

Alan's Health Guide

ALAN FREI

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About the Author

«I was a 40+ unhealthily overweight dude. Now I am competing to go to the Olympics».

– Alan Frei

In 2022, Alan weighed 102 kilograms at 1.72 m tall. The stress of building his company, Amorana, into a multimillion-dollar business had taken a toll on his physical health. After reviewing his concerning blood test results, his doctor warned him that he was heading down the same dangerous path like his father, who passed away at just 59 years old.

That was when Alan decided to turn his health and his life around by setting an unconventional goal: «From Obese to Olympics.»

Since then, he has taken up professional curling and, alongside his team, won gold twice in international championships, claimed the title of Asia Champion, and is on track for the 2026 Winter Olympics in Milano Cortina.

Alan is not a nutrition or fitness expert, but he found a method that turned his physical and mental health around. In this guide, he shares his approach to nutrition, movement, and sleep, and the daily routines that helped him lose over 25 kilograms (66 pounds) in the last 3 years, build strength, and feel happier overall.

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Chapter 1: My Story

For all my life, I have struggled with my weight. I was always the chubby kid.

So, I tried every new diet, from low-carb, to high-fat, to keto, to vegetarian to carnivore. I had only one meal a day and, when that did not work, lots of small snacks. I even tried *OZEMPIC*, a weight loss injection, and other appetite suppressants. But all these diets had one thing in common: The minute I stopped, I regained even more weight. All these approaches were just shortcuts.

I needed a system I could rely on for life.

A Serious Change

I spent decades yo-yoing my way up and down until 2022, when a medical check-up revealed that my cholesterol, blood sugar, and inflammation levels were way too high. I weighed 102 kilograms at 1.72

meters tall. Given my family history, where both my father and grandfather passed away at 59, I knew I needed to make a serious change. I had just sold my company, *Amorana*, and it felt like the right time to start over. This time with a different approach.

From Obese to Olympics

In order to lose weight and get healthy, I needed a story for myself that would keep me accountable and focused on what I wanted to achieve. That story became «From Obese to Olympics», and my goal: making it to Milano Cortina 2026.

I knew that representing Switzerland was impossible for either the Summer or Winter Games. Luckily, I am half Filipino, so I decided to go with that. In early 2023, I shared my Olympic ambitions publicly with everyone.

Soon after, Christian Haller, former Swiss Youth Vize World Curling Champion, reached out to me. He, Enrico Pfister and Marc Pfister had been planning to form a Philippine curling team for years. I had no experience and was out of shape, but I was being serious about my ambitions. I started to train rigorously. Morning workouts in the gym for strength and endurance and afternoon sessions on the ice.

Gold at the Asian Winter Games

A few months in, in November 2023, we placed second at our first international tournament, the Pan Continental Curling Championships (PCCC) in Kelowna, Canada. A year later, we won gold at the same competition, followed by gold at the Asian Winter Games in Harbin, China in February 2025.

I Have Come Further Than I Ever Thought

Even if I do not make it to the Olympics, this journey has changed my life completely. I feel so much more energetic now, and I am finally healthy. My blood work is back to normal and I have lost over 25 kilograms in 36 months.

A Simple Routine

This has led me to the conclusion that what works is a simple, healthy routine and a system I can rely on. This system is built around three pillars: nutrition, movement, and sleep. In the following chapters, I will share what has worked for me, keeping it as simple as possible. In the last chapter, I will list all the tools and apps I use and that have helped me along the way. In the end, there are many things I could do for my health, but I have found that sticking to the basics is what makes the biggest difference.

Chapter 2: Nutrition

I have had a difficult relationship with food for as long as I can remember. Especially when I am stressed, I tend to eat too much too fast, and I crave certain foods that are not good for me. But I know that I can only sustain a healthy diet in the long term if I do not overly restrict myself. This is why having a flexible system that I can fall back onto is so important for me.

These Things Have Changed How I Eat

Two things contributed the most to my weight loss: eating at a calorie deficit and eating the right foods. Healthy whole foods with high protein, fiber, vitamins, and minerals are the foundation of my diet. Think meat, eggs, vegetables, berries and so on. No amount of exercise can make up for a bad diet. As long as my nutrition stays on track, I can prevent gaining

weight, even in times when I train less, for instance, when I travel.

But whole foods alone do not satisfy my cravings for unhealthier foods like chips, ice cream, or pizza. When that happens, I choose the option with more protein or fewer calories.

Keeping things simple and consistent has worked well for me.

How I Eat Today

Protein

Protein is the most important part of my diet. It keeps me full for longer, helps me maintain steady energy levels, and supports muscle growth. I make sure to get enough protein throughout the day by following a few simple rules.

I start my day with at least 30 grams of protein in my first meal. This helps

stabilize my blood sugar and keeps me satiated for hours. I aim for a total of 2 or even 3 grams of protein per kilogram of body weight each day. To make sure I hit my target, I always eat my protein first in every meal.

When I need a snack, I go for high-protein options. My favorites are protein bars, high-protein chips, or high-protein yogurt drinks. If those are not available, I choose low-calorie fruits like watermelon or berries.

Here are some great protein sources I rely on: greek yogurt, cottage cheese, eggs, chicken, salmon, seafood, lentils. I also eat nuts sometimes, but since I aim for a calorie deficit, I keep the portion small.

Meals

I follow a simple structure for my meals. As mentioned, I have 30 grams of protein for breakfast. For lunch and dinner, I

always eat the protein first, then move on to vegetables, and finish with carbohydrates. That way, I get enough protein before filling up on other foods. When eating at restaurants, I avoid eating bread before lunch.

I also follow the principle of volume eating. That means I eat large portions of low calorie foods, like watermelon and cucumber, or I double the amount of vegetables at lunch or dinner. That way, I fill up without adding too many calories.

For carbohydrates, I prefer potatoes because they keep me full the longest. If I want dessert, I go for a protein bar I bring with me or one scoop of vanilla ice cream. This setup works well, even when eating out.

Here are the rules I try to follow:

- Stay in a calorie deficit, even if it does not work every day.

- Eat 2-3 grams of protein per kilogram of body weight per day.
- Aim for 1 gram of protein per 10 calories in a meal or snack. For example, if I eat a protein bar, I have one with 15 grams of protein at no more than 150 calories.

Eating Habits

I often eat too fast, and I still struggle with this. One thing that helps me stay more aware and in control is tracking my food. People who do not tend to overeat may not know the feeling of eating mindlessly.

Tracking my calories in an app like *Yazio* helps me stay accountable. Ideally, I enter the data before I eat, which makes it easier to stay in a calorie deficit.

Fruit

Fruit is important, but some have a lot of calories, for example, bananas, grapes,

and cherries. When I realized that I was eating more calories than I needed, I switched to lower-calorie fruits like berries and watermelon. This way, I still get my vitamins and fiber, and it is easier to stay within my daily calorie limit.

Thermic Foods

Thermic foods help my body burn more energy during digestion. Protein has the highest thermic effect, which means a large part of its calories are used just to break it down. That is one of the reasons I make it the focus of my meals. Vegetables that are high in fiber, like broccoli, spinach, and cabbage, also take more effort to process and help keep my metabolism active.

Hydration

I drink at least two liters of water a day. Proper hydration keeps me from mistaking

thirst for hunger, supports digestion, and helps my body recover after workouts.

I start my mornings with one liter of salt water on an empty stomach. After the gym, I have an espresso. I used to drink cappuccinos and other milk-based coffees, but I rewired my habits over time. I learned that it takes about 10-12 repetitions to shift a craving. After that, I no longer missed the cappuccinos.

I sometimes drink zero-calorie sodas, especially when I am out. Some people are strongly against them. For me, they work.

I have also cut back on alcohol. I often take months off from drinking and, when I do have a drink, I keep it light. My go-to choices are tequila soda or, at most, two glasses of a very good wine. When I am out with friends, I simply pour a glass of wine and sip on it slowly. That way, I can enjoy the evening without drawing attention to the fact that I am not actually

drinking. Most people do not notice, especially when they get drunk themselves.

Energy Requirements

Understanding how my body burns energy has helped me a lot. The three main factors that determine my daily energy needs are Basal Metabolism, Performance Metabolism, and Total Metabolic Rate.

Basal metabolism. This is the energy my body needs to function at rest. It includes things like breathing, circulation, and keeping my organs working. It is the largest part of my daily energy use and does not change much unless I lose or gain a lot of weight. For most people, basal metabolism makes up around 60 to 70 percent of their total energy needs. On average, men burn between 1,600 and 2,000 calories per day at rest, while women burn between 1,400 and 1,800 calories.

Performance metabolism. This is the energy my body burns through movement. It includes everyday activities like walking, standing, or taking the stairs, as well as exercise like lifting weights or cardio. The more active I am, the more energy I burn. Someone with an office job who moves very little might burn only 200 to 400 extra calories a day. Someone who walks short distances burns around 400 to 700 calories. People who cycle to work, go for long walks, or train a few times a week burn about 700 to 1,200 calories. Those with physical jobs like construction work or waiting tables burn between 1,200 and 2,000 calories.

Total metabolic rate. This is the combination of basal and performance metabolism, the total number of calories I need to maintain my current weight. My total energy needs change depending on my activity level. If I train more, I burn more energy. If I move less or eat at a higher calorie deficit, my body needs fewer

calories. Right now, my total metabolic rate or maintenance calorie requirement is at 2,000 calories per day.

What I did When I Stopped Losing Weight

At first, the weight came off quickly. Then, my body adjusted and my metabolism slowed down. I learned that my maintenance calorie requirement had dropped from 2,400 to 2,000 calories, which meant that eating more than 2,000 calories a day would lead to weight gain.

To keep losing weight, I had to increase my calorie deficit. I reduced my intake by about 300 calories per day, which allowed me to still lose around 0.5 kilograms per week. But with the new deficit, I felt hungrier. What has helped me is eating more protein and fiber, as both make me feel full faster and keep me satiated for longer.

To stay on track, I always write down my daily nutrition goals in a simple Excel sheet on my phone:

- Maximum calorie intake: Total metabolic rate minus 300 calories
- Minimum protein intake: 2 grams per kilogram of body weight

I also track my calories. Tracking everything helped me make better food choices and stay consistent.

How I Maintain My Weight

Once I reached my target weight, I kept my maintenance calorie requirement (2,000 calories a day) for 3 months. At the same time, I kept my physical activity steady with regular workouts and 12,000 steps daily. This allowed my body to adjust to its new weight and stabilize at the lower calorie intake.

After those 3 months, I gradually increased my calorie intake again to be able to eat more while keeping my target weight. I did this by adding 100 calories each month to my daily intake, while keeping physical activity steady.

Here is how I maintained my target weight and increased my maintenance calories over 6 months:

- **Months 1-3:** I stayed at 2,000 calories per day to let my body settle into its new maintenance mode.
- **Month 4:** I increased my intake to 2,100 calories per day and held it there for the entire month.
- **Month 5:** I bumped up my intake to 2,200 calories per day.
- **Month 6:** I raised it again to 2,300 calories per day.
- **Month 7:** I had returned to my original maintenance level of 2,400 calories per day.

I weigh myself every morning and write it down. The daily weight does not matter that much. What matters is the weekly average.

What It Boils Down To: A Flexible System

Losing weight and keeping it off comes down to a few key things. Eating enough protein, staying in a calorie deficit, walking 12,000 steps a day, and following a simple workout routine have made the biggest difference for me. I focus on high-protein foods and stick to habits that make healthy eating easy most of the time. When I travel or go off track, I do not stress. I focus on what I can control, like tracking calories and eating as healthily as I can with what is available.

For example, I like eating ice cream, and sometimes, when I am at *McDonald's*, I do not want to deprive myself. But then I found out that a *KitKat McFlurry* has 512

calories. So, I swapped it for a plain sundae with just 151 calories and felt just as satisfied.

In the end, this system has worked for me because it gives me a strong foundation I can return to anytime. It is also flexible enough to fit into real life, including travel, dinners, and lunches with friends.

Chapter 3: Movement

Every time I decided to lose weight, I went straight to running. I thought that was the fastest way to burn fat. But I was overweight, and running sometimes gave me knee pain. So, I only managed to run every other day or even less frequent because I was exhausted from the runs before.

After four or five weeks, I stopped. Months later, I tried again. Then I quit again.

I realized I needed something I could stick to long-term. The change came in 2023 when I set the goal to go «From Obese to Olympics».

How Movement Has Changed My Health

When I first started going to the gym, I could not do a single pull-up. Today, I do 14 in a row.

Since I started my fitness journey, I have lost over 25 kilograms. My blood work is back to normal, I have stopped snoring, and I feel much better overall.

The key was building muscle first, then adding the right type of cardio.

Strength Training

I did not know anything about strength training when I first started. I thought building muscle was only to look better. But from my trainer, I learned that muscle is essential for longevity and that it helps burn fat even when at rest, which made having more muscle essential to losing weight.

I asked *ChatGPT* what exercises work for people like me who do not like going to the gym. It gave me a simple strength training routine with just four basic exercises.

These exercises are:

- Back squats with weights
- Deadlifts
- Bench press for the chest
- Pull-ups

I liked that it was simple and worked my whole body. I did not have to think about what to do at the gym.

For each exercise, I do 2 sets at a certain weight and number of repetitions. I increase the repetitions over time. When I reach 14, I raise the weight and start again at lower repetitions. Then I build up again.

With pull-ups, it was a bit more difficult. I was very unfit and had to build the right muscles first. I used resistance bands, did assisted pull-ups, and practiced slow negative pull-ups. The turning point came after 8 weeks of training and losing 7 kilograms of weight: I did my first pull-up. Now, I can do 14.

I track sets, repetitions, and weights of all my workouts on my phone.

After my workout, I hang from the pull-up bar for about a minute to stretch out my back and joints.

Cardio

Cardio has helped me massively improve my heart health and aerobic fitness. I do it twice a week, but not mainly for weight loss anymore.

- On Tuesdays, I do interval training to work on my VO2 max.
- On Thursdays, I cycle at a steady pace to build endurance. If the weather is nice, I deliver Uber Eats on my bicycle instead.

Curling

As I was training for the Olympics, I had to improve my curling skills. Besides

technique and practice, I work on core strength, mobility, and balance.

I do things like standing up without using my hands, balancing on one leg, or training on unstable surfaces. These help me squat lower and stay more stable on the ice.

I have also added 2 to 3-minute planks to my workout routine. And I do 5 minutes of stretching each night before going to bed.

My Workout Routine

This is the workout schedule I set up back in 2023 and still follow:

- I train for about 30 to 45 minutes in the gym every weekday in the morning.
- I do strength training on Mondays, Wednesdays, and Fridays.
- Tuesday and Thursday mornings are for cardio.

- In the afternoon of every weekday, I practice curling on the rink.
- On weekends, I rest and recover. I do nothing, except for some walking.

When I travel, I book hotels with a gym. If there is none, I follow YouTube videos and do bodyweight workouts in my room. Additionally, I explore cities on foot and often get up to 20,000 steps a day.

How I Move More in Daily Life

The most important change I made in terms of movement was increasing my steps. In addition to the gym and curling practice, I walk as much as I can. My goal is 12,000 steps per day. This is how I achieve it:

- I walk everywhere I can. If the distance is too long, I take public transport, get off 3 stops early, and walk the rest.

- A real game changer was getting a walking pad (treadmill). I use it during meetings and calls at my standing desk.

Roughly speaking, 1,000 steps burn 40 calories. So, 12,000 steps a day is close to 500 calories.

On Days I Do Not Feel Like Going To The Gym

I have never enjoyed going to the gym. What helps me go anyway is to follow the same simple mantra. I call it:

«Get up, dress up, show up.»

I put my gym clothes out the night before. In the morning, I just get up and put them on. Some days, I would rather stay in bed, but I do not question my routine. Once I am dressed and have eaten, I simply show up.

Most of the time, I get into it once I get started.

If not, that is okay, too. I might do fewer exercises or stay just 10 minutes that day. A little is still better than nothing.

The Bigger Picture: Milano Cortina 2026

Having a story has helped me stay accountable and follow through when things get hard. For some people, running a marathon might work. For me, it is aiming to compete at the Olympic Winter Games in 2026.

Back in 2023, I started telling everyone about my goal, and people still come up to me today to ask how it is going. The social pressure keeps me motivated.

To reach big goals like this, I found that breaking the big goal down into smaller,

manageable steps works well. I call them input and output goals.

- Output goals. The output goal in this case is competing at the Olympics. It is the bigger, long-term goal.

- Input goals. The input goals are the steps I can control and need to take every day towards the big output goal. In my case, that is strength training three times a week, cardio twice a week, curling practice every weekday, and getting in 12,000 steps daily.

What I Wish I Knew Earlier

Muscle is a long-term investment in my health as I get older.

I used to think lifting weights was only to look more muscular. I also thought intense cardio was the only way to lose weight fast.

Now, I know that the biggest impact on my health came from combining strength training and walking a lot. Cardio is important for heart health, while strength training helps me build muscle. Muscles burn calories, even when I am at rest.

Gaining more strength and walking a lot have supported my weight loss, and weight loss has made it easier to work out and more fun to walk more steps and take the stairs more often.

My weight is also more stable now, which means I have more room to eat something less healthy once in a while without losing progress.

Chapter 4: Sleep

I should have started with this chapter. It is probably the most impactful in this book.

I used to think sleep did not matter that much. But out of everything I have changed, nothing has made a bigger difference to my overall energy, mood, and performance. For me, nothing replaces a good night's sleep.

While falling asleep was never a problem for me, in recent years, more stress made my sleep quality get worse.

I had to make some changes.

Why Sleep Matters

When I was running my former company *Amorana*, I thought the less I slept, the more I could get done. I cut my sleep down to 5 hours a night. But it left me

tired most days, less focused, and I started making worse choices with food.

Now I understand why. When I do not sleep enough, my body is under stress. That makes cortisol levels go up. Cortisol is a hormone that can slow down the metabolism and tell the body to store energy instead of burning it. It also increased my appetite for sweets and junk food. That is why getting enough sleep is so important for long-term weight loss.

When I sleep well, my mind is sharper, and I feel more balanced. That is why I now aim for 7 to 8 hours of sleep every night.

How I Improved My Sleep

I sleep best in a cool bedroom, on a flat pillow and when I am undisturbed. These are the changes I made to my daily routine and my sleep environment:

Cooling Down the Bedroom

I air out my bedroom every night before going to sleep. The optimal temperature for me is between 18 and 21 degrees Celsius. Having fresh, cool air supports the body's natural drop in core temperature at night, which makes it easier to fall and stay asleep.

Blackout Curtains

I prefer a quiet and dark sleep environment. At home, I have blackout curtains, and when I travel, I wear a 3D eye mask.

I prefer this type of eye mask over a regular one because it does not press on my eyes. I can open and close them freely, which helps me relax more easily. I chose silk as a material because it feels comfortable on the skin.

Using Earplugs

It took me a while to get used to sleeping with earplugs. At first, it felt strange, but over time, I got used to it. I usually only need them when I am traveling.

I tried all kinds, *LOOP* for instance, but in the end, the simple foam ones work best for me.

Napping

Napping has been part of my routine for years. It makes one day feel like a day and a half in terms of focus and productivity. I nap every day after midday for about 15 to 20 minutes. Most of the time, I just lie down and rest. I do not fall asleep, but I still get up with more energy and feel sharper for the rest of the day. I use noise-canceling *AirPods* and a sound app that helps me unwind and block out background noise.

Sleeping on a Flat Pillow

I changed my pillow. Now, I use a flat, supportive pillow that keeps my neck in a better position while I sleep. I cover it with a silk pillowcase that stays cool throughout the night.

When I travel, I bring the pillow case with me. If the hotel pillows are too high, I simply fold a towel and place it inside my pillow case. Its smell also reminds me of home which makes it easier to relax and fall asleep at night.

Taking Magnesium

Another thing that has helped me fall asleep faster is magnesium. I usually take it before bed as it relaxes the muscles and calms the nervous system.

Taking A Short Hot Shower

I usually fall asleep quite easily but if I struggle, I take a short, hot shower. The heat helps my body relax and signals that it is time to wind down. At the same time, my core body temperature drops after a hot shower, which makes it easier to fall asleep.

Waking Up Without an Alarm

One habit changed my sleep more than anything else. I stopped using an alarm in the morning.

Instead, I set a reminder at 8:45 pm to wind down. That way, I go to bed around the same time every night. Over time, my body got used to this rhythm. Now, I wake up naturally after 7 to 8 hours. I feel more rested, and my energy during the day is better.

When I travel, especially with jet lag, I do the same. I stay up until my evening reminder goes off at 8:45 pm, then sleep

in without an alarm the next morning. That helps me get back into my natural rhythm quickly, even after long trips.

Why I Do Not Use an Alarm Anymore

Besides all the changes I made to my routine and my sleep environment, the game changer was waking up without an alarm.

It took my body about a week to adjust. During the first few days, I slept longer, sometimes until 9 am. But after that, my sleep found its natural rhythm. Now, I go to bed, sleep through the night, and wake up naturally.

People often tell me they could never do this. They say they would sleep too much. I think that just means that their body needs more rest. Mine for sure did when I made the change from 5 to 8 hours of sleep per night.

Not using an alarm means my body decides how much rest it needs. Most days, I still wake up at the same time, but without forcing it. On days when I need more sleep, I take it.

Of course, there are exceptions. If I have an early flight or an important meeting that cannot be moved, I set an alarm. But most days, I do not schedule anything before 10 am. It might not work for everyone, but it has made a big difference for me.

My Evening Routine

I have a set routine at night that helps me prepare for sleep.

Alarm to wind down. It starts with an alarm at 8:45 pm. I give myself about 15 minutes to finish any open tasks and then start winding down.

Preparing the bedroom and clothes for the next day. I air out the bedroom and lay out my gym clothes for the next day, which helps me stick to my morning workouts.

Stretching. I stretch for about 5 minutes to wind down. Some nights, especially after busy days, I stretch for longer. I might also take a short walk around the block to stretch my legs and get a few more steps in.

Gratitude. I do 3 sets of 10 deep breaths each night. Between each set, I say something I am grateful for. This helps me ease tension and shift my focus.

No phone in the bedroom. The most important part of my evening routine is keeping my phone in the kitchen and turning off all notifications. I only take my tablet into the bedroom, where I do not have any social media apps, just access to shows or simple things to watch. Falling

asleep while watching a movie helps to unwind instead of scrolling on social media. Not taking my phone into the bedroom also prevents me from doom-scrolling if I wake up at night.

Writing ideas down. It happens quite often that I have ideas, thoughts, or to-dos come to me once my body starts to rest. I get them out of my head before sleep by writing them down on my tablet.

Following this routine has helped me slow down and disconnect before bed. Most nights, I fall asleep quickly and sleep through the night.

Resting Beyond Sleep

I found that my body and mind need regular breaks throughout the day and week to stay sharp and focused. Sleep is essential, but there are a few other small habits that complement this and help me reset:

- **Massages.** I try to book a massage regularly to calm my nervous system and release tension from workouts.
- **No-phone days.** Some days, I take a full day off my phone. That is not easy but it reduces distractions and gives me a break from the constant noise.
- **Walking.** An evening walk helps me unwind and get my steps in. After that, I stay off my phone and usually fall asleep quickly.

Regular breaks like these have made it easier to stay healthy, stick to my routines, and follow through on the goals I set for myself.

Chapter 5: Health Hacks and Happiness

In the previous chapters, I shared what I changed in my nutrition, movement and sleep to get healthier.

This chapter is all about the tools, apps, and products I use daily to stay on track with my goals. Keeping it as simple as possible has been key for me. Simple tools and routines have helped me stay consistent.

I also share my approach to happiness and a system that has helped me focus on the important things in life.

Nutrition

I realized that tracking my food and weight every day works like a safety net. It helps me see what is going on, and I can intervene early before I gain too much weight again like I did in the past.

These are the apps and tools that help me daily:

Yazio. I use this app to track calories, protein intake, and steps. (In the past, I also tried *Cal AI* and *My Fitness Pal*, but I do not currently use them.)

Kitchen scale. I sometimes weigh my food to know what to enter into *Yazio*. It also helps to get a feeling for how much I eat in general.

Bathroom scale. I weigh myself every day and enter the weight into my «health cockpit». I calculate the weekly average and use this metric to track my progress.

Health cockpit. I use a simple *Google* spreadsheet to track my health data. Each week has its own section. The first column contains the days of the week, Monday to Sunday. In the following columns, I write down my daily weight, step count,

calories, and protein intake for every day. I also note whether I went to bed by 10:30 pm, whether I exercised, and the ratio of calories to protein to make sure I stay within 1 gram of protein per 10 calories. Once a week, I measure chest, waist, and hip circumference. The bottom row calculates the weekly average for each metric. Very important: the daily weight is not the main metric. It fluctuates a lot depending on when I eat my last meal and what I eat. For example, carbohydrates store more water and can cause the number on the scale to go up temporarily.

As I shared in Chapter 3, eating more protein has been a game-changer for me. I like to have certain high-protein foods at home to cook healthy meals or when I feel like snacking. These foods are:

- Whey protein (I use *Sponser* Whey Isolate 94.)
- Chocolate sauce (I prefer *Callowfit's* zero-fat and zero-sugar chocolate sauce.)

- Liquid egg white
- High-protein yogurt with frozen berries
- High-protein cheese
- Low-fat quark
- Frozen lean minced meat
- Frozen shrimp
- High-protein chips (I prefer *Quest Original Style Protein Chips* with 19 grams of protein per serving.)
- Protein bars (My go-to are *David* protein bars with 28 grams of protein at only 150 calories.)

I also like to use different spices and seasonings to make my food more tasty.

Prep My Meal. When I do not have time to cook, I use *Prep My Meal*. They deliver high-protein, pre-prepared meals straight to my home. Having high-protein meals available prevents me from eating fast food when I do not have time to cook.

Movement

These are the tools that make it easier for me to get my steps in and help me work out when I travel

iPhone step counter. I use the step counter on my *iPhone* to track how much I move each day. It is simple and does the job.

KingSmith walking pad A1. At home, I use the *King Smith* Walking Pad. I walk on it while taking calls or during meetings. That way, I get my steps in without thinking too much about it.

Skinnners. When I travel, I bring *Skinnners*. They are lightweight shoes that feel like socks; easy to pack and good enough for the gym or short walks.

Sleep

In the past chapter, I shared what has helped me sleep better. Here are the products and apps I use:

Endel. The app plays soundscapes and solfeggio tones that help me relax at night.

Blinkist. *Blinkist* is an app that summarises books into short audio or text versions so I can get the key ideas in about 15 minutes. Sometimes, I let it play while I fall asleep.

Slip eye mask. When I travel, I wear the 3D contour sleep mask by *Slip*. It blocks out light without putting any pressure on my eyes.

Silk pillowcase. I sleep on a silk pillowcase by *Vanessa Beauty*. I bring it with me when I travel.

3M foam earplugs. I use simple foam earplugs to reduce noise during heavy rains or when travelling. I also tried brands like *Loop*, but they were not for me.

Nutricost magnesium. I take magnesium before bed. The brand I prefer is *Nutricost*. I buy the unflavored magnesium malate electrolyte mix.

I also have a facial routine for the mornings and evenings:

- **Morning routine.** I use three products: *Clinique* For Men maximum hydration, *Coola* sun protection SPF 50 and *La Roche Posay* Pure Vitamin C12 Serum.

- **Evening routine.** I brush my teeth, shave, and apply two products: *Clinique* For Men Maximum Hydration and *La Roche Posay* Retinol 0.3% B3 Serum.

How I Create a Happy Life

When I first started changing my physical health, I noticed that my mental health was not great either. I did some research and came across a psychological principle that explains that happiness depends on

how satisfied I am with the following 5 pillars of life:

1. Health and body
2. Social connections
3. Work and purpose
4. Financial independence
5. Fun

It is called the «5-pillar principle». I adapted it a little and now score each pillar from 1 (worst) to 10 (best). I avoid giving 7s since people tend to choose that number rather than making a clear decision with a 6 or an 8.

I am not a mental health expert, but this has helped me decide what to focus my energy on to increase my happiness. Here are two examples of my first analysis:

- In 2022, I was obese, so «Health and body» got a 4.
- I felt great about my social connections and partnership, though, but a little less

about family, so «Social Connections» got an 8.

After conducting this analysis several times and linking it to my overall happiness, I found that a total score below 28 over all 5 pillars usually corresponds with higher stress levels and lower well-being. A score above 34 makes me feel quite happy, and being above 38 is the sweet spot.

To improve my individual scores, I use the input-output-goal method from Chapter 3. The 5 pillars represent the output goals; the steps I need to get there are my input goals.

Here are two more examples besides Olympics:

- For «Social connections», my output goal is building real connections with my family, friends, and partner. My input goals are calling and seeing them regularly. To

make time for that, I limit other social events.

- I found that having a clear personal vision is one of my output goals under the pillar «Fun». To find out what my vision is, my input goal was to spend several weeks writing down what I enjoy and what I am good at. I also asked my friends for their input. This helped me come up with my personal and company vision: Creating great stories with great people.

Not losing sight of my goals, I list them in my calendar and review them daily. Consistency is important, but I adjust the goals if I feel I am not making progress. At the same time, once I make progress, I celebrate the milestones.

I feel most happy when stress is low, I am around people with a positive attitude to life, and we can bounce ideas.

Reducing business appointments has also made a big difference. If something can be

a call instead of a meeting, or an email instead of a call, I always choose the less time-consuming option. That gives me more space to stick to my morning routine, keep stress low, sleep enough, work on my goals, pursue my dreams, and spend time with the people I care about. I know that I will be gone one day. That is why I want to spend my time wisely.

Closing Words

If I can do it, you can do it.

PS: Lately, I have been going deeper into my longevity journey and started working with Ayun Longevity Clinic. If you want to see my biomarkers and test results, visit: <https://alanfrei.ayun.ch/>

If you want to try it for yourself: <https://www.ayun.ch/pricing/longevity-check>

Use code AYUN4ALAN (one time per customer) for CHF 729 or 10% off your AYUN Longevity Check-up.