

ADVOCATE FOR YOUR NORMAL

RESOURCE GUIDE

Taking care of your health is about more than just numbers on a scale. From movement and recovery practices to mindfulness and hormone balance, small lifestyle choices have a big impact on your long-term physical and mental well-being. Below you'll find a collection of evidence-based resources that highlight different ways to support your body and mind—whether through strength training, restorative therapies, or stress-reducing practices.

HORMONE HEALTH

Balanced hormones are the foundation of overall well-being, influencing everything from energy and mood to sleep, metabolism, and long-term health. Many experts suggest a baseline hormone panel in the mid-30s to establish trends before age-related shifts become more significant.

[Learn more from the Cleveland Clinic](#)

STRENGTH TRAINING

"Some people perform incredible feats of strength and endurance well into their retirement years. The great news is: You don't have to bench press 300 pounds or run a marathon to show off the benefits of strength training."

[Learn more from the National Institutes on Aging](#)

EXERCISE FOR CHRONIC PAIN

"It's true: physical activity can play a helpful role for people with some of the more common pain conditions, including low back pain, arthritis, and fibromyalgia. Low-impact movement builds core strength, improves posture, and keeps hips flexible—key for balance, mobility, and injury prevention."

[Learn more from Harvard Health](#)

CRYOTHERAPY / COLD EXPOSURE

Cold exposure may reduce inflammation, support recovery, and boost circulation—helping both body and mind feel re-energized.

[Learn more from MedicalNewsToday](#)

DRY NEEDLING

By targeting trigger points in muscles, dry needling can ease pain, release tightness, and improve mobility.

[Learn more from the Cleveland Clinic](#)

HYDROSTATIC WEIGHING

Hydrostatic weighing, also known as underwater weighing or hydro densitometry, is one of the most accurate ways to measure body fat. During the test, you have your body weight measured on land and underwater. The difference between these two measurements allows test administrators to calculate your body density and body fat percentage.

[Learn more from Healthline](#)

FOOD SENSITIVITY TESTING

Eat something you're sensitive to, and you might experience very unpleasant symptoms like fatigue, migraines, bloating, depression, and dry or itchy skin. But it's often difficult to pinpoint exactly which foods you're sensitive to – thanks to the large number of ingredients you probably consume each day.

[Learn more from Everlywell](#)