

**Koshland Pharm**  
Custom Compounding Pharmacy  
301 Folsom St. Suite B, San Francisco  
(p) 415-344-0600 (f) 415-344-0607  
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# Your Checklist For Healthy Living

Being healthy doesn't happen by accident. There are many things you can do to feel great and prevent disease. Here are some proven ways to optimize your health.

## Exercise

Cardiovascular (3 times a week)  
*Get your heart rate up (to find your target heart rate use this formula:  
 $220 - [\text{your age}] \times 0.8$ )*

## Relaxation

Yoga, meditation, or other relaxation technique  
(10-15 minutes a day)

## Sleep

Sleep (7-8 hours a night)

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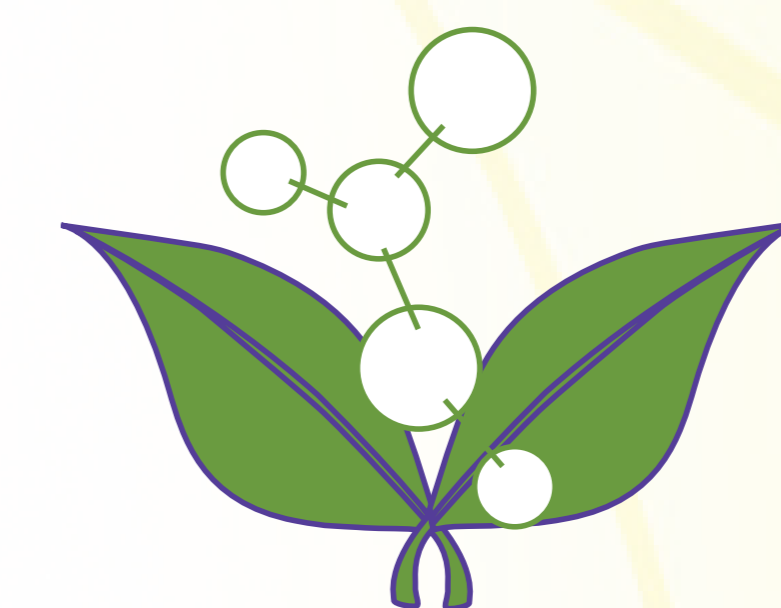


## Nutrition

- Protein (15-25 grams 3 times a day)
- Whole Grains  
*Replace breads and pasta from refined flour with products containing whole grains*
- Fiber (25-35 grams a day)  
*Fruits, vegetables, beans, brown rice, whole wheat bread and pasta*
- Cruciferous Vegetables (3 servings a week)  
*Foods like broccoli, cauliflower, and kale*
- Antioxidants (5 servings a day)  
*Foods like blueberries, cranberries, red grapes, walnuts, spinach, carrots, potatoes, and green tea*
- Limit caffeine intake (no more than 2 servings a day)
- Limit intake of refined sugar (no more than 40 grams a day)

## Vitamins

- Good Multivitamin (daily)
- Omega-3 Fatty Acid (200 mg DHA a day)
- Vitamin D (1000 units a day)
- Probiotic (2 billion CFU a day)



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Developed by

Koshland Pharm: Custom Compounding Pharmacy  
*As a reminder, always consult your doctor for medical advice and treatment before starting any program.*