

# THE HERO STARTER GUIDE<sup>2.0</sup>

40 WAYS TO UPGRADE YOUR HEALTH  
AND UNLEASH YOUR INNER HERO

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“A journey of a thousand miles begins with a single step”

**Thanks for downloading the HERO Starter Guide, and for taking a step closer towards realising your potential.**

These days, living a healthy, meaningful life is often easier said than done. With so much conflicting information out there, it's difficult to know where to begin.

I know the frustration. I've been there myself...

This eBook stems from years of self-experimentation and trial and error. It's by no means a definitive guide to healthy living, but it's probably a decent start.

In the **HERO Starter Guide** you'll find forty ideas that will prompt you to take responsibility for your life situation. So you can start to eat a healthier diet, move your body freely, live mindfully and exist sustainably.

I'm sure at least a few of the things I'll share will be useful in some way, but just remember to exercise your free will.

Take what resonates with you, apply it to your life, and throw away the rest.

Then carry on your journey to unlocking your potential, and **unleashing your inner HERO.**

## ABOUT LUKE



**I'm Luke Jones: online content creator, wellness advocate and the founder of [Health Room](#).**

I used to be an unhealthy, stressed out student with no idea how to change my situation. I was able to get past that, and I want to share with you how you can do the same.

When I'm not eating burritos or climbing trees, I spend my time exploring and sharing ideas in healthy, purposeful living - with the goal of helping people unlock their hidden potential, and **unleash the HERO within.**

## DISCLAIMER

Please note that the content displayed here in the **HERO Starter Guide** and on *herohealthroom.com* is for information purposes only.

It is not intended to replace any medical advice, treatment or diagnosis.

Please consult a medical professional before making any changes to your diet, exercise program or lifestyle.

# 1. NUTRITION

“Let food be thy medicine and medicine be thy food.”

— Hippocrates

## **Our dietary choices are powerful.**

Funnily enough, it’s not just about how it tastes...

Food can determine the way we think and feel. It can affect how our body performs, how it looks and how it recovers.

It can make the difference between a healthy, happy, inspiring life, and one full of sickness, disease, stress and anxiety.

Our diet can even affect the health of the planet we live on, and the other species we share our home with.

I don’t have all the answers when it comes to nutrition, but here are ten ideas that have helped me over the past few years.

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## **1. Whole foods are the foundation.**

The diet world is ripe with conflicting ideologies – paleo or vegan, high carb or low... It seems like some people are hell bent on proving that *their way* is the right way, and everyone else is wrong.

I don't like getting involved with that kind of thing. I'm more concerned with the stuff that we can agree on. And the one thing that nearly *everyone* agrees on, is that the basis of a healthy diet should be whole, plant foods.

So that's what I aim for. Ninety percent of the time, I eat a variety of whole, nutrient-dense, plant foods as close to their natural state as possible.

That's plenty of berries, dark leafy greens, soaked legumes and whole-grains, and nuts and seeds. Pretty simple really.

These foods contain high concentrations of health promoting micronutrients, phytonutrients, and all that other good stuff.

## **2. Processed foods are not your friend.**

Although fast food is often an inexpensive calorie source that plays to the taste buds, the long-term drawbacks tend to outweigh the short term rewards.

In general, the more processed a food is, the further away from its natural state it is, and the less we know about its long term health implications.

As a rule of thumb, I tend to avoid or limit anything that comes in bright packaging and contains fifty million ingredients that I can't pronounce. I'm also mindful of consuming too many concentrated sources of sugar or fats, because I don't really trust anything that's been stripped of all its goodness.

Sure - I'll eat things that I know aren't that great for me from time to time. But it's that 90% I mentioned above that really matters.

## **3. Animal products aren't essential.**

This is where I risk sounding preachy...

Animal product consumption has always been a bit of a taboo topic, but it's becoming less so.

Now, I eat a plant based diet, so it's impossible for me to be completely objective here. But I'm definitely not in the business of telling people what they should do, and I don't necessarily think that everyone should be vegan.

I can honestly say however, that cutting out meat, eggs and dairy from my diet benefited my health, and I've seen it work for many others too.

There's a growing body of scientific evidence that suggests the current level of animal product consumption is linked with a number of chronic health conditions.

Whilst I'm not saying you should eliminate meat, eggs and dairy completely, it's probably worth being mindful of how much of those foods you're eating.

Remember that moderation is a pretty subjective term...

#### **4. Protein isn't something to stress about.**

Protein has become this obsession in the health and fitness world. Gotta get it in to make those GAINZ.

Protein without doubt plays a significant role in the body, promoting growth and repair. But getting a ton of it probably isn't as important as the supplement companies will have you believe...

The truth is, if you're eating a wide variety of plant foods, a protein deficiency is difficult to achieve. As well as protein, I've found that the majority of the beneficial compounds found in animal products [can be sourced from plants](#).

I'll typically consume more than 100g a day, with all the essential amino acids needed by the body – and that's without any supplementation with protein powders.

I get what I need to help me recover from my training – any more and I'd be placing unnecessary strain on my kidneys.

## **5. Healthy eating doesn't happen overnight.**

If you're aiming to eat a healthier diet, the temptation is to try to change everything overnight.

The truth is, this rarely works out that well, and you'll probably end up right back where you started within a few weeks.

To create a sustainable lasting habit, often the best way to go is to make incremental changes. It doesn't sound as cool, but it works better.

Maybe that means starting with a green smoothie every day for breakfast. Then when you're comfortable with that, you might start making changes to your lunchtime meal.

You keep building upon the previous change, taking things at your own pace. It requires a little patience, but over time, those small changes can add up to make a massive difference.

## **6. Organic, home-grown produce is the way forward.**

Modern agriculture dumps boat loads of pesticides and chemicals on the ground to increase crop yields, which then pass on to you and me, the consumers.

In an ideal world we would all eat organic produce, but it's not always a realistic option. I know it isn't for me, so I try my best to get organic varieties of foods that are most prone to pesticide contamination (water rich foods like salad leaves, cucumbers and apples), when I can.

Similarly, locally grown food in season is usually better for the environment than shipping in stuff from the other side of the world. It tastes nicer too, and buying it helps support your local community. A nice thought, but it's not always possible.

The takeaway: do the best you can with what you have, and don't stress over trying to be perfect.



## **7. Food preparation is important.**

Nutrition is not just about the foods you eat. How you prepare them can make a massive difference too.

Take legumes like beans or lentils as an example. The canned ones taste good, I find them pretty hard to digest. Whereas if I buy dried beans, soak them for 24 hours and thoroughly rinse them before cooking, it significantly increases their digestibility, meaning I absorb more goodness from them.

Likewise with wheat, a food that's been demonised over the past few years. Many people find modern wheat hard to break down. But when it's fermented into sourdough, it becomes much easier for the body to absorb and utilise. It also contains plenty of good bacteria, which helps to promote a healthy gut flora.

## **8. Eat slowly, mindfully and be grateful.**

I used wolf down my food as quickly as possible, hardly chewing, and often without a second thought as to what I was actually eating. What a savage.

These days, my aim is to go slow and chew everything thoroughly. I don't get it right all the time, but I try my best to focus on what I'm eating, savouring the tastes and smells.

Not only does it make the food easier to digest, I also feel a lot more connected to what I'm eating, and I'm much more grateful for it. And because I'm more mindful of my meals, I'm less likely to make an unhealthy decision that I might regret in the long run.

## **9. Healthy food doesn't have to be boring.**

People often get the misconception that a healthy diet has to be bland. They picture boiled veggies and lifeless salads.

In all honesty, I've never enjoyed my food as much as I do now on a plant based diet. There are just so many different [recipes to experiment with!](#) Mexican, Indian, Thai, Japanese, Chinese... And it doesn't have to be complicated, or expensive if you don't want it to be.

Sure, it may take a little while for your taste buds to adapt if you're used to foods laden in salt, fat or sugar, but it doesn't take that long for things to change.

You'll be craving those steamed greens in no time my friend...

## **10. Diet isn't everything.**

There's no doubt that nutrition is important, and for me altering my diet was a catalyst for many other healthy changes. But it's not the holy grail of health.

You could have the healthiest diet in the world, but if you can't control your stress levels, or if you don't exercise regularly, I don't think you can ever really experience your true potential, whatever that is.

I once went through a period where I was obsessed with getting my diet right, and it just made me stressed out and more ill.

You can't specialise in one area and neglect the other parts of the big health picture and expect to thrive.

Now I just aim to eat healthily, but I don't worry about perfection. Instead, I try to strive for a good balance, and I'm much healthier for it.

# 2. HUMAN MOVEMENT

“The dance is a poem of which each movement is a word”.

— Mata Hari

Movement has always been a big part of my life.

Whether it's in the form of martial arts, football, calisthenics, weight lifting, walking or climbing things - it's taught me so many valuable lessons. It's always been a constant whilst everything else seems to change.

I truly believe that moving your body regularly and doing something physical that you enjoy is one of the key ingredients to a happier, healthier existence.

There are so many benefits to moving, and so many things to talk about, but let's start with these ten ideas.

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## 1. Can you perform basic human movements?

Have a think for a second:

*When was the last time you squatted right down to the floor with your feet flat and knees together?*

*Or when did you last hang by your arms from a branch or a monkey bar?*

Some of you might be doing one of the above right now – if so, gold star for you!

But I'd say the majority people in the West probably go for weeks, months and even years without performing these basic human movements.

It's no coincidence that in countries like India where people squat to eat, rest and go number two – the rates of back pain and hip fractures from falls are significantly lower than the Western average...

Our thirst for convenience and the subsequent growth in technology means that we sit a lot. To eat. To drive to work. To do our work. To rest. To poop...

It leaves us with rounded shoulders, juttied out necks, tilted pelvises, duck feet and joints that don't work like they're supposed to. Even if you're regularly exercising, if your body isn't aligned correctly, you're only piling on more dysfunction.

So it's important to become conscious of how your joints move, what a natural posture feels like, and whether or not you can actually get into basic positions that all humans should be able to get into.

## **2. Can you perform basic maintenance on yourself?**

If you can't perform basic movements comfortably and without pain – squatting, hanging, running, picking something up and lifting it overhead – then something isn't right, and it needs to be altered.

That might mean releasing overactive muscles using a foam roller or lacrosse ball, or strengthening others that are elongated and weak. Each case is individual.

Whilst a medical professional like a chiropractor, osteopath or physio is sometimes required, often times *you* can undo a lot of the damage and prevent it from reoccurring.

As MobilityWOD founder Kelly Starrett says: every human being should be able to perform basic maintenance on themselves.

It's about being proactive and taking responsibility for your body, as opposed to waiting for it to break and then passing it off as someone else's problem.

### **3. Your everyday movement habits count more than your workout.**

The main causes of dysfunctional movement patterns are our everyday habits – sitting in the car, slouching in front of the TV, wearing heeled shoes, craning our neck forwards to text on our phone...

Even if you go to the gym for an hour and workout with perfect form, if you're spending the remaining 23 hours of the day stationary or in poor positions, what difference does it make?

Most posture issues and back pain can be eliminated if we make better decisions in our everyday lives.

Investing in a standing desk. Taking regular mini movement breaks from work. Transitioning to flat shoes. Taking the stairs whenever possible (hint – it's almost always possible).

These are just some of the things you can do to improve your quality of movement throughout the day.

And remember that although being able to lift 1000 pounds or run a 2.30 marathon sounds pretty cool, it isn't necessarily equated with long-term health. Low-level exercise like walking, gardening, and generally being active however, is.

### **4. Go hard or go home doesn't always work.**

It sounds pretty badass, and it was my philosophy for a long time.

Push yourself as hard as you can. Get to the absolute limit. Then push a little harder. Rinse and repeat, day after day, year after year.

Sure, I became pretty fit in certain areas. But eventually my body started to break down. I was over-trained, stressed out, and unhealthy. A few years on, I'm still feeling some of the effects.

Sometimes, rather than busting your gut until you can go no more, it's wise to slow down and listen to your body. Remember that you can do a lot more harm over-training than you can by slightly under-training.

Unless you're a competitive athlete, is there really any need for you to be punishing your body day after day, just to tick some arbitrary goal off the bucket list?

## **5. Recovery is just as important as the training itself.**

Recovery is usually the most neglected part of most people's fitness conquest. It's strange really, because the growth and adaptation from training takes place whilst you're resting.

So if you really want to maximise your efforts, you need to make sure you're giving your body enough time to recuperate: sleeping properly, controlling your stress levels, and eating a diet that promotes recovery.

You can get away with not cooling down and pulling all nighters when you're young, but it gets a lot more tricky to cheat your body when you get a bit older.

Think about the big picture and the long-term implications.

## **6. Move with intention.**

It's cool to see that more and more people are getting into regular exercise.

One caveat - if you stop and take a look around your average gym, many people are just going through the motions.

They're performing exercises without really giving thought to what they're trying to achieve, and whether what they're doing is contributing to a healthy, functional body that can meet the demands of the environment.

I recognise it all the time, because that used to be me. I was performing dysfunctional movement patterns for a long time, and now I'm having to work hard to undo all of that.

All too often we split our body down into parts, be it in swimming drills or isolation exercises at the gym. We separate our body into upper and lower, or we try to focus on one muscle at a time.

But our bodies don't really work like that in real life – they function as a whole. So when we're looking to build a functional body, it makes more sense to use full body compound movements. And don't forget that we're built to rotate, not just to go in a straight line...

So next time you go to perform whatever exercise or drill you usually like to do, ask yourself why you're doing it.

Regularly exercising is a great first step. But regularly exercising with **intent** is what will really start to pay dividends.

## **7. We all start somewhere.**

Hearing this talk about compound movements and functional training may be intimidating to some people.

You may well have never exercised a day in your life, and that's fine! Remember, everyone was at your stage at some point in their life. Even the fitness gurus and pro athletes that you look up to.

They all had to take that first step into the unknown. They all made a she load of mistakes on the way to success. So don't be intimidated.

Just think, what step can you take right this minute to get you closer to where you want to be?

Maybe it's running for two minutes a day, or taking the stairs in work instead of the elevator. Just like a change in diet – transition gradually towards more movement, be patient, and enjoy the journey.

## **8. Don't be a one trick pony.**

If we want to have fully functioning bodies that are useful in an emergency, it's important to pay attention to all components of fitness.

It's not just about doing handstands or lifting heavy weights. Stamina, speed, strength, balance, agility, flexibility – all these different factors combine to make a well rounded athlete.

Even if you're a long distance runner who's concerned mainly with running for hours, you could still benefit from doing some strength training and mobility work.

Switch it up often. Try something different. Climbing, running, parkour, martial arts, dancing, cycling, swimming, football...

Take your body outside of its comfort zone, discover where you're weak, and then work on that area. You'll never be a perfect mover, but it's a fun goal to work towards.

## **9. Don't let what you can't do stop you from doing what you can.**

We all have things going against us. Barriers that can potentially hold us back. But we shouldn't let what we can't do stop us from doing what we can do.

If you have a niggling injury, how can you improvise or work around it without making it worse? If you're short on time, what form of exercise can you do that doesn't take all day to complete?

If we let every little obstacle hold us back, we would never get anywhere in life. The journey is all about coming across these obstacles, and finding ways to conquer them.

Don't sit around waiting until the right moment, because you'll probably be waiting forever.



## 10. Find your zen place.

For me, exercise has always acted as a type of moving meditation, even if I didn't always view it that way.

In our busy, tech based world, it's nice to switch off for a few hours and get lost in the motion. This moving meditation or '[satori](#)' can occur on different levels.

On a long run or mobility session, I tend to get into a relaxed, flow state where creative ideas will often pop. Whereas if I'm lifting weights or sparring in BJJ, I feel intensely focussed on the present, with no other thought entering my mind at all. If I stray from the present, I'm screwed.

I think the more you practice whatever form of exercise or movement you're really passionate about, and the more you get into that no mind state, 'satori' state - the more you can start to apply that same presence to your everyday life, and the more enjoyable and meaningful your life becomes.

# 3. MINDFULNESS

"Smile, breathe and go slowly."

— Thich Nhat Hanh

Mindfulness is a pretty broad term, one that can be interpreted in many different ways.

For me, it means being aware of the present moment and not judging it. It's about not worrying about the future, or fretting over the past. It determines how you interact with others, how you deal with stress, how confident you are to go after what you believe in, and how successful you are with changing your habits.

Let's get it straight - I'm no shaolin monk or mindfulness master. But here are ten of my favourite ideas that might give you something to think (or not think) about...

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## 1. Practicing mindfulness doesn't have to be difficult.

Meditation is one of the most effective ways of cultivating mindfulness, and it may be one of the most beneficial habits I've developed. Sure, I miss a few days here and there, but when I'm meditating regularly, I tend to feel a lot more like myself.

And it doesn't have to be hours on end, burning incense and wearing funny robes. I take 10-15 minutes every morning to lie there and focus on my breathing, sometimes using [guided meditations](#), sometimes on my own.

Thoughts always pop up into my head, but I do my best to just acknowledge them, and then go back to the breath. It's simple, and you can even start with just a minute or two a day, and gradually build from there.

Over time, the mindfulness you practice during meditation starts to leak out into your everyday life. It almost becomes your own little superpower. You can pause before you make decisions, pause before you speak, and pause before you start stressing.

## **2. Mindfulness exposes the path.**

Becoming more mindful helps you realise where in life you're not living true to your values.

By quietening the thoughts in your head, it cuts away a lot of the nonsense and allows you to see things a bit more clearly. It helps to remove that lens you normally see the world through, the one that's formed by all of your past experiences and prejudices - giving you a more objective view.

You begin to see the truth about your current life situation, and how it differs to where you would like to be in life.

Then you can start to make changes to move in that direction.

## **3. Key habit changing principles underpin any successful change.**

How many times have you attempted to make a healthy change in your life, only to end up right back where you started after just a few weeks?

For most, it's more times than they can remember.

You probably put the failure down to a lack of willpower or motivation, but I'm not convinced that's true. In most cases, it comes down to the method.

In school we're simply not taught how to go about making healthy changes, but it is a skill you can learn.

There are key habit changing principles that you can apply to pretty much any habit you want to form. I've used them to change my diet, improve my posture, boost my productivity, alter my career path and more. And you can too.

When you master the habit changing method, the world is your oyster.

#### **4. Change isn't something to be feared.**

We live in a society that's largely based on fear.

Just take a look at the newspaper - we're constantly bombarded with messages that teach us to fear change, fear failure, fear rejection, and fear death.

This fear gets ingrained in the subconscious, and it often leads to people to search for stability instead – the secure job, the safe career choice, the stable living arrangements.

But stability is a complete illusion. We all know that deep down.

So rather than holding on to some fake image of perfection and stability, wouldn't it be better if we learnt to adapt to change?

Go with the flow, and don't resist against the obstacles that are in your way. Be like water, as Bruce Lee said. Get comfortable with not knowing how things are gonna turn out. Unpredictability is what makes life exciting.

#### **5. You can probably make a living from your passion.**

The want for stability and certainty holds most of us back from pursuing the things we're really passionate about. We often instead opt for the 'safe option'. But if you only get one chance at life, what's the point in spending it doing something you don't enjoy?

Surely it's better to live a short life doing the things you love, rather than a long life filled with misery?

If there's something you love and would like to make a living out of, chances are there's already someone out there doing it. If there is, then surely that's evidence that your dream is possible? And if there isn't, then there's an opportunity for you to be an innovator.

What small thing can you do today that will take you a little closer to your dream?

Do that, then tomorrow do the next thing, and keep moving forward. Then at some point, you may be in the position to take that leap of faith and go for it completely.

It sounds a bit woo-woo, but I sometimes think the universe rewards you for being courageous, and trusting in your instinct to do what feels right.

## **6. Failure is absolutely necessary.**

As I mentioned, many of us live with the fear of failure. We'll do anything to avoid making mistakes and looking silly. And if it does happen, we beat ourselves up and put ourselves down. We declare that we can't do it, and we'll never amount to anything.

But failure is not something to be avoided or looked down upon. On the contrary, it should be embraced. Failure is *necessary* a stepping stone towards success.

A common trait of successful people is that they've failed a lot. But they've picked themselves up, learnt from the experience, and kept moving forward.

So get out there and fail!

## **7. Stress can be a killer.**

We live in a world where there are an unnatural number of external stressors.

Bills to pay, relationships, traffic, social situations...

The problem isn't necessarily the amount of stressors we're exposed to - it's how we react to them.

Our body's stress response was designed to deal with attacking predators, preparing us to fight or flight. Get it done, then move on.

But unfortunately, it can't tell the difference between a snarling bear and that deadline you've got coming up. You get that same surge of cortisol, which often remains elevated if you live a particularly stressful life and don't know how to deal with it.

You become chronically stressed, increasing your risk of many different degenerative diseases, and decreasing your ability to function as a normal human being.

But there are plenty of ways to combat stress, or at least not be affected by it as much...

## **8. Being proactive makes things easier**

In Viktor Frankl's harrowing account of the Nazi concentration camps, he deduces that however bad things get, man's last freedom can never be taken from him.

And that's the freedom to choose how he responds to any given situation.

Without realising, most of us are reactive. We let external events that we have no control over dictate our mood and often our state of health. We become stressed out by traffic jams, or complain about bad weather. But these things are completely out of our hands.

On the contrary, a proactive person chooses how to respond to situations. They don't have their lives run by external, unpredictable things that they have no control over.

They live life on their own terms, and they choose their response to any given set of circumstances.

## **9. There's power in community**

Many of us are stubborn, and would rather go things alone than work in a team or ask for help.

I used to like the idea of being a lone wolf, and getting things done on my own. It was stupid, but I almost saw it as a weakness to let others in and ask them for help.

The truth is, a lot of that type of thinking is ego based, and it's something we need to let go of.

The whole is much greater than the sum of its parts. When a group of people come together and work interdependently towards a common goal, they can often achieve a lot more than they could have as individuals.

So next time you're struggling, ask for help. And on the flip side, look at how you can help others. Collaborate, innovate, and achieve greatness.

## **10. You are not your thoughts.**

We all get that little voice in the back of our heads sometimes. It pops up, tells us we're no good. It stresses about things we can't control. It sabotages relationships, makes us do stupid things that we later regret.

It may sound silly, but we don't actually have to listen to that little voice. Our thoughts, our mind, our ego – whatever you want to call it.

Much like we can choose how to respond to any given situation, we can choose how to respond to that voice in our heads. We can choose how it affects us, and whether we should act on it.

It's not always easy, but that's where the mindfulness and meditation come back into play. The more mindful we are, the more we can recognise the little voice and those negative thought patterns, and the more control we have over them.

# 4. SUSTAINABILITY

“You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.”

— R. Buckminster Fuller

I think it's safe to say that the current state of the world is not that sustainable.

Global temperatures are rising along with the sea level. Fossil fuel resources are running out. Water and food shortages are worsening. The natural environment is being destroyed, along with the species that inhabit it. The oceans are over fished, and the arable land is over farmed.

When we combine all this with a rapid population growth, industrialisation, a widening in inequality gap, and the incessant need for more – we're in a predicament.

I'm not claiming to have the answers - that would be silly. But here are ten of my favourite ideas for existing more sustainably.



## 1. Eat fewer animals and more plants.

Again, I'm not claiming that everyone should go vegan, but it's no secret that a plant-based diet requires less energy, land and water than one containing animal products.

The below data is from the [Cowspiracy Infographic over at Health Room](#):

- If the population of the USA ate no meat or dairy just once a week, it would be equivalent to taking 7.6 million cars off the road.
- The average meat eater's diet requires around 4,000 gallons of water a day, whereas a plant based one uses approximately 300 gallons a day.
- If we carry on at the current rate of growth with the same dietary preferences, it's estimated that by 2050, the need for animal products will double. But 30% of our land is already dedicated to raising livestock for food, around 17 million square miles.

Most of us have been brought up eating animal products; it's ingrained in our habits and traditions.

But if we all made a conscious effort to reduce our meat and dairy consumption, we would be creating a better future for the planet, and for our children.

## 2. Eat locally or grow your own.

Eating locally doesn't just reduce the air miles and carbon footprint of your food. It also helps strengthen the local community, something that seems to have faded a little as of late because we've all got iPhone's and Facebook instead...

If you want to take things a step further, try growing your own fruit and veg. Either in a small patch in the garden, or at an allotment if you can find the time.

It's usually healthier and better tasting than store bought produce. If you grow too much, you can always share with family, friends, and neighbours.

### **3. Buy less stuff**

A great way to stop contributing as much to the environmental problems and consumerist society we live in today is to buy less stuff.

That doesn't mean you have to live in a cave with no materialistic goods whatsoever, cut off from the outside world.

But maybe ask yourself before you make your next purchase: do I really need this?

Most of us *need* a lot less than we think we do to live a healthy, meaningful life. If you're reading this, that's probably true for you too.

A move towards minimalism is a move towards mindfulness and more fulfilment.

### **4. Save energy.**

Although changing your diet can arguably have the biggest impact on your carbon footprint, there are still many things you can do to save energy and cut down on your fossil fuel use.

Simple acts like switching to LED light bulbs, turning the thermostat down (or off) when it's not needed, washing clothes on cold whenever possible, unplugging appliances when you're not using them, or installing solar panels. Use your car less, and instead walk or cycle.

It's true that alone these small acts probably won't make a massive difference, and we're at the stage where we need changes enforced on national and global scales to have a real impact.

But at least we're thinking about our actions, and switching our mindset from always consuming to being a bit more considerate and cautious.

## **5. Use less water.**

Water shortages are becoming just as big of a problem as the energy and climate crises. What little freshwater we have is being over used and polluted.

Again, the biggest change you could make to help save water is moving towards a plant based diet.

Domestic water use pales in comparison to the amount used for animal agriculture, 5% against 55% in the USA. To produce one hamburger, the amount of water needed is the equivalent to showering for two entire months. That's mental!

So by all means take shorter showers, collect rainwater in a barrel, and only flush your number twos – but if you're serious about cutting your water usage, eat more plants and less animals.

## **6. Recycle what you can.**

Many natural ecosystems are under a constant threat from human pollution, so we want to avoid contributing whenever possible. You can never escape the system completely, and you'll always have some sort of negative impact. But you can do your best to minimise it.

I don't know what the deal is where you live, but here in the UK they've really stepped up the game with recycling schemes.

Most things (including plastics) can now be recycled, and everything can be thrown into the same mixed bag. So there's no excuse not to.

For bonus points, store your raw food waste in a compost bin, and use that to grow your own veggies next year.

## **7. Community**

As I mentioned, it's probably gonna take changes on a national and international level to make a real difference with the environmental and social problems we're

facing. But these changes are more likely to come about if we're making an effort as individuals and communities.

In terms of the environmental problems, simple things like community allotments, car sharing and renewable energy projects are all great to get involved in. Even if they don't have a huge impact on their own, they help raise awareness that we need to take action.

It's only by coming together that we can start to phase out the old, broken systems, and replace them with sustainable alternatives.

## **8. Serve people.**

A lot of us (often unknowingly) are quite close-minded, and we're looking at what we can gain from any particular situation - be it social, economic or material gain.

But if we want to grow and to change the current state of the planet, we really need to switch that mindset to think about how we can help others – without recognition or some form of payment.

*How can we serve each other?*

*How can we work together and combine our skills to create a better future?*

Maybe it's just random acts of kindness to strangers, or regularly working with a charity. Help for the sake of helping.

And in a strange way, the more you dedicate yourself to serve others, often times the more you benefit yourself, in ways you could never predict.

## **9. Invest wisely.**

When we're dealing with our finances, most of us just find the bank with the best interest rate and don't give a second thought to what actually happens with our money.

I'm no economics expert, so I was surprised to hear that many of the large banks use the money we have deposited to invest in various companies and projects. Many of these companies are large trans nationals, some of which are in the oil, gas and mining industries, carrying out projects that may not be the best for the planet (like exploiting tar sands or digging deeper for Arctic oil).

Instead of giving your money to the large banks and having no say in what projects your money is put towards, you can instead opt for local banks, which are more likely to use the money to invest in community projects that won't damage the local area.

## **10. Form your own opinions.**

If there's one thing you take from this guide, it's this:

Don't believe everything you see or hear, and don't let the mainstream media shape your mind.

Do yourself a favour, and disconnect from the nonsense. The celebrity gossip and trash TV. Remove the veil, and form your opinions based on what feels right for you.

And if you don't like where things are going, be the change you want to see. Protest peacefully, vote with your dollar, and spread the message with others.

The same goes for what you have read in this book, or on my site Health Room.

Don't take anything I say as being concrete. Although I try to approach everything with an open mind and just share my ideas, I'm still gonna be coming with a certain amount of bias. I'm only human after all.

So by all means read my articles and invest in my services. But question them, and challenge me. Take what resonates with you, apply it to your life, and then throw away the rest.

# OVER TO YOU

Thanks for checking out the HERO Starter Guide.

If you're really looking to make the most out of it, your next few steps should be to:



## Take Action

If any ideas I shared resonated with you, the next step is to apply them. Because ideas without action are just ideas.



## Share Your Thoughts

Any opinions on the HERO Starter Guide or questions, hit me up at:  
[luke@herohealthroom.com](mailto:luke@herohealthroom.com)



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