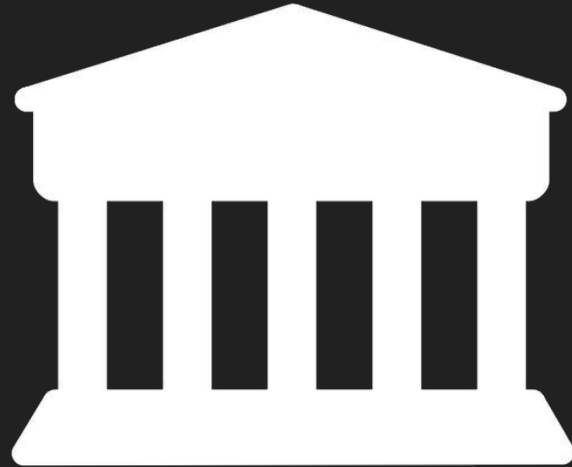


5 Pillars of health and longevity



5 Pillars are

How you....

- Eat
- Sleep
- Move
- Think
- Connect



QR code for this presentation



Spoilers



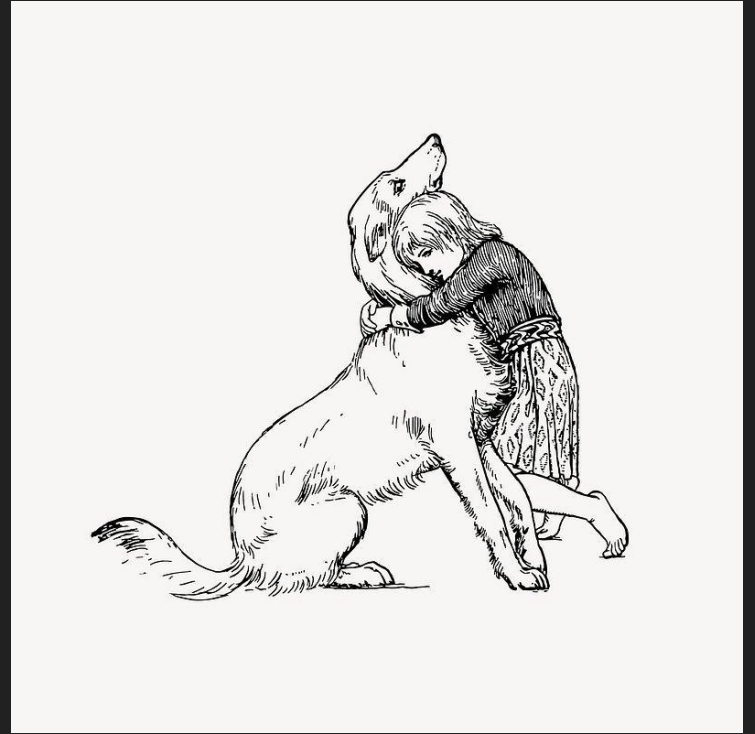
Of all the 5 pillars...

Connection is the hardest to get

Yet wins in the end

Get connected!!!!!!!!!!

Eat Carnivore / Lion



Andy McCann



EE from GT - Tech sales

2010 - Who is this guy - TSPC

Several “Jack you jerk”s later

17 years health and fitness

Woodstock GA and online

andymccann1@yahoo.com

678-654-7796



 Chickens



 Ducks



 Garden




 Bees





Bitcoin / Lightning / Nostr Node!



START9

SOVEREIGN COMPUTING



YOUR PERSONAL
CRYPTO
ASSISTANT

[Thank you Jesse](#)



Media - Jack you jerk

YouTube

The screenshot shows the YouTube channel page for Andy McCann. At the top, there is a search bar and navigation icons. The channel banner features a photo of Andy McCann with a wooden ring. Below the banner is the channel name "Andy McCann" and the handle "@AndyMcCann42". The channel description reads "Farm, Fitness, Finance: Building a Firm Foundation for Life ...more". There are buttons for "Customize channel" and "Manage videos". The left sidebar shows navigation options: Home, Shorts, Subscriptions, and a "You" section with "Your channel", "History", "Playlists", and "Your videos". At the bottom, there are tabs for "Home", "Videos", "Shorts", "Live", "Podcasts", "Playlists", and "Community".

Podcast

The screenshot shows the "Follow this podcast" section for the "Fitness Food Finance" podcast. On the left is the podcast cover art, which features a photo of Andy McCann and the text "Fitness Food Finance". Below the cover art is the description: "Building a Firm Foundation for Life in Fitness, Food, and Finance" and "I believe in building a strong foundation... Show More". To the right, there is a grid of buttons for various podcast platforms: Apple Podcasts, Spotify, Amazon Music, Podcast Index, Overcast, YouTube, iHeartRadio, TuneIn + Alexa, Podcast Addict, Castro, Castbox, Podchaser, Pocket Casts, Deezer, Listen Notes, Player FM, Goodpods, Podfriend, and TrueFans. At the bottom, there is a text prompt: "Copy the RSS feed and paste it into your podcast app".



5 Pillars are

How you....

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Simple steps here we go....



It's usually the same 3 answers

- In your HEAD (no talking)
- Or
- Thumbs down trick



How do you start?



Worst pillar?

Easiest win?

Sticky Why

My future vision

Ask questions as we go



Are you healthy?



CDC - Absence of disease

Or

Work capacity across broad time and
modal domains throughout life

50% dead by 76



GTFO



What goes in your pack?

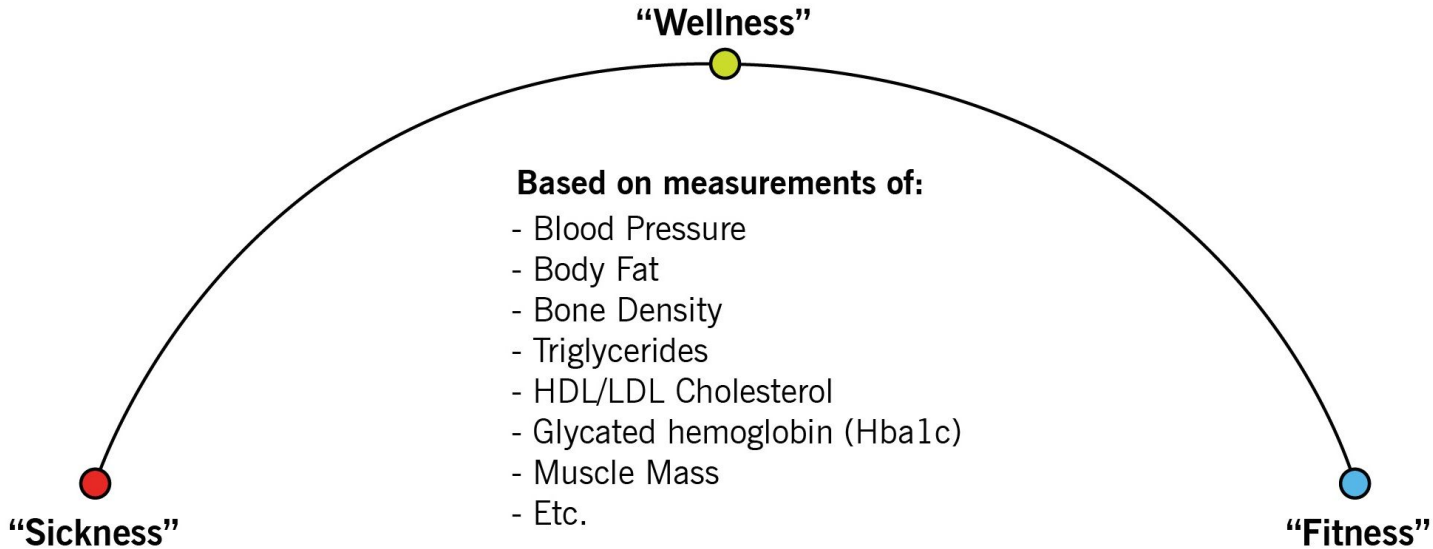
Calculate weight

How far are you hiking?

Knees?



Fitness/Health as a hedge against sickness



Our assumption is that if everything we can measure about health will conform to this continuum then it seems that sickness, wellness, and fitness are different measures of a single quality: health.



Eat - Test



Do you drink sugar?

Do you eat fast food?

Do you drink <6 glasses of water? [Berkey Guy](#)

Does your belly get in the way?

[How to lose 10 pounds podcast](#)



Eat



Real Food - edges

1 glass of H₂O before eating

Less sugar & seed oils

[Carnivor / Lion diet](#) (Ken Berry)

[Log for 2 weeks](#)

5 almonds

Build Habits



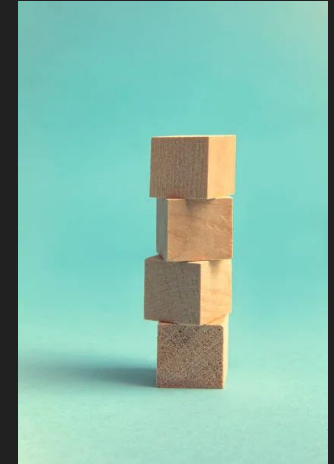
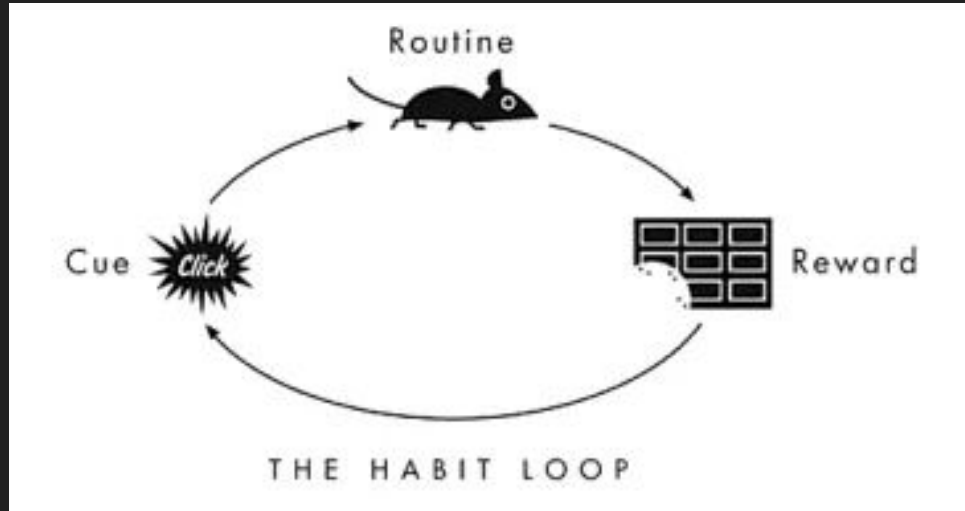
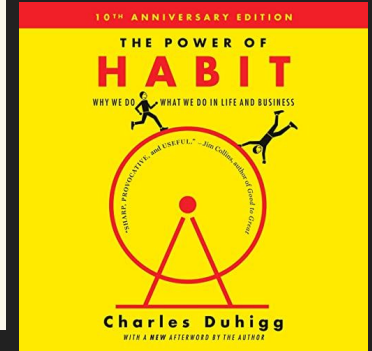
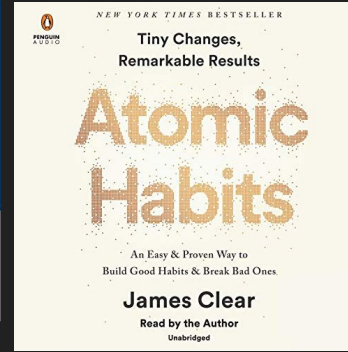
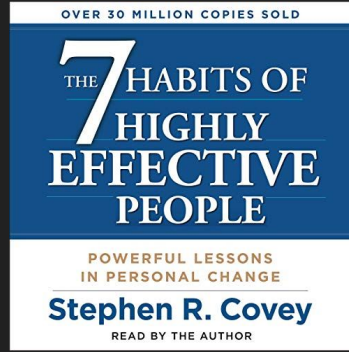
Habits

7 Habits

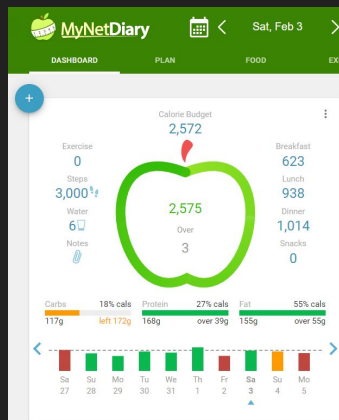
Atomic Habits

Power of Habit

Stack



Eat - 185# to 155# - Andy



KenDBerryMD • 3.26M subscribers • 1.4K videos

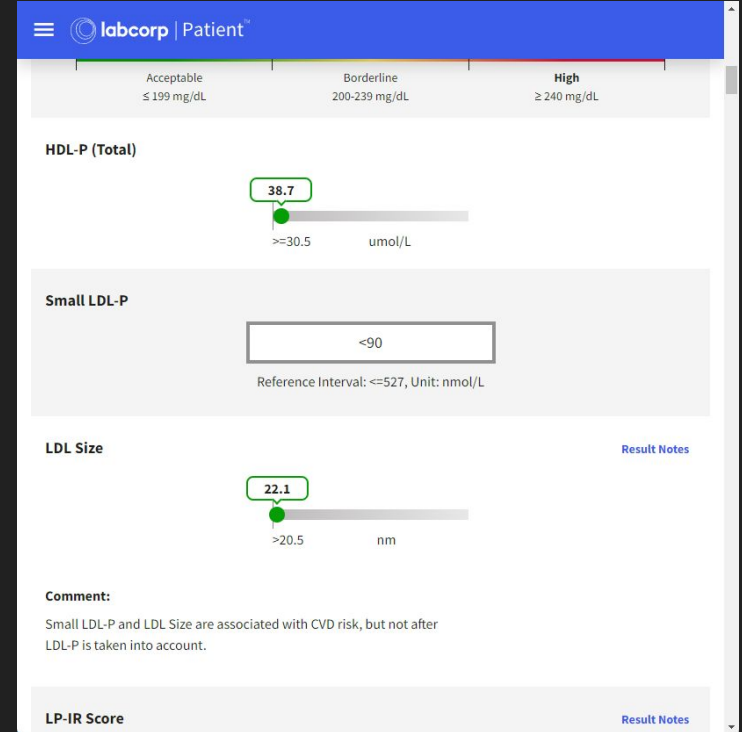
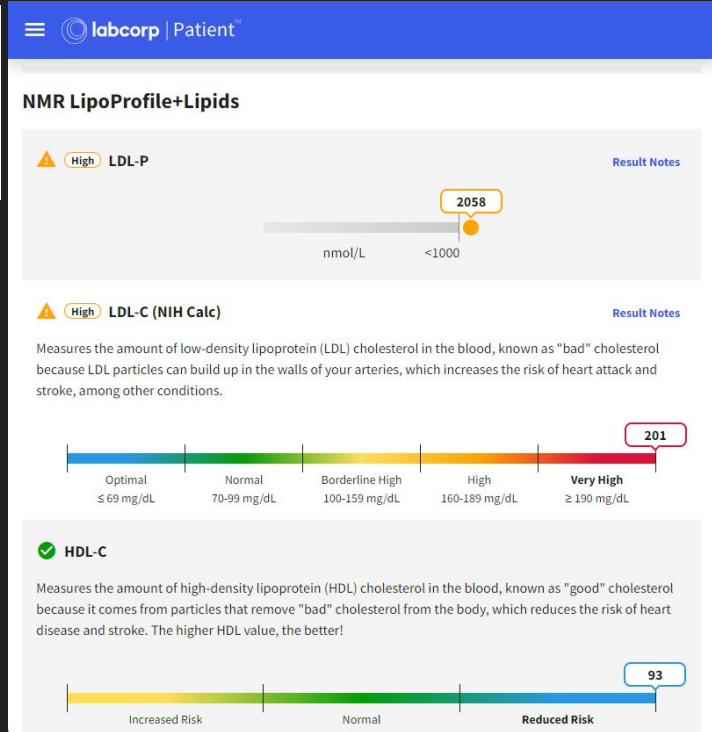
Meaningful Research + Paleoanthropological Ancestry

[dberry.com](#) and 5 more links

Subscribed



Eat - Cholesterol on meat



Sleep / Recover - Test



Do you get 8 hours of sleep?

Do you fall asleep at red lights?

If after a hike are you wiped out the next day?

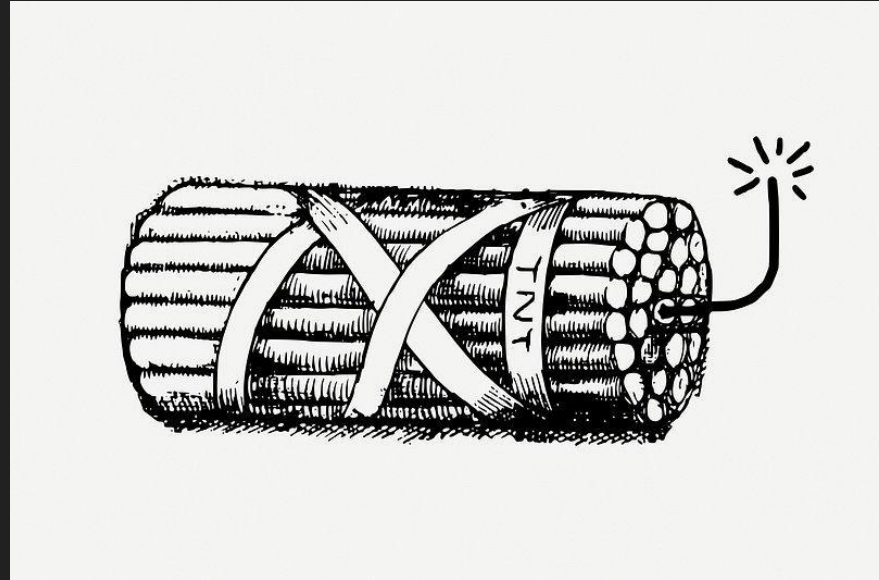


Sleep - WTF



athletes become pre-diabetic

20% heart attacks on DLS



Sleep



[18 ways to fix your sleep podcast](#)

5am method to fix

Consistent sleep schedule and routine

Food before bed

No naps

Cold 68 and dark



Move - Test



Can you touch your toes?

Shoe laces?

Hearts beats per min?

Age range (years)	Average resting heart rate (bpm)
18 to 20	81.6
21 to 30	80.2
31 to 40	78.5
41 to 50	75.3
51 to 60	73.9
61 to 70	73.0
71 to 80	74.2
Over 80	78.1



Move

Squat

Lift

Get out of breath

5-6 days a week

65+ trip, 25%+ die

32 at home workouts



Move



Mailbox challenge

Get ready night before

Go first thing AM

Hire a coach

Join a gym (venn diagram)

[Garage Fitness Online](#)



Think



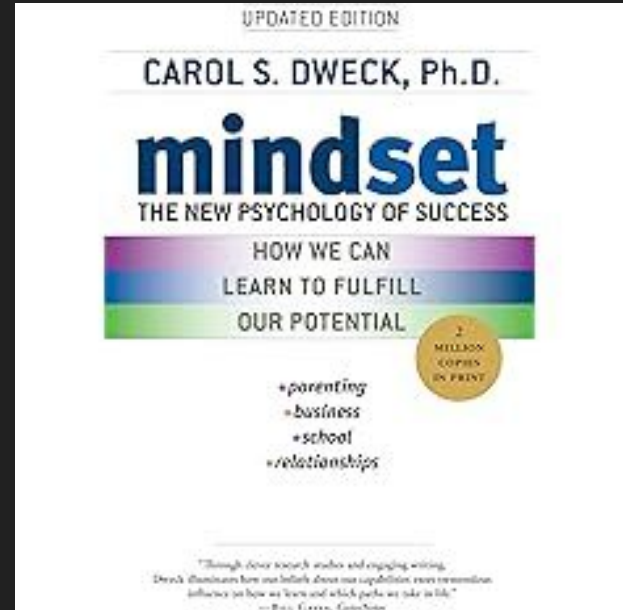
Do I live in a friendly or hostile world?

Don't vs Can't / get to vs have to

Be curious not judgmental

Chore + Podcast

[Mindset by Carol Dweck](#)



Connect



Can you depend on at least 1 person?

Practice gratitude

Invest first

Ask questions

Show up

Join a community



Connect - teen daughter

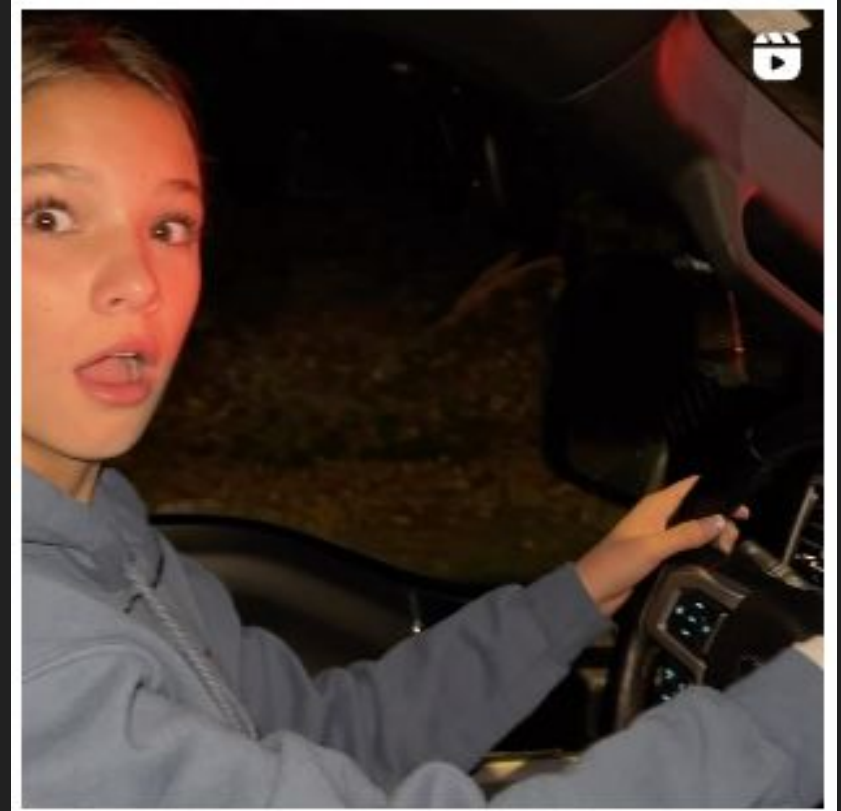


50 year failure

Never Solve [“the nail”](#)

B#\$%& be crazy

B#\$%& is jealous



Practical



What is your struggle area?

What 1 thing could you do for the easy win?

Add a friend / coach

Journal

Tell the world

Habit stack

Venn diagram



My offer to help



If you will track & weigh your food for 2 weeks

Then I'll zoom with you for free.

Carnivor KickStarter 2025



Tip jar :-)



andymccann@getalby.com 

Your Alby Page 



Me on the web



[CrossFit Garage \(physical gym\)](#)

[Garage Fitness Online \(virtual gym\)](#)

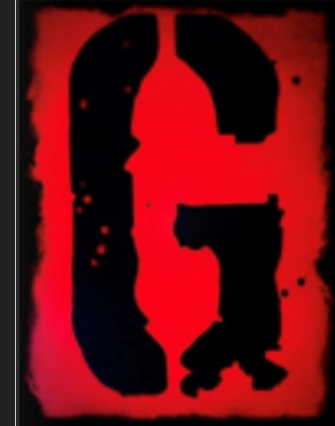
[YouTube @andymccann42](#)

[Fitness, Food, Finances - Podcast](#)

[Nostr PubKey](#)

[FaceBook](#)

[Instagram](#)





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