleep podcast](#)

5am method to fix

Consistent sleep schedule and routine

Food before bed

No naps

Cold 68 and dark

Move - Test

Can you touch your toes?

Shoe laces?

Hearts beats per min?

Age range (years)	Average resting heart rate (bpm)
18 to 20	81.6
21 to 30	80.2
31 to 40	78.5
41 to 50	75.3
51 to 60	73.9
61 to 70	73.0
71 to 80	74.2
Over 80	78.1

Move

Squat

Lift

Get out of breath

5-6 days a week

65+ trip, 25%+ die

[32 at home workouts](#)

Move

Mailbox challenge

Get ready night before

Go first thing AM

Hire a coach

Join a gym (venn diagram)

Garage Fitness Online

Think

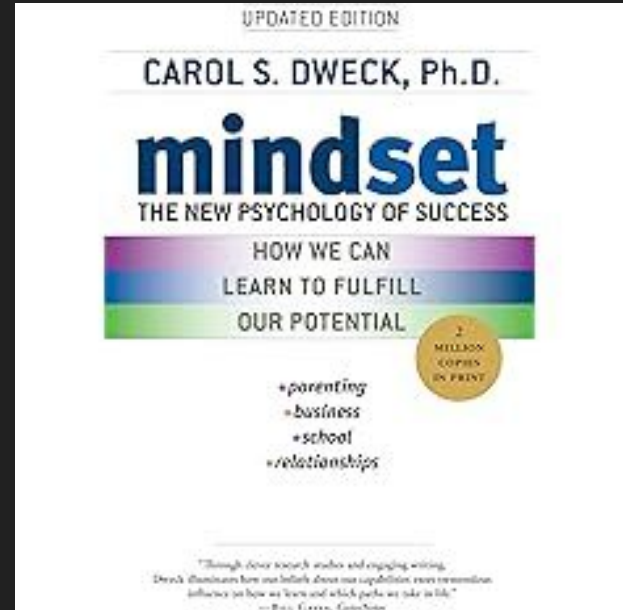

Do I live in a friendly or hostile world?

Don't vs Can't / get to vs have to

Be curious not judgmental

Chore + Podcast

[Mindset by Carol Dweck](#)

Connect

Can you depend on at least 1 person?

Practice gratitude

Invest first

Ask questions

Show up

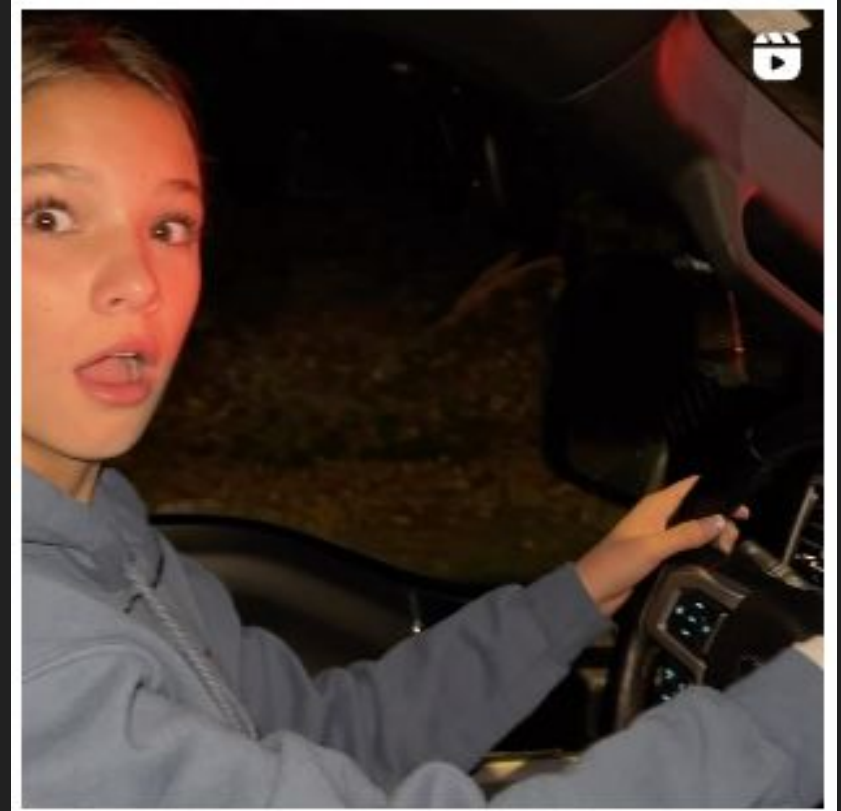Join a community

Connect - teen daughter 🏛️

50 year failure

Never Solve "the nail"

B#$%& be crazy

B#$%& is jealous

Practical

What is your struggle area?

What 1 thing could you do for the easy win?

Add a friend / coach

Journal

Tell the world

Habit stack

Venn diagram

The *Fastest* Way To Get Out Of **Debt**
Debt Snowball Calculator

My offer to help

If you will track & weigh your food for 2 weeks

Then I'll zoom with you for free.

Carnivor KickStarter 2025

Tip jar :-)

andymccann@getalby.com

Your Alby Page

Me on the web

🏛️

[CrossFit Garage (physical gym)](#)
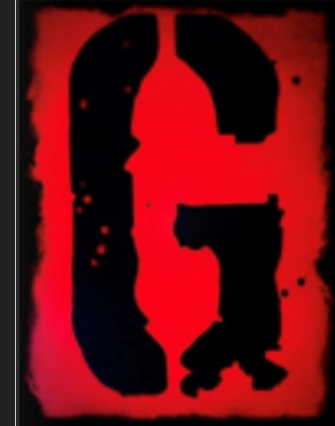
[Garage Fitness Online (virtual gym)](#)

[YouTube](#) @andymccann42

[Fitness, Food, Finances - Podcast](#)

[Nostr PubKey](#)
[FaceBook](#)
[Instagram](#)

5 Pillars are

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