

WHERE TO FIND GREAT TRAINING RESOURCES FOR HEALTH, FITNESS AND HUMAN PERFORMANCE

Medical Disclaimer:

The information in this book is not intended to be medical advice and is not a substitute for medical attention. It is presented here for information and educational purposes only. Please consult your primary care physician for immediate medical or other healthcare-related concerns. Regarding exercise and sports, please seek the advice of your physician before starting any exercise program.

The Future of Health and Wellness is Precision Medicine

“The Doctor of the Future will give no medicine but will interest his patients in the care of the human frame, in diet, and the cause and prevention of disease.”

-Thomas Edison

We are seeing this come to fruition and play out today as the field of precision medicine moves us out of the dark ages of cookie-cutter medicine and into the future of individualized health. The future of healthcare is bright and driven by identifying specific biomarkers through blood chemistry and other diagnostics to provide the best individual care possible.

****NOTE****

This list below is by no means comprehensive. Instead, it represents some of the best in health, fitness, and human performance. This list will evolve over time as I meet and engage with thought leaders in these fields. Please contact me if you are in one of these fields, and I missed your name. I am always looking to connect with the high performers and Mavericks who are doing great and daring work centered around health, fitness, longevity, and optimizing human potential.

Dr. Peter Diamondis and other trailblazers posit that the next decade (2023-2033) will see more progress than in the last century (1923-2023). Having a longevity mindset is one in which you believe in the idea that progress in biotech and scientific advancement will be able to expand life expectancy by 10-20 years or more.

Dr. Diamondis and Dr. David Sinclair have spoken about breaking through the escape velocity of lifespan. They are referring to the fact that we are seeing exponential growth in progress, such that if you live longer, your ability to live longer may increase exponentially beyond conventional limits. They point to advances in gene therapies, epigenetics, and stem cells that look promising at advancing what we think the upper limit of the human lifespan can be.

That is why it is vital for you to become your best advocate and take control of your health. Your doctors are not going to do it for you. But armed with a curiosity mindset and a beginner's mind, you

can continue to stay abreast of advances and seek out new technologies as they come online. Get busy living. Onward.

HEALTH & LONGEVITY RESOURCES

1. <http://diamondis.com> Peter Diamondis
2. <http://peterattiamd.com> Peter Attia
3. The Sinclair Lab David Sinclair David Sinclair, PhD

Check out Dr. Sinclair's work at Sinclair Lab here:

<https://sinclair.hms.harvard.edu/>

Dr. Diamondis is the founder or co-founder of many companies, including Celularity, Fountain Life, and Human Longevity Inc., to name a few. Find out more at <https://www.diamandis.com/companies>

These thought leaders are among the best I have encountered and will be a guiding beacon for you on your continued journey. They will also be an excellent source for keeping current on the latest advancements and best practices regarding optimizing your health and lifespan.

Be sure to keep current with the Only One Body resources page. I will update healthspan and longevity resources as I learn of them.

HEALTH, NEUROSCIENCE, HUMAN BIOLOGY, HUMAN PHYSIOLOGY, HUMAN PERFORMANCE

1. THE HUBERMAN LAB PODCAST
2. Dr. Stacy Sims on IG @ drstacysims

Precision Medicine Resources

Expert physicians with a progressive mindset can now run diagnostics like blood chemistry labs and other tests that look at your biomarkers. This allows them to help identify potential threats or risks of developing certain illnesses and diseases and, more importantly, get an individual blueprint of your body biochemistry to make better health-related decisions based on your specific needs.

Here are just a few that are doing good work in this space:

LIFE FORCE <https://www.mylifeforce.com/>

MAREK HEALTH <https://marekhealth.com/>

WILD HEALTH <https://www.wildhealth.com>

DIAGNOSTECHS <https://www.diagnostechs.com>

TRAINING RESOURCES

- EXOS <https://www.teamexos.com>
- MIKE BOYLE STRENGTH COACH www.strengthcoach.com
- ERIC CRESSY www.cresseypower.com
- NICK TUMINELLO <http://www.performanceu.net/>
- PAT MCNAMARA <https://www.combatstrengthtraining.com/> and TMACSInc
- THE BLAUER SPEAR System w/ Tony Blauer <https://blauerspear.com>
- KELLY STARRETT <https://thereadystate.com/>
- STARTING STRENGTH Mark Rippetoe <https://startingstrength.com/>
- DR STUART MCGILL <https://backfitpro.com>
- MOUNTAIN TACTICAL INSTITUTE <https://mntactical.com/>
- WIM HOFF BREATHING
- CATALYST ATHLETICS w/ Greg Everett www.CatalystAthletics.com

- ❑ DR. JOEL SEEDMAN www.advancedhumanperformance.com
- ❑ MIKE MATTHEWS Muscle for Life and Legion <https://legionathletics.com>
- ❑ DR. COURTNEY CONLEY, D.C. <https://gaithappens.com> Online Gait Analysis
- ❑ DR. TOM MICHAUD <https://www.humanlocomotion.com/>
- ❑ ATG and KNEESOVERTOES Ben Patrick
- ❑ SQUAT UNIVERSITY Dr. Aaron Horschig, author of Rebuilding Milo and The Squat Bible
- ❑ BEN BRUNO TRAINING on IG @benbrunotraining
- ❑ ALWAYS AN ATHLETE on IG @juddlienhard
- ❑ PHASE6FITNESS on IG @phase6fitness

If you are in Northern Virginia, check out these great resources.

1. Trident Athletics
2. Capital MMA
3. CrossFit Burke
4. SAPT
5. RAMP