

# The Ultimate Health & Fitness Plan for Street Photographers









# Vitality Fuels Creativity

- Overflowing vitality equals overflowing creative output.



# Why Health Matters for Art

- Health = energy
- Energy = focus
- Focus = creativity
- The stronger you become, the more you see.



# Core Pillars

- Sleep. Sun. Meat. Movement.
- Simple foundations. Infinite results.



# Go to Sleep Early

- “Real energy, real power, happens in the bedroom.”
- Sleep by 7–9 PM.  
Wake by 4–5 AM.



# Why Early Sleep Wins

- Deep recovery = natural strength.
- Creative mornings = silence before the world wakes.



# Morning Ritual

- Kendama meditation
- Calligraphy or sequencing photos
- Espresso + sunlight
- Calm before creation.



# Set Your Circadian Rhythm

- Morning sunlight = hormonal alignment.
- Stand outside.  
Breathe. Absorb.



# Sunbathe as Much as Possible

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



# Why the Sun Matters

- Natural energy booster
- Resets circadian rhythm
- Improves mood and sleep
- Provides Vitamin D.



# Ritual

- Barefoot shoes.  
Shorts. No shirt.
- Soak in the light  
every morning.



# Align with Nature

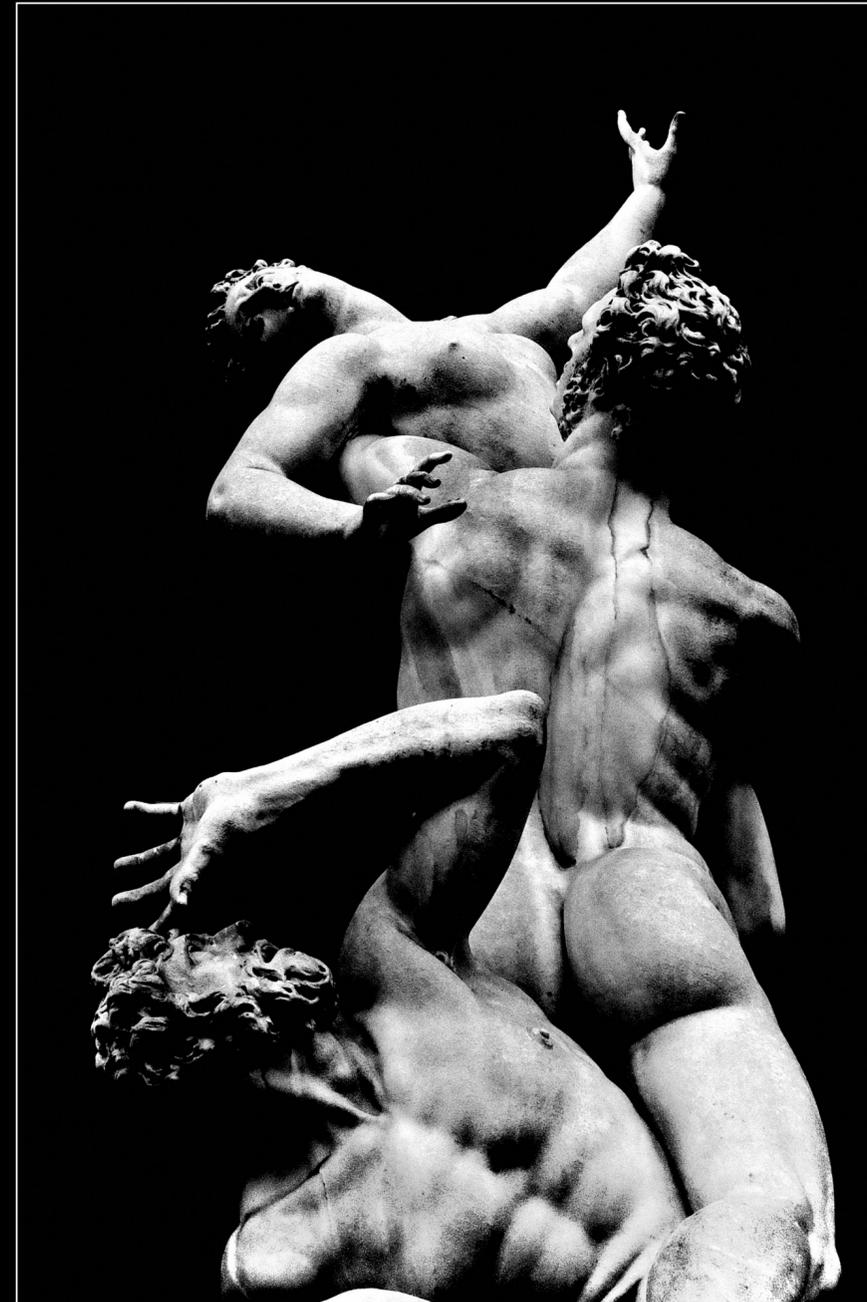
- Barefoot walking and grounding restore balance.
- Modern life keeps us boxed in — step outside, reconnect.



**To be inside is where souls go to die, but when I'm outside, I exist outside the passage of time, and thrive.**

# Internal Alignment

- Fasting aligns body and mind.
- One meal at night brings clarity and sharpens focus.



# Movement = Vitality

- Walk 30,000 steps a day.
- Sitting is death.
- Stand, move, flow through life.



**Aligning with nature = aligning with vitality.**

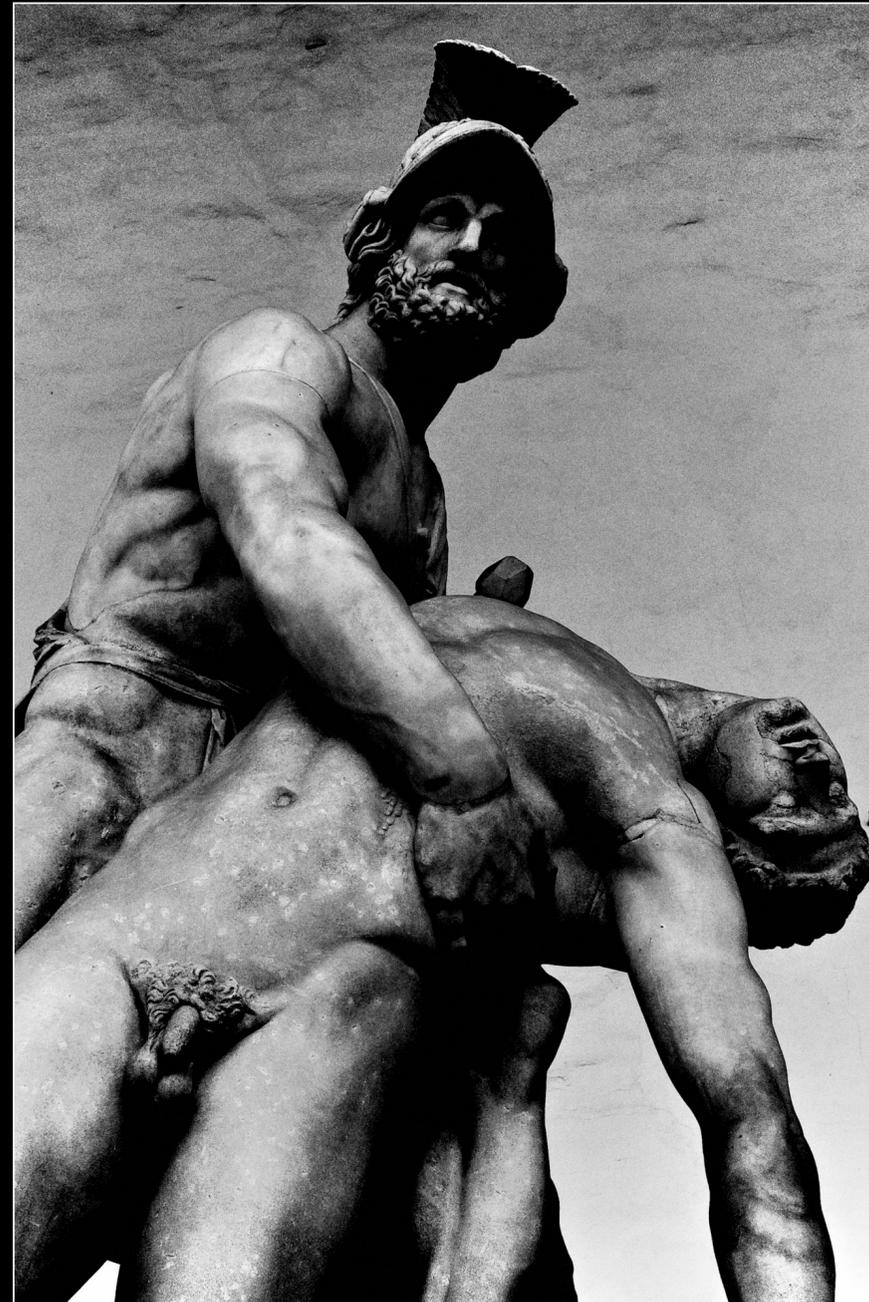
# Why Lift Weights

- Fitness is the foundation.
- The duty of man is to be strong



# Strength for Art

- Strong body → strong mind → strong art.
- Movement builds endurance for street photography.



# Functional Exercises

- Farmer's Walk
- Pull-Ups
- Push-Ups
- Pistol Squats
- Dips
- Yoga for flexibility.



**Build a home gym**

# Mobility

- Stretch 3x daily: morning, pre-lift, bedtime.
- Prevent injury. Fortify posture.







# Barefoot Philosophy

- Vibram FiveFingers EL-X Knit connect me to the earth.
- “The slower you walk, the more you see.”



# Benefits

- Better posture, balance, and sensory awareness.
- 30,000+ steps/day builds monk-like discipline.



# Spartan Mentality

- Spartans trained barefoot — simplicity is strength.
- Be grounded, be free.



# Don't Sit

- Movement is life.
- Challenge: go a full day without sitting.



# Reject Sedentary Life

- Modern life weakens us — rise, stand, and walk.
- Standing is strength.



# Jogging is Unhealthy

- Repetitive impact damages joints.
- Every runner I know has knee pain.



# Better Cardio Options

- Uphill running.
- Sprinting.
- Walking.
- Boxing.



# The Carnivore Path

- Red meat. Butter. Eggs. Salt. Water.
- Fuel that sustains the artist and warrior.



# One Meal a Day

- Fasting sharpens the mind.
- One feast at night fuels focus and clarity.



# The Demigod Diet

- Ribeye, eggs, raw milk, butter, ghee, salt, espresso.
- Fuel of vitality.







HAPPY CHICKENS

Tended by Hand

EST. 2007  
*Vital*  
FARMS

ON Small Family Farms

ETHICAL EGGS

PASTURE

RAISED

ORGANIC

18 LARGE EGGS · GRADE A

Freedom to  
FORAGE OUTDOORS  
YEAR ROUND

Made with  
FRESH AIR  
and SUNSHINE

EST. 2007  
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FARMS

ORGANIC  
PASTURE-RAISED



BUNKER HILL  
1935  
CHEESE  
**A2**  
ALL NATURAL  
RAW MILK  
CHEDDAR  
CHEESE  
AGED AT A MINIMUM OF 60 DAYS  
FROM A2/A2 COWS.  
GRASS GRAZED  
ARTIFICIAL GROWTH  
HORMONE FREE  
INGREDIENTS: UNPASTEURIZED MILK,  
SALT, CHEESE CULTURES,  
MICROBIAL COAGULANT.  
CONTAINS MILK  
NET WT Box (227g)  
KEEP REFRIGERATED  
Mfg. Bunker Hill Cheese Co., Inc., Millersburg, OH, USA

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95%  
GRASS-FED  
BUTTER

  
MULTI-LAYER  
WRAPPER  
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NET WT 8 OZ  
(227 g)

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BUTTER

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\*Churned with fresh cream from cows with a 95% grass-fed diet, complemented with locally grown grains for nutritional balance. Our dairy farm herds graze on the pastures of New Zealand year-round.



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RENDERED  
**BEEF TALLOW**  
GRASS-FED

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST. 8757  
NET WT. 11 OZ (312g)

Nutrition Facts  
22g  
Serving size 1 Tbsp (14g)  
Calories 120  
ZINC  
DISTRIBUTED BY





EST. 1882

**Maldon**<sup>®</sup>

SEA SALT  
FLAKES

*This salt does not supply iodine, a necessary nutrient*

Net Wt. 8.5oz 240g









Harvey's Honey



Pure Natural Raw  
Wildflower Honey

Jersey Fresh

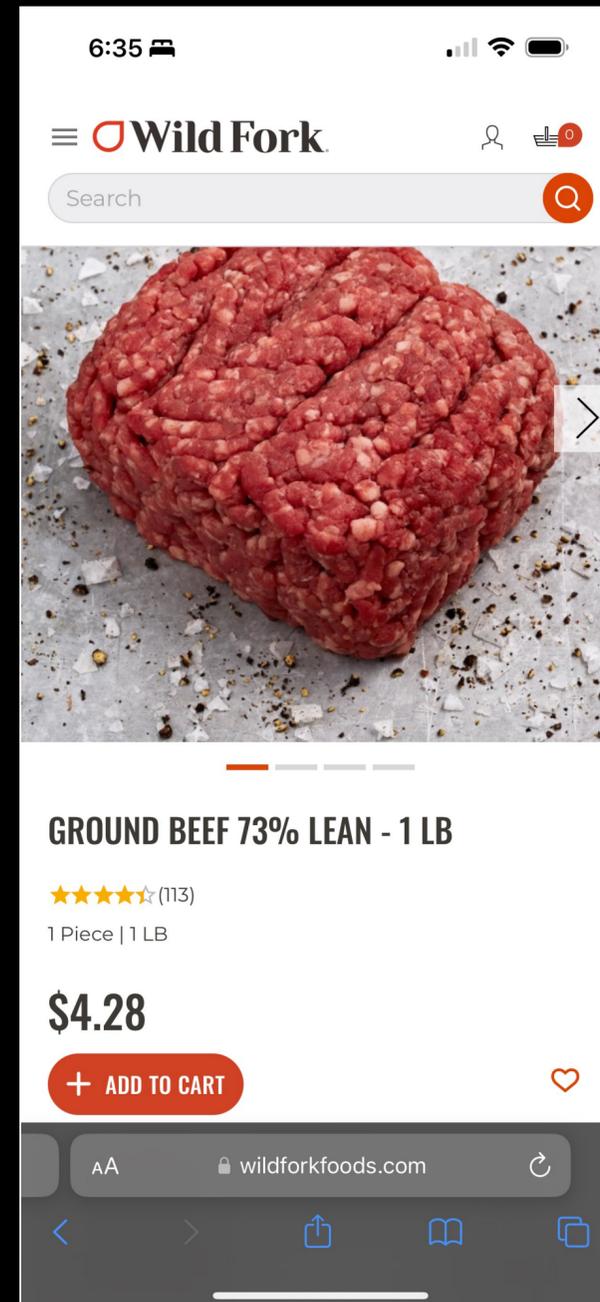
Net Wt. 24 oz (1 1/2 lb)

Produced & Packaged By:  
912 Route 40, Monroeville, NJ



# Economic Eating

- One pound of beef = \$5/day.
- Cheaper, healthier, simpler than fast food.



# No Alcohol

- Alcohol poisons clarity.
- Choose coherence over confusion.
- “It’s against my religion.”



# The Health Hive Mind

- Corporate food = processed lies.
- Cheerios vs. Beef — choose real nourishment.



# Break the Hive

- Think for yourself.
- Leave the colony.
- Eat what nature intended.



# Treat Your Body Like Art

- You are both the sculptor and the sculpture.
- Strong body = sacred art form.



# Virtue of Strength

- Flexing your physique is more virtuous than flexing possessions.



# Anti-Anti-Social

- No AirPods in public.
- Be aware. Engage. Smile.
- Choose connection over isolation.



# Visit an Elevated Surface Daily

- Gain perspective from above.
- Look at the horizon — the world is endless.



# Final Thoughts

- Health is wealth.
- Vitality fuels creativity.
- Be strong, be awake, be alive.
- Walk the streets with purpose.

