

The
**Ultimate
Step by Step
Guide**

ON IMPROVING YOUR 4 PILLARS OF
HEALTH

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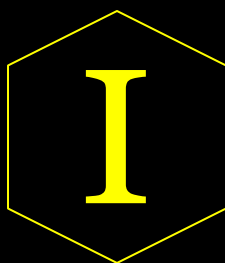
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Introduction



Thank You

Hello I am glad you guys decided to take the first step in your health journey.

I wanted to **THANK YOU** before we begin.

I have created this guide to help you on your journey to improve the 4 pillars of health.

What are the 4 Pillars of Health?

- The 4 Pillars of Health are Mental Health, Spiritual Health, Physical Health, and Sexual Health. These are the 4 pillars that someone must control, so they can be the best version of themselves.

What can you expect from this guide:

- **Detailed Breakdown:** We will deliver a detailed breakdown of each pillar (mental, spiritual, physical, and sexual). We will let you know how each pillar affects your life.
- **Tips & Hints :** We will give you tips and hints on how to improve each pillar.
- **Routine :** We will give you a routine we follow and one you can incorporate into your daily life.
- **Exercises:** We will provide exercises for each pillar.

What you **Can't** expect:

- **Perfection:** We are not promising perfection. We ain't got no English degrees. We are just a group of individuals trying to help people become the best version of themselves.
- **No Work:** Don't expect not to work. Your recreating yourself, so expect to put in work.

Pillar 1: Mental Health

Mental Health: (1st Pillar)

I truly believe that your mental health is the first pillar.

What is mental health?

Your mental health is like a bucket.

Every traumatic experience.... (creates a hole in that bucket).

Every negative action to hide that traumatic experience (makes that hole even bigger).

A negative environment...(creates another hole)....and so on and so on.

No matter how much water (joy) you pour into your bucket it will never be filled....until you fix the holes that were created from your past experiences. You must correct your mental health before you can move along your journey to become the best version of yourself.

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Mental Health

Why Mental as the First Pillar?

Because mental health is a major key. I believe a man needs to be healthy mentally first. Mental health affects how we think, feel, and act. I see mental health like a battery in a car. If someone's mental health is "unhealthy" that person will have a hard time performing anything correctly. There will be no energy to perform. When something is wrong with an individual I always ensure there mental health is ok first.

When someone suffers from mental health issues (depression, anxiety, PTSD, or other issues), they have to ensure their mental health is A1 and corrected first. If you cannot correct these issues is it important to get a professional to help you along your journey.

Tips on Improving your Mental Health:

Ok we are going to give you some simple tips to improve your mental health. These tips we give you may seem simple, but we want you to incorporate these into your daily routine. We will number them but they do not have to be done in a specific order.

Before We Begin:

If you are having or think you may have a mental health issues get professional help. The help could come from a therapist or provider but you do need to get some help. Once you get some help professionally or if you have things under control and need some maintenance, start here.

Tips to Improve Your Mental Health

- 1. Show Gratitude to Yourself:** Yes show some gratitude to yourself. We want you to write down 3 positive things about yourself every day for 30 days. We have included our 30-Day Gratitude Chart. Print it out and we want you to actually write it out daily. Showing self-gratitude is good for your mental health because it allows you to focus on a positive. Individuals who suffer from mental health problems can develop depression and low self-esteem. It is vital to have something physical on paper to see your value.
- 2. Plan to Escape:** We don't mean run away from any problem your having. We mean a relaxing get away with someone you love (spouse, friend, or family member). We want you to relax on this vacation even if you cannot leave. Plan to take a few days to visit an old friend. Go to the park. We do not want you to stay in your primary residence. It is vital to take a break from your primary location because it helps clear your mind and your spirit.
- 3. Show Love:** We want you to write a letter or a sincere letter to someone you love or admire. Why because it produces a sense of positive energy. It allows you to think about the love you have for someone. It will give you a "why" which is vital when trying to improve your mental and spiritual health.
- 4. Find a New passion:** We want you to find a new passion. This can be working out, painting, poetry, or writing. How can this help you with your mental health? It helps you refocus your thoughts and energy. We believe that an idle mind can cause negative thoughts to enter.
- 5. Share your experiences:** Find a social media community or real world support group. When you share your experiences with mental health it does 2 things. It allows you to express your problem. In other words it allows you to get the "monkey" off your back. The second thing it does it allows you to find a support group. People who are dealing with a problem similar to yours.
- 6. Find time to Laugh:** Laugh yes laugh. When you first wake up laugh. You can do this by getting on YouTube and finding clips of your favorite comedian. Laugh for at least 5 minutes every morning.
- 7. Exercise:** Get physical. Release some energy. Exercising releases endorphins which helps improve energy and decrease pain.
- 8. Have A Wind Down Routine:** It is important to get rest but people never have a wind down routine. A Wind Down Routine involves a set bed time and a certain routine right before bedtime. This can involve a glass of wine before bed. A nice warm bath after the glass of wine.
- 9. Forgive:** This is going to be hard for a lot of people, but it must be done. You must forgive anyone who has hurt you even they are the cause of hurt.
- 10. Take your Time:** Improving your mental health takes time. These are some helpful hints, but there are many more. Always take to your provider while practicing these helpful tips.

30-Day Gratitude Chart

Do This Every Morning: Write 3 Positive Things about Yourself

I _____ am truly grateful and happy for _____. I
am amazing because I am/can:

I _____ am truly grateful and happy for _____. I
am amazing because I am/can:

I _____ am truly grateful and happy for _____. I
am amazing because I am/can:

I _____ am truly grateful and happy for _____. I
amazing because I am/can:

Copy this form and do it every day for 30 Days.

Spiritual Health: Pillar 2

What is spiritual health?

Spiritual Health can be based on a lot of things, but to me it is a balance between faith, emotions, and principles that guide us throughout our lives. Spiritual health is the glue that holds the body together. Without spiritual health a person cannot be physically fit. Think about a time when your emotions were affected negatively (sadness or frustration) and think about how you performed physically that day.

Why spiritual health as the 2nd Pillar?

Everyone does not have a problem with their spiritual health, but when you do you will notice that you may lack your “why”. Being healthy Spiritually usually involves having a why behind things you do. This why could be based on your faith or your principles.

We believe spiritual health is like the engine of car. An engine is made up of different parts and so is your spiritual health. A person needs to be healthy in 3 core areas of spiritual health; faith, principles, and beliefs. Spiritual health gives people there motivation. An unmotivated person cannot become or remain healthy. If you can figure out an individual’s “Why” you can motivate them spiritually, mentally, physically, and sexually.

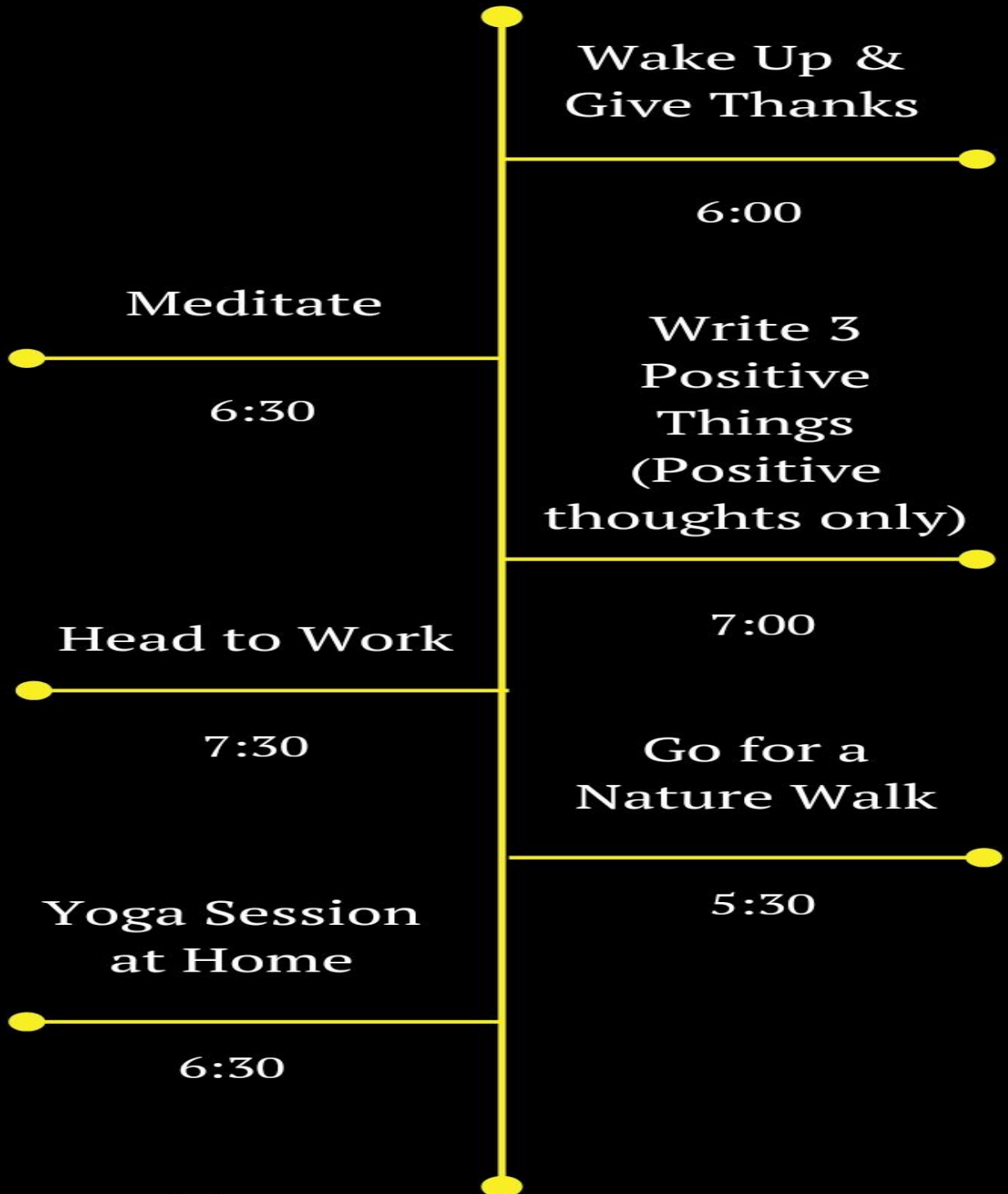
Before you begin

We will admit right here that spiritual health is one of the pillars hardest to help someone improve. It's hard to help because it deals with someone's beliefs, principles, values and their emotions they attach to each of these. We will provide you some helpful tips and some changes you can make in your routine to improve your spiritual health.

Tips to improve your Spiritual Health

1. **Find your “why”:** It is important to find your why this can be based on religion, self-motivation, or your family. You need to know the reason why you’re doing what you do. Spiritual health is the well-being surrounding our relationships. You need to make sure you have a why.
2. **Meditate:** Meditation is extremely important to your spiritual health. Meditation allows people to unlock their spirituality. When you meditate you awakening yourself. The key to meditation is to find alone time so you can concentrate. Try to make it a habit.
3. **Travel by yourself:** Traveling by yourself opens up and free your mind and spirit. Taking a trip by yourself allows you to get to know yourself better.
4. **Positive thoughts only:** Make sure to only think positive. Negative thoughts can damage the spirit. Every thought in your mind should be positive. If any negative thoughts occur make sure to switch them to a positive thought.
5. **Yoga:** Yoga helps decrease physical strains on the body. Yoga has been shown to decrease
6. **Nature walks:** Some people see their spirit as the “nature” within themselves. We believe nature has a natural healing ability to our spiritual health. Walking a trail or even being out in a flower garden can help strengthen your spiritual health.

SPIRITUAL HEALTH ROUTINE



on weekdays

Pillar 3: Physical Health

What is Physical Health?

Physical health is the “health” we all think of when someone says I am healthy. Physical health involves the body and how well it is performing. Physical health involves the bodily systems (circulatory, immune, & digestive). When someone is physically healthy, they have all of their bodily systems in peak conditioning. This can be done through exercise, nutrition, and collaboration with a healthcare provider).

Why is Physical Health the 3rd Pillar?

We place physical health number 3 because health is more than just bodily systems. A person must have their spirit and mental health under control first. Physical health takes control and will power. A person must be strong mentally and spiritually before they can tackle their physical health.

What can I do to improve my Physical Health?

Ok I know you may be thinking, I can exercise that's all I need to do to improve my physical health. Yes, that's partially true but it takes more than just a good workout routine. Physical health involves body systems, and the cardiac and muscular systems are only 2 of many systems. Remember marathon runners and body builders don't live forever. You must be in tip top physical health but you must have a gameplan to improve the other body systems.

Tips to Improve your Physical Health

1. Have a Good Workout Routine: We want to stress the importance of good physical exercise. We are just reminding you that exercise is not the only important part of being physically healthy. Man of Health offers many workout routines, but you do not have to choose any of the. The important thing is to be active. We recommend being active for 25-30 minutes a day 5 days a week. Your workout routine should include strength training and cardio.

2. Have a Health Gameplan: Yes, a health gameplan. As people we are usually reactive instead of being proactive. We like to fix instead of prevent problems. When it comes to your health you cannot take that approach. You need to have a gameplan to prevent or better manage chronic diseases. Ex: Family with a history of diabetes. When was the last time you had a A1C done? Do you know what an A1C is? Are you eating to prevent diabetes? When you exercise are you eating enough carbohydrates to prevent hypoglycemia. You must have a gameplan. Even if you have no chronic issues and you see the doctor routinely. Do you feel like a partner with your provider, or do you just follow their direction? You need a health gameplan.

3. Eat a Well-Balanced Diet: I know you seen this one coming. You have to eat healthy to be healthy. If you have no idea where to start we can help or you can talk to a nutritionist.

4. Know your Health Screens: There are certain health screens that you should have done based on your age and health risks. By 40 years of age should have had a: Skin screen, Cholesterol screen, High blood pressure screen, Eye exam, mental health screen physical, HIV/STI screens, and a BMI done. (These are the screens for healthy individuals).

5. Good Night's Sleep: We cannot stress the importance of having a good quality nights rest. They say you should have 6-8 hours rest every night. We agree but we believe in quality over quantity of sleep. We want you to get 6-8 hours of quality uninterrupted sleep. Get a bedtime routine and follow it religiously. We also recommend putting your phone on do not disturb. Do not look at your phone for 30 minutes before you rest.

Man of Health: Workout Plans 12.99 (does not include your 40% off)

If your in need of a cheap workout plan check these out. Workout plans only 12.99 before your discount (7.70 after discount applied). Push the links below to purchase.

- **150-175 lb Man Workout:** Plan designed for the man trying to “Bulk Up”

[150-175 lb Workout Plan](#)

- **175-200 lb Man Workout:** Plan designed for man trying to “Maintain” their current weight. Helps define the muscle you already have.

[175-200 lb Workout Plan Home & Gym](#)

- **200+ lb Man Workout:** Plan designed for men 200lb+. Build muscle while losing fat.

[200+ lb Workout Plan](#)

- **Man of Health Ab Workout Routine.**

[Free Ab Workout](#)

Man of Health: Health Gameplans

Do you need assistance with a Health Gameplan? We can create a customized health game plan just for you. What's included?

- Initial Online Consultation: Here we discuss your goals and health history
- Personalized Workout: Sent to via email with updates to the plan every week.
- Weekly check-in: Via text or email (your preference)
- Food Plan: Based on your needs
- Detailed Breakdown of your health history: Education on chronic issues and what to discuss with your provider.
- Health Screenings you need to set up: What to expect for each screening.
- Daily motivation sent to you via text or email (your preference)
- Every 4 week online meet up. Check on progression and any changes that need to be made. At this time, we will discuss if you need continued gameplanning.
- Membership into our Man of Health Private Group.
- Discounts on Future Man of Health Products (Supplements and Workout plans)

Cost is 59.99 but you receive a 25% Discount contact us:

[Personalized Health Gameplan](#)

Or Email us @: manofhealth318@gmail.com

Pillar 4: Sexual Health

What is Sexual Health?

As men we all like sex, but do we truly understand what sexual health is. Sexual Health is the practice of engaging in sexual acts in a healthy and satisfactory way. Sexual health can have an effect and be affected by your physical, spiritual, and mental health.

What Makes a Man Sexually Healthy?

He is able to communicate with his partner exactly what he needs and exactly what he needs to give to receive/deliver pleasure.

A sexually Healthy Man respects the rights of others at all times.

He never puts someone at risk if known to have a sexually transmitted infection (STI) or HIV. He obtains appropriate testing and treatment if needed.

A sexually Healthy Man can perform when it is time to perform.

A sexually healthy man is educated about what organs and hormones control his sexual health.

Tips to improve your Sexual Health

Tips to improve your Sexual Health:

- **Education:** Improve your sexual health you must become educated. A person needs to be educated on sexually transmitted infections (STIs) and HIV. Ignorance cannot be an excuse when trying dealing with sexual infections. You must educate yourself on your partner's needs sexually.
- **Understand your body changes:** Our bodies change as we age physically and sexually. This does not mean we have to suffer a decline physically or sexually as we age, but just be cognizant that changes do occur. Accept those changes and improve on things you can improve.
- **Communicate:** It is important to communicate with your partner if you want to be sexually healthy. You must communicate with your partner to deliver a great sexual experience. You must educate with your healthcare provider, if you do have a problem with your sexual performance. There are medications and therapies that can help your sexual performance.
- **Switch it up:** Do not fall into the same old routine. Routines can be helpful in life, but in sex it can become boring. Switch it up not just the positions of sex, but also the location of their sex.
- **Stay active:** It is important to stay active. You cannot perform sexually if you are not actively fit enough to perform. Staying active does not mean working out to the point you are too fatigued to perform. Just stay active.

Here are a few workout plans to help you stay active as you age. (Click the Links).

[Forever Fit 40:](#) Workout Plan for people in their 40s.

[Forever Fit 50:](#) Workout Plan for people in their 50s.

[Forever Fit 60:](#) Workout Plan for people in their 60s.

What to do NEXT?

Ok so you got some helpful information.

What do you do next?

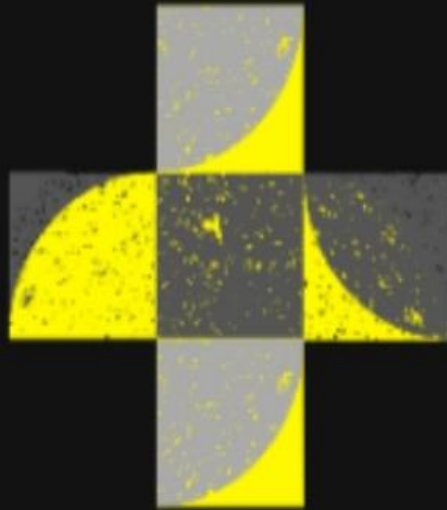
It's simple take this information and get started NOW. There is no time to waste. You need to improve your pillars of health.

What if this is not enough information?

You can find more information on our website [Man of Health](#). As always our blogs and articles are free. You will never have to purchase any of our information. We continue to educate men daily with our posts.

Where else can we follow Man of Health?

Please give us a like on our Facebook page: [Man of Health Facebook Page](#)



Man of Health

Blog and Website

“

*The Enemy of Progression is
Comfort. Keep Grinding*

PT Barnum

”

Join our Private Group

Our Community will be a place where you and other members will join to help motivate each other on your journey to become a Man of Health.

Don't miss out on this opportunity. You will receive exclusive deals and discounts as a member.

[**Join Here**](#)

The Community