

The Ultimate Health and Fitness Plan for Street Photographers

What's poppin', people? It's Dante.

Today, we're diving into something that's shaped every part of my creative process:

health, vitality, and movement.

Street photography isn't just a visual art—it's a physical act of walking, observing, and engaging with the world. And great photography, like great art, stems from **a foundation of vitality.**

Vitality Fuels Creativity

Health and fitness form the bedrock of my day.

I move early, sleep deep, and eat clean. When your body is alive with energy, creativity overflows naturally.

"The stronger you become, the more you see."

The Four Pillars

- **Sleep**
- **Sun**
- **Meat**
- **Movement**

Simple foundations. Infinite results.

Sleep: Where Real Power Begins

I go to sleep early—7 to 9 PM—and rise with the sun around 4 to 5 AM. That silence before dawn? That’s sacred time. It’s when I make videos, sequence photos, and reflect before the world wakes up.

“When in doubt, just go to sleep.”

- **8–12 hours of deep sleep** fuels your recovery.
- Real energy doesn’t come from caffeine—it comes from rest.
- Early mornings bring clarity and creative flow.

Morning Ritual

- Kendama for hand-eye coordination
- Calligraphy or sequencing prints on the iPad
- Espresso and sunlight
- A slow, calm entry into the day

When sunlight hits your eyes in the morning, your **circadian rhythm** syncs. You’ll sleep better, think clearer, and feel alive.

Sunlight: The Source of Energy

We are like plants—give yourself sunlight and water, and watch how you grow.

“Plug yourself into the ultimate charger: the sun.”

Why It Matters

- Boosts testosterone and mood
- Sets your circadian rhythm
- Provides Vitamin D
- Deepens your spiritual connection

My ritual? Barefoot shoes, no shirt, walks along the river.
Standing in sunlight connects me to the earth and fills me with vitality.

Align with Nature

Take off your shoes. Feel the ground. Walk in the park, touch the earth, and reconnect with the rhythm of life.
Modern living boxes us in—cars, offices, screens—but life exists **outside the box**.

“To be inside is where souls go to die.”

When you’re outside, walking under the sun, fasting, and living simply, you exist outside the passage of time.

Fasting

I eat **one meal a day**—a feast in the evening.
Fasting sharpens focus and strengthens the mind-body connection.
It eliminates decision fatigue and keeps intuition clear.

“When you eat less, you feel more alive.”

Strength: The Duty of Man

Why lift weights? Because strength is virtue.
A **strong body** builds a **strong mind**, which creates **strong art**.

My Training Routine

- **Farmer’s Walks**
- **Pull-Ups, Push-Ups, Dips**
- **Pistol Squats**

- **10–15 minutes daily**
- **Ashtanga Yoga** for mobility and discipline

I train for art, not vanity. Each rep strengthens posture, core, and presence—qualities that directly improve my street photography.

Ashtanga Yoga: Repetition and Flow

Ashtanga is discipline in motion.

Every day, I repeat the same sequence, stretching deeper, breathing fuller, and pushing limits.

Street photography is the same—**daily practice, repetition, and consistency.**

“Yoga is the perfect mirror for photography—discipline, repetition, and flow.”

Barefoot Philosophy: Vibram FiveFingers EL-X Knit

These shoes changed my life.

Wearing them slows me down, connects me to the ground, and improves awareness.

“The slower you walk, the more you see.”

Benefits

- Strengthens posture, legs, and spine
- Improves balance and sensory awareness
- Builds monk-like discipline through 30,000 steps/day
- Cultivates freedom and simplicity

Spartans trained barefoot. Simplicity is strength.
I wear Vibrams every day—paired with a weighted vest for primal strength.

Don't Sit – Movement Is Life

Challenge yourself: **Go one full day without sitting down.**

When I sit, my body shuts down.
Standing and walking keep the body firing on all cylinders.

“Sitting is for the weak. Standing is for the strong.”

- Stand on buses.
- Use a standing desk.
- March through your day with vitality.

Reject the sedentary lifestyle and live on your feet.

Jogging Is Unhealthy

Jogging is repetitive impact—it rattles your bones and destroys joints.
Every runner I've met has knee pain or surgery scars.

Better Cardio Options

- **Uphill sprints**
- **Boxing or heavy bag training**
- **Walking** (30,000 steps/day)

“Jogging is just the rattling of bones.”

The Carnivore Path

I've been on the **carnivore diet** for years—100% animal-based. It's the ultimate way to simplify life and maximize vitality.

What I Eat

- Grass-fed **ribeye** or **ground beef**
- **Butter, ghee, beef tallow**
- **Pasture-raised eggs**
- **Raw cheese & milk**
- **Kimchi, honey, Topo Chico**
- **Black coffee**

“Red meat, salt, water, and sunlight. That's it.”

Why It Works

- Zero cravings
- No brain fog
- Perfect focus and stamina
- Inexpensive and sustainable (\$5–10/day)

I buy my beef in bulk from an Amish farm—half a cow, vacuum-sealed, stored in a deep freezer.

Dinner is 3 pounds of burgers with butter and salt. Simple, primal, perfect.

No Alcohol – Clarity Over Confusion

Alcohol poisons clarity. It dulls the mind and ruins sleep.

“If someone offers you a drink, tell them it's against your religion.”

Choose coherence over confusion.

Drinking is normalized self-sabotage—there’s no joy in poisoning your body for social acceptance.

The Health Hive Mind

Corporate food is a lie.

Cheerios marketed as “heart-healthy” is the perfect example of the hive mind at work.

Think for Yourself

- Person A: 2000 calories of Cheerios
 - Person B: 2000 calories of beef
- Who’s healthier? The answer is obvious.

Corporations push processed foods for profit.

Real health is found in **animal-based, whole foods** and **critical thinking**.

“Leave the colony. Eat what nature intended.”

Treat Your Body Like Art

You are both the **sculptor** and the **sculpture**.

A strong, capable body is a reflection of a strong soul.

“It’s more virtuous to flex your physique than a Lamborghini.”

Your body is sacred. Build it with the same care you give your art.

Anti-Anti-Social: Choose Presence

No AirPods in public.

Be aware, smile, and engage with people.

“Be human first, photographer second.”

Street photography thrives on connection. The more present you are, the more alive your photos become.

Visit an Elevated Surface Every Day

Find a hill, a rooftop, or a river overlook.

Look toward the horizon and remember: the world is vast, open, and full of possibility.

“When you can see the horizon, life feels endless.”

Perspective resets the mind.

Start your day from above and let gratitude ground you.

Final Thoughts

Health is wealth.

No material possession compares to vitality.

When your body thrives, your creativity flourishes.

- Sleep deep
- Soak in the sun
- Eat red meat

- Walk 30,000 steps
- Train daily
- Fast often
- Engage with life

“Vitality fuels creativity. Walk the streets with purpose.”

For more posts on health, strength, and photography, visit

👉 dantesisofo.com/start-here