

The 14 Day Age Reversal Guide

Your Kickstarter Guide to Slowing & Reversing Aging

The tools you
need to succeed
+
Sample 14 day
schedule

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Welcome

A person is walking away from the camera on a sandy beach. In the background, there are several houses and a clear sky. The overall scene is bright and sunny.

Welcome to your 14-day journey towards a younger, better version of you! Aging is a natural process, but it doesn't mean you can't take action to slow it down. In fact, you can reverse some of its effects and reclaim your youth. Let's delve into the key aspects of starting this transformative change.

Understanding Aging

What exactly is aging, and how can we defy its inevitable course? Aging is the process of growing older. It is a progressive change that can lead to an increased risk of debility, disease, and death.

Aging is akin to a sprint; our goal is to delay the slowdown. Sprinters often aim to reach a top speed, and then do all that they can to maintain that speed for as long as possible, despite the inevitable slowdown. The ones who win are the ones who can maintain that top speed longest with as minimal slowing down as possible.

While we can't stop the clock, we can certainly control its pace.

Slowing & Reversing Aging

The first section of this e-book will highlight and talk through the key categories of aging, and what we can do to influence each category to control the aging process, slow it down, and begin to reverse it.

The second section will give you a 14 day plan to put each category into daily, actionable steps to take control of your health.

Nutrition

Fueling Your Youth:
Nourishing your body is the
cornerstone of reversing
aging.

Water: Start and conclude your day with a glass of water. Proper hydration is a simple yet powerful tool, and most people do not drink enough water.

Nutrients: Fuel your body with essential vitamins and minerals to support growth and sustained energy by consuming well-balanced meals.

Protein: Most people do not consume enough protein in their diet. Embrace protein-rich foods to aid recovery and maintain crucial muscle mass.

Meal Timing: Avoid prolonged gaps between meals and opt for well-balanced, timely nutrition. I recommend 3-6 smaller meals per day.

Weight Management: Control your weight. Excessive body fat and weight gain are substantial factors in aging.

Stress Reduction

A Gateway to Youth: Stress is a silent ager; let's conquer it.

Scheduled Breaks: Take short breaks every 60-90 minutes to refresh your mind and body.

Downtime: Allocate moments for relaxation or simply doing nothing. We live in a fast-paced culture, take a few minutes to just relax.

Digital Detox: We are inundated with endless hits of dopamine through social media, emails, text, etc. Limit social media and interruptions for a break from stress-inducing stimuli.

Mindful Practices: Incorporate meditation and breathwork to alleviate stress and promote mental well-being.

Flexibility & Recovery

Embrace Your Body: Caring for your body is a timeless secret to youth

Yoga: Yoga is something I wish I found sooner.

Discover the power of yoga for a great blend of strength and flexibility to slow aging. It can be as simple as a 10 minute YouTube video.

Sauna Sessions: Sweating out toxins contributes to overall health and rejuvenation. This is a great recovery modality for your body if you have access to it.

Stretching Rituals: Combat the effects of a sedentary lifestyle with regular stretching to maintain flexibility.

Proper Sleep

Your Fountain of Youth:

Quality sleep is your
body's ultimate
restoration process.

Optimal Conditions: Create a dark, quiet, and cool sleeping environment. Your body drops in temperature before falling asleep, so it's important to have a slightly cooler room to help aid in this process.

Consistent Schedule: Maintain a regular sleep routine to synchronize your body's internal clock and circadian rhythm.

Tech-Free Zone: Keep electronics away from your sleep sanctuary for undisturbed rest.

Exercise

The Youthful Elixir:
Incorporate a mix of
cardio and strength
training for a youthful
physique

Cardiovascular Exercise: Elevate your heart rate with activities you enjoy, such as running or cycling.

Resistance Training: Embrace strength training to build muscle and support bone health/longevity.

The 14 Day Age Reversal Plan

The next section of this e-book highlights the 14 day plan with each section broken down into bite-sized chunks that you can begin to incorporate into your everyday life.

Embark on this 14-day journey with commitment, and you'll not only feel the changes but witness the transformation. Reclaim your youthful energy and vitality – ***a younger version of you awaits!***

Day 1 & 2: Establishing Foundations

Morning Routine: Begin your day with a gentle stretch routine, focusing on dynamic movements for 5-10 minutes. This could be arm circles, leg raises, or jogging in place. Spend a minute on each muscle group. In the evening, engage in static stretching for flexibility, holding each stretch for 30 seconds. This should be the first thing you do upon leaving your bed.

Hydration Kickstart: Boost your water intake by placing two glasses near your bed—one for the morning and another for the evening. Consume one glass upon waking and the other before bedtime.

Day 3 & 4: Nutritional Awareness

Balanced Nutrition: Integrate one additional well-balanced meal into your daily diet to ensure a diverse range of nutrients. Balance entails a lean protein, fruit/vegetables, and healthy fats such as nuts or olive oils.

Protein Boost: Elevate your protein intake by incorporating a protein-rich source into at least one of your meals. Consider preparing extra portions during your regular cooking to have convenient, ready-to-eat meals stored in Tupperware. A simple meal of grilled chicken, some vegetables, and almonds or walnuts can make for a great, balanced meal with plenty of protein.

Day 5 & 6: Weight Management Awareness

Calorie Control: Pay close attention to portion sizes and begin tracking your daily calorie intake. You can use free tools such as MyFitnessPal.

Cardio & Resistance Kickstart: Introduce a 15-minute session of brisk walking or another cardio activity. Additionally, incorporate push-ups and sit-ups into your routine with three sets each, aiming for as many reps as possible.

Day 7 & 8: Stress Reduction Initiatives

Short Breaks: Schedule 5-minute breaks every 60-90 minutes throughout your workday. Utilize a timer on your phone or block time on your calendar to ensure consistency.

Scheduled Downtime: Allocate 30 minutes each day for scheduled relaxation or light activities such as reading, journaling, taking a walk, or watching TV.

Digital Detox: Set aside one hour to limit social media and screen time. Utilize app settings or timers to enforce this dedicated time away from digital devices.

Day 9 & 10: Mindful Practices

Mindful Meditation: Begin with a 5-minute guided meditation using apps like Calm or Headspace, or simply focus on your breath for a few moments. There are also great guided meditation sessions you can follow on YouTube, such as guided exercises from Sam Harris.

Day 11 & 12: Flexibility & Recovery

Stretching Routine: Expand your stretching routine to 10-15 minutes, incorporating both morning and bedtime stretches. Gradually introduce new stretches and increase the hold times for static stretches in your evening routine to 60 seconds each. Static stretching should be done to a mild/moderate discomfort without pain. You should begin noticing an increase in your range of motion if you've been consistent by day 12.

Day 13 & 14: Sleep Optimization

Sleep Discipline: Spend time establishing sleep discipline by transforming your bedroom into a tech-free zone. Adhere to a consistent sleep schedule, ensuring a dark, quiet, and comfortable environment conducive to restful sleep.

Conclusion & Going Forward

If you follow the advice in this guide, you **will** begin to see and feel transformative change. Keep in mind that it takes time to slow, control, and reverse the aging process – you formed the habits you’ve had leading up to this book in a long period of time, so 14 days simply won’t be enough to change everything. **The goal of this book is to give you a starting point to form healthy habits to take control of your health and wellbeing.** Continue making and implementing small, sustainable change, and you will continue to see results.

If you found this helpful, and want a done-for-you plan to really take control of your health and wellbeing, with expert coaching, guidance, and accountability to get real results, consider joining my [**6 Week Transformation Program**](#).