

# **VIRSTY**

A T H L E T I C C L U B

## **LIFESTYLE GUIDELINES**

THE ULTIMATE GUIDE TO  
BECOMING YOUR BEST SELF.

*13 DAILY HABITS TO OPTIMIZE  
YOUR MIND, BODY, &  
PERFORMANCE.*

**#TEAMVIRSTY**

# INTRODUCTION

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***“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”  
- Aristotle***

Since my teenage years, health has been my priority. I adopted many of my healthy habits before I even hit my twenties. I feel fortunate to have ingrained these healthy habits into my daily lifestyle, and my goal is to pass these habits on to as many people as possible.

Early on I realized that if you weren't healthy, then nothing else really mattered. You see, an unhealthy man only has one wish; whereas a healthy man has many. I wanted to become the healthiest and most optimal version of myself in order to live a fulfilling life. For over a decade I've self-experimented with every training protocol, diet, supplement, biohack, and tried every way possible to improve my health and optimize my body. Very early on I realized that having no routine or structure was the #1 reason why people fail to reach their goals of health and self-optimization.

I realized there was no secret food, exercise, or supplement that would transform my body. However, the transformation did come as a result of never ditching the basic habits I had developed along the way. By focusing in on a handful of **non-negotiable** daily habits – like movement, mindfulness, eating real food, hydration, and simple recovery strategies – I was able to optimize my body and mind, and continue to make progress month after month, year after year.

The strategies in this guide will help you improve your performance at work, at home, and in the gym. This is a guide to take quick, swift, immediate action to improve the life you are living. Take a look at your daily habits as you compare them to the ones as recommend and see where you can start to make improvements! Remember that knowing is not enough, you must DO!

In good health,  
-Coach Jared Neubauer

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# 4 PERFORMANCE ZONES

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## MINDSET - NUTRITION - MOVEMENT - RECOVERY

At **VRSTY** our goal is to foster an environment for our members that is focused on helping them become the best versions of themselves. We help our team develop the successful habits needed to reach their full potential. By making improvements to our daily habits within the *4 Performance Zones* we are able to help our team develop the sustainable lifestyle habits to keep them game ready year round.



**MINDSET** is about dedicating yourself to a goal and understanding what it requires to accomplish it.



**NUTRITION** fuels the brain and body, providing foundational support to maximize performance.



**MOVEMENT** is essential for improving performance. It's about moving your body better.



**RECOVERY** allows the mind and body to recharge and prepare for the next day's activities.

***“Good habits are hard to form but easy to live with. Bad habits are easy to form but hard to live with.” - Brian Tracy***

Structure and balance are key factors in sustainable high performance. By structuring our daily habits and routines within the *4 Performance Zones*, we are able to pursue our goals with direct and intentional action. For each pillar we've selected a few of our top daily practices to help develop sustainable high performance habits and achieve goals beyond what you may have thought possible.

# MINDSET

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Starting the day with a positive frame and perspective is crucial to the momentum carried into the rest of your day. A healthy and agile mind is not born that way but rather developed to be so. If you make a habit of treating your mind right during the mornings, you'll start thinking better, your emotions will positively change, and the amount of stress you'll experience throughout the day will be reduced.

Before reaching for your phone and scrolling your newsfeed or inbox, take some time to get reconnected with your purpose. Begin each day reminding yourself of your goals and why they are important to you. The key is to understand why you're setting a goal and make it a priority. Visualization and breath work are some of our favorite ways to realign our mind & body each morning. All it takes is 10 minutes in order to set yourself up for the most perfect day.

***“Either you run the day,  
or the day runs you.” - Jim Rohn***

## **#1) Have a Strong “WHY” and Remind Yourself Daily.**

What is the real reason you want to be healthy and fit? Not “to get a 6-pack” or “to lose weight” but the real reason why it's important to make these changes. Why are you training? Why is it important for you to be healthy? Make this meaningful and remind yourself of it daily. Fill in the blank, write it down, and keep it somewhere where you'll see it in the mornings.

## **#2) Visualize Your Day Before It Happens.**

Think ahead and forecast what your day will look like. Pick ups, drop offs, meetings, workouts, and even what you'll be eating throughout the day, the more detail the better. We suggest 10 minutes of silent visualization as a starting place. Write down your daily to-do list in chronological order. This will help you stay focused and minimize unnecessary activities.

## **#3) Use Breath Work to Manage Stress & Refocus.**

Use 3-count Diaphragmatic Box-Breathing to recenter and calm the mind. Diaphragmatic breathing focuses on breathing through the belly vs the chest using the full contraction of the diaphragm. The 3-count Box refers to the timing and breath pattern (Inhale :03 Hold :03 Exhale :03 Hold :03). This deep controlled breathing signals to the brain that it is not in danger and triggers the parasympathetic nervous system to bring the body & mind into a calm state. This can be used anytime during the day to recenter and calm the mind/body.

# NUTRITION

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At **VRSTY** we want to simplify nutrition and help you perform your best in every situation. We all want to have the energy to stay mentally focused and physically strong throughout the day. We want to boost your immune system and speed up the recovery process. Performance nutrition plays a critical role in achieving these goals.

Being more mindful of what you're eating and drinking can help you make better choices that support your goals. Find yourself downing coffee as a morning meal, grabbing fast food at lunch, or ordering takeout for dinner regularly? These habits are sabotaging your success. Whether you're looking to lose weight, focus for a big meeting, or decrease mid-day headaches, proper fueling needs to become a priority. It takes planning, quality foods, and proper hydration to meet your needs.

***“Let thy food be thy medicine and medicine be thy food”. - Hippocrates***

## **#4) Plan Out Your Food For the Day.**

Forecast your day ahead and figure out when/what you are going to eat. Be intentional with what you keep in your diet and bring food/snacks with you if you will be away from home for an extended period.

## **#5) Eat Real Food.**

80% of the food you eat should be unprocessed and a single ingredient item. These foods will usually expire and rot if left out, if it doesn't that's a good sign that it is processed in some form. Animals products and plants should make up the bulk of your diet, but always be sure to leave room for the treats in moderation.

## **#6) Prioritize Micronutrients.**

When you feel hungry, your body is really asking for nutrients, not calories. So that sugary pastry & coffee for breakfast probably isn't the best idea. Micronutrients help improve gut health, decrease inflammation, and boost energy! Be sure to balance out your diet with fruits, veggies, and omega-3s in order to give it the fuel it's really craving. You can also look into adding fruit/veggie and omega-3 supplements into your routine. Eat the rainbow!

## **#7) Don't Overlook Hydration.**

Carry a water bottle around with you everywhere you go in order to stay on top of your hydration. Your blood is 90% water, brain is 80% water, and muscles are 75% water. If your goal is to optimize performance, it's important to stay hydrated. Aim for 0.5-1 oz of water per pound of body weight. (A 200lb person should drink 100-200oz of water each day).

# MOVEMENT

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Movement is both intentional (exercise) and non-intentional (daily activity). Both are essential for health, weight management, performance, and vitality. Regardless of work, life, and travel demands, our systematic approach to training prepares you to move well and improve the quality of your movement over time, so you experience better results and less pain.

We want to encourage you to include regular movement, not just exercise, into your day. It'll make you feel better not only immediately, but also in the long run. When your body sits in one position for too long, it tenses up. The result: aches, pains, and overall discomfort. The simple fix is just movement. Yeah, kick ass workouts have their time and place, but all movement matters. We believe an adequate movement prescription for any human should include mobility, strength, and conditioning in some form or another. Motion is lotion, you gotta use it or lose it!

***“Nothing happens until something moves.” - Albert Einstein***

## **#8) Mandatory Mobility.**

Due to sedentary lifestyles mobility is often limited in most people. Areas that are supposed to be loose and mobile become tight and restricted. Each unique individual has unique imbalances and asymmetries in their bodies. Dedicate some time each day to address these issues with some regenerative movement. Every single **VRSTY** workout includes mobility to address common problem areas such as the ankles, hips, spine, and shoulders.

## **#9) Strength Training 3x52 Rule.**

All humans should strength train, as it is essential for a high quality lifestyle. Now what's the magic number? How often do you need to train and for how long to see results? The 3x52 Rule refers to some type of resistance training performed 3 times per week, 52 weeks per year, every year for the rest of your life. Forever. This is a lifestyle baby, it's time to buy into it. Some people prefer 4,5,6 days a week, but you need to commit to at least 3!

## **#10) 10,000+ Steps Per Day.**

The average American walks only 3,000-4,000 steps a day, or roughly 1.5 to 2 miles. However, our bodies were designed to trek long distances while often carrying things along with us. Track your steps via smartphone or watch and aim to surpass 10,000 per day. This is a simple way to track total daily activity, the more steps the better!

# RECOVERY

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Recovery is about returning to a balanced state and re-energizing your mind and body to prepare for each day's activities. Lack of quality sleep? Feeling stressed? Persisting aches and pains? If you answered yes to any of the previous questions then it's time to start prioritizing your recovery strategies!

Tackling stress with sleep, relaxation techniques, and recreational activities like basketball or swimming can help you avoid issues that lead to chronic fatigue, injury, and performance declines. With regular attention to recovery, you can build resilience and bounce back more quickly when stress hits.

***“Almost everything will work again if you unplug it for a few minutes... Including you.” - Anne Lamott***

## **#11) Have a Nightly Wind-down Routine.**

Create a calming wind-down routine to signal your mind and body that it's time to shutdown for the night. Set your thermostat between 65 and 72, hit the sack same time every night, limit caffeine in the hours before bedtime, avoid screens and electronics, and skip your adult nightcap. Set intentions for the next day and hit the sack with a clear conscious!

## **#12) Cold Exposure.**

Frequent exposure to cold is linked to a number of different health benefits. For example, scientists have found evidence that exposure to cold speeds up metabolism, reduces inflammation, promotes recovery, improves quality of sleep, more focus, and can even improve the immune response. Methods include cold showers, ice baths, and cryotherapy; pick something you can commit to and start getting cold!

## **#13) Unplug & Reconnect.**

The average American spends an average of ten hours looking at a screen every day, yikes! It's a good idea to disconnect from technology and the workday to recharge our batteries and clear our minds. The goal is to disconnect from social media, game apps, and other distractions. It is not just about turning off your phone or TV, but instead about making the conscious decision to be more mindful during that time and reconnect with family, friends, and even nature. Find 5-10 minutes each day to walk, drive, or sit in silence to down regulate the traffic inside your head.

Thanks for supporting us and taking the time to read our lifestyle guidebook. We hope this helps provide insight on how you can optimize your health, fitness, and performance. If you're still waiting to join our daily online fitness program, reminder that your first 2 weeks are completely FREE! [Just click here to apply.](#)

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