

How We Stay In Shape — at 68



A super-simple
fitness plan
that could
transform
your health!



MOVE
DAILY



EAT
WELL



STAY
STRONG



LIVE
FULLY

by **Robert May**

How We Stay in Shape at 68

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Disclaimer

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I am in the process of writing a book. It will be several hundred pages long, and go into detail about what constitutes a healthy diet and lifestyle. It will include a detailed explanation of what Marshia and I eat and don't eat; what we drink and don't drink; what we do and don't do; what our daily routine looks like; and the results that we have experienced.

Since it will still be a little while before I am able to publish that book. I thought that maybe some people could benefit from this condensed version in the meantime, **to begin to make some small changes in their diet and lifestyle that could literally transform their health**, and therefore their life.

Our prayer is that this short overview of what we have been doing over the past decade to maintain our health (physical, mental, and spiritual) will **inspire and motivate you**. Proverbs 12:18 says, "...the tongue of the wise promotes health." **We want to promote health among God's**

people. We want to see God's people flourish in every way. As the apostle John said in 3 John 1:2, "Beloved, I pray

that you may prosper in all things and be in health, just as your soul prospers." That is our prayer for you, but **you have to do your part**. Your soul will not prosper without prayer and Bible study, and neither will you be in health without a healthy diet and lifestyle.

One more quick disclaimer before we move on. The picture on the cover was actually taken last year, when Marshia and I were 67. Since then, we have continued to study, learn, and tweak our fitness plan. **The picture at right is from May 2026, and we are both now 68**. I have adopted some ideas from *Body by Science* into my Total Gym® and Wednesday workouts, which I will explain later.



The Foundation



The foundation of our good health is our water. We have an ionizer like the one pictured at left on the counter beside our kitchen sink that produces filtered, hydrogen-rich, 9.5 pH water. It is Japanese technology, and their word for it is *Kangen* water. I have been drinking Kangen water for 15 years, and Marshia has been hooked on it since we were married Valentine's Day 2015.

I believe that every home needs one of these. If you can't afford one, at least be sure you are drinking adequate, good water—**approximately half your weight in ounces every day**. And, we follow Barbara O'Neill's advice of placing a small crystal of **Celtic Sea Salt** on the tongue before drinking water; this helps ensure the water hydrates the cells rather than simply passing through.

Weekday Breakfast

Barbara O'Neill says, "Eat breakfast like a king, lunch like a prince, and dinner like a pauper." Since Marshia and I have been married, our work schedules have not always allowed us to follow that advice. Fortunately, for the past few years we have, with one crucial modification (**intermittent fasting**) that I will discuss shortly.

On weekday mornings, we make **homemade oatmeal**. We start with Bob's Red Mill Organic Quick Cooking Steel Cut Oats. Then we add:

- Flaxseed
- Chia seeds
- Sesame seeds
- Cinnamon
- Honey (local)
- Topped off with bits of granny smith apple

Delicious and nutritious; and it will keep you full until lunch. Marshia adds pumpkin seeds and sunflower seeds to her oatmeal, and we also have half an orange on the side. I get my pumpkin seeds and sunflower seeds (along with walnut pieces and raisins) in my power-packed, special recipe homemade Trail Mix. I eat a handful or two (or three) every day. I'll give you the recipe for that shortly.



Weekend Breakfast



We look forward to breakfast on Saturday and Sunday mornings, because Marshia makes her legendary blueberry pancakes. Seriously—**they truly are the stuff of legend**.

She starts with **organic Einkorn wheat berries**. Her whole wheat flour is fresh-milled in our grain mill like the one pictured at left. She adds a few natural ingredients, crowns them with blueberries, and cooks them to perfection on the griddle. 100% maple syrup on the pancakes, half an orange, and fresh black coffee to round out **a breakfast fit for a king**.

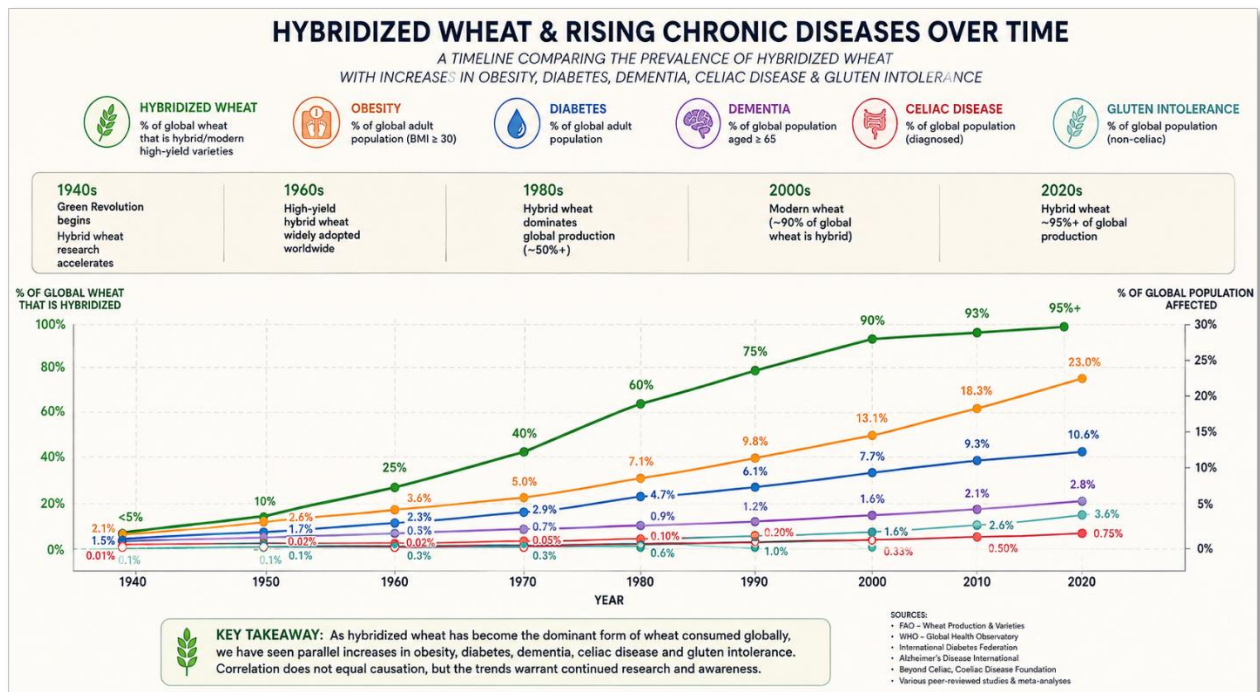
Why, you may ask, do we grind Einkorn wheat berries instead of just buying whole wheat flour from the supermarket. Very



good question, and **the answer is life-changing**. Einkorn is the original wheat that God created. It is the only wheat that has never been hybridized, thus it has only two sets of chromosomes.

The “Green Revolution” started in 1943 (15 years before we were born!), through a partnership between the Rockefeller Foundation and the Mexican government. Their goal was to improve food production in Mexico through the Mexican Agricultural Program (MAP). Scientist Norman Borlaug developed high-yield, disease-resistant wheat hybrids that greatly increased Mexico’s wheat output. By 1956, Mexico was producing enough wheat not only for itself but also to export to other countries. The “success” of MAP in Mexico helped **spread Green Revolution farming methods around the world**.

Fast-forward to today, and every single product on the supermarket or convenience store shelf that contains wheat is made with this modern hybridized wheat. **Every wheat-containing menu item of every restaurant**, from the cheapest fast-food joint to the most exclusive gourmet restaurant, contains this modern hybridized wheat. And **the results have been devastating**.



Yes, they dramatically increased production. They “fed” a lot of people. **But they were so fixated on “feeding” more people, that they evidently didn’t think to test the results of their experiments to be sure that what they were “feeding” people was compatible with the human digestive and immune systems. Obviously, it is not.** The altered gluten produces beautiful, light, fluffy baked goods, but the human body doesn’t know what to do with it because it is not natural.

Einkorn Bread

As the above graph illustrates, with the increasing dominance of this modern hybridized wheat worldwide, there has been a parallel increase in obesity, diabetes, dementia, celiac disease, and

gluten intolerance (among many other illnesses). I understand that correlation does not necessarily equal causation, but I believe these facts should cause each of us to stop and think.

So, is the answer to cut out all wheat from the diet? Maybe.

But I think we have come up with a much better solution—einkorn. We order our organic einkorn wheat berries and have them delivered right to our door.

Is einkorn bread light and fluffy like hybridized wheat bread? No. It is heavy, but **the flavor is exquisite.** Pictured at right is our banana nut bread which we have baked for special occasions. Our daily bread, however, is simpler. It contains the following ingredients:



- Fresh milled whole-wheat einkorn flour
- Water
- Olive oil
- Honey (local)
- Celtic Sea salt
- Yeast

Moderation and Balance

Marshia and I realized two important facts years ago:

- **Most Americans eat way too much!**
- **Most Americans drink a lot of unnecessary calories.**

If that's you, and you change those two things, then I guarantee you that your health will quickly begin to improve. World-renowned gastroenterologist Dr. Hiromi Shinya, based on his examination of over 300,000 intestinal tracts, suggested an 85/15 to 90/10 dietary balance—**85-90% plant-based and 10-15% animal-based foods.**

I believe that's a sensible balance. Take a look at the Healthy Diet Mountain that I developed a few years ago to illustrate what I consider to be a healthy diet:





Dr. Shinya shared another tip that I also agree with. **If you are careful about what you eat 95% of the time, you can splurge the other 5% of the time without any negative effects.** For example, that's what Marshia and I do when it comes to eating meat. We eat mostly vegetarian, but we splurge on special occasions and eat meat.

We do the same with cow's milk. **We NEVER drink a glass of milk or eat boxed cereal with milk like we used to,** but we do splurge on dairy products on special occasions. For example, Marshia loves macaroni and cheese. Any time we go out to eat, if macaroni and cheese is on the menu, she's ordering it! Here at the house, we only use goat cheese on our homemade pizza and in our spaghetti sauce. But on special occasions, we'll indulge in restaurant pizza or Italian food. And, on really special occasions, we'll even have ice cream!

Our Standard Lunch Menu

If we don't go out for lunch or have leftovers, our standard lunch Monday – Thursday consists of the following:

- Gourmet Salad (no dressing)
 - Garden salad mix
 - Tomato
 - Avocado
 - Sprouts
 - Boiled egg
 - Seasoned with Celtic Sea salt
- Main Course
 - Almond butter (made fresh from raw almonds)
 - Walnut pieces
 - Banana



Friday and Saturday Lunch



Lunch every day begins with the Gourmet Salad.

Sunday Lunch



This is the goat cheese that Marshia uses on our pizza. It is also part of her signature spaghetti recipe that we enjoy every Sunday after church.

- Jovial® spaghetti noodles made from organic brown rice and water
- All natural ingredients
- No meat or meatballs



Delicious and nutritious.

Intermittent Fasting

And now, for **one of the most important things that you will learn** from this brief summary of what Marshia and I do to stay in shape at 68—**intermittent fasting**.

Intermittent fasting is an eating pattern that alternates between scheduled periods of eating and fasting.

When you eat, your body breaks down carbohydrates into glucose for immediate energy. Any excess is stored as fat. **During the fasting window, when your body has used up its available glucose, it shifts to burning stored fat for fuel.**

There are various methods, but **we prefer and practice the 16/8 Method**. We eat during an eight-hour window each day, and fast the other sixteen hours.

We usually eat breakfast (like a king) around 9:00 a.m., then lunch (like a prince) around 2:00 p.m. I sometimes snack on my Trail Mix until 5:00 p.m., but **the “eating window” closes at 5:00 p.m.**, and we don’t eat again until the next morning at 9:00 a.m.

You should be sleeping during half of your fast (that’s why the morning meal is called break**fast**). Be sure to drink your water even during the “fasting window” in the evening, and in the morning before breakfast.

As I mentioned earlier, **we are diligent to stick to our plan 95% of the time**, so when we are invited to dinner or on vacation, we will sometimes deviate from our schedule. **A healthy body can handle the occasional indulgence with no problem.**

THE BENEFITS OF INTERMITTENT FASTING

Intermittent fasting is an eating pattern that cycles between periods of eating and voluntary fasting.

"To lengthen thy life, lessen thy meals."
-Benjamin Franklin

It's not just about when you eat—it's about how it can transform your health.

KEY BENEFITS

- 1. SUPPORTS WEIGHT LOSS**
Helps reduce calorie intake naturally and boosts fat burning, particularly belly fat.
- 2. ENHANCES CELLULAR REPAIR**
Fasting activates autophagy—your body's natural process of cleaning out damaged cells and promoting renewal.
- 3. IMPROVES INSULIN SENSITIVITY**
Helps regulate blood sugar levels and reduces the risk of type 2 diabetes.
- 4. SUPPORTS BRAIN HEALTH**
May improve focus, memory—mental clarity. Linked to a lower risk of neurodegenerative diseases.
- 5. REDUCES INFLAMMATION**
Fasting can lower markers of inflammation, which is linked to many chronic diseases.
- 6. SUPPORTS HEART HEALTH**
May help lower blood pressure, improve cholesterol levels and reduce risk factors for heart disease.
- 7. BOOSTS METABOLIC HEALTH**
Can improve cholesterol, triglycerides and other metabolic markers associated with better overall health.
- 8. SIMPLIFIES YOUR ROUTINE**
Fewer eating windows can save time, reduce decision fatigue and help you build a healthier, sustainable lifestyle.

REMEMBER
Intermittent fasting isn't one-size-fits-all. Listen to your body, stay hydrated, eat nutritious foods and consult a healthcare professional if you have any medical conditions.

BE PATIENT. BE CONSISTENT. YOUR HEALTH IS WORTH IT.

Trail Mix

I learned years ago the benefit of an **Emergency Food Pack**. I always have mine with me when I am on duty (as a police officer), and anytime Marshia and I travel. The purpose is to have something healthy to eat in case you get tied up or stranded away from home, so you don't have to buy some ultra-processed snack at a convenience store.

My personal Emergency Food Pack consists of my **special recipe homemade Trail Mix**.

- 5 handfuls of raw chopped walnuts
- 5 handfuls of raisins
- 5 dinner spoons of pumpkin seeds
- 5 dinner spoons of sunflower seeds



I put all of the ingredients into a quart-size bag, zip it up, and shake well. **Warning: this stuff is highly addictive!** But it is also extremely nutritious.

Small Bites, Big Benefits

Walnuts, Raisins, Pumpkin Seeds & Sunflower Seeds—tiny powerhouses for a healthier you!

 <p>WALNUTS A brain-boosting nut packed with healthy fats and antioxidants.</p>	<ul style="list-style-type: none">SUPPORTS BRAIN HEALTH Rich in omega-3 ALA, which helps improve memory and cognitive function.GOOD FOR THE HEART Helps lower bad cholesterol and supports healthy blood circulation.POWERFUL ANTIOXIDANTS Helps combat oxidative stress and inflammation.MAY AID WEIGHT MANAGEMENT Promotes fullness and may help reduce cravings.
 <p>RAISINS Naturally sweet dried grapes loaded with essential nutrients and energy.</p>	<ul style="list-style-type: none">BOOSTS ENERGY Natural sugars and iron provide an instant and sustained energy boost.SUPPORTS DIGESTION High in fiber that helps promote regular bowel movements.SUPPORTS BONE HEALTH Good source of calcium, boron and potassium that help maintain strong bones.HELPS IMPROVE IRON LEVELS Plant-based iron helps in the production of healthy red blood cells.
 <p>PUMPKIN SEEDS Nutrient-dense seeds that support your body in many ways.</p>	<ul style="list-style-type: none">SUPPORTS IMMUNE HEALTH Rich in zinc and antioxidants that help strengthen immunity.GOOD FOR THE HEART Magnesium and healthy fats help support healthy blood pressure and heart function.SUPPORTS PROSTATE HEALTH Zinc and phytosterols may help support prostate health in men.PROMOTES BETTER SLEEP Contains tryptophan and magnesium that may improve sleep quality.
 <p>SUNFLOWER SEEDS Crunchy seeds packed with vitamins, minerals and healthy fats.</p>	<ul style="list-style-type: none">RICH IN VITAMIN E A powerful antioxidant that helps protect cells and supports healthy skin.SUPPORTS HEART HEALTH Healthy fats, vitamin E and magnesium help support a healthy heart.SUPPORTS BRAIN FUNCTION Vitamin E and selenium help support memory and cognitive health.HELPS REDUCE INFLAMMATION Contains compounds that may help reduce inflammation in the body.

 **DAILY TIP** | A small handful each day can make a big difference! Enjoy them as a snack, in salads, oatmeal, yogurt, or smoothies. 

 Eat a variety. Eat mindfully. Live well. 

Drink Water

And while we're on the subject of being prepared away from home, another healthy habit that we have developed is to **always carry extra water** if we will be away from home for an extended period of time.

As I mentioned earlier, we have an ionizer that will produce all of the pure, hydrogen-rich, alkaline water that we need. **We never buy bottled water.** We fill our bottles (and jugs if we're going out of town) so that we can stay hydrated.

And by the way, not only do we not drink bottled water, **we don't buy any liquid in a can or bottle to drink.** We usually just drink Kangen water and black coffee. All of the hundreds of energy drinks and power drinks and juices are sugar-sweetened beverages (SSBs). **SSBs are the largest source of calories and added sugar in the American diet!**



Don't be fooled by fancy ads and packaging. Nothing will hydrate you better than water. Period.

It's the Little Things



A lot of *little things* combine to make a **big difference** in your health and fitness. That works both ways. **Most of us have unconsciously slipped into a kind of "auto pilot" mode for our diet and lifestyle.** We have developed habits and routines that we have learned from our peers and marketers, and for years or decades never once paused to **step back, think for ourselves, and question whether or not what we are eating and drinking and how we are living is beneficial or detrimental.**

The good news that Marshia and I have discovered, and found to be true by personal experience, is that **this principle will result in a combined positive effect when these habits are reversed.** As you begin to implement a number of small positive changes in your diet and lifestyle, it will result in a big improvement in your overall health and wellbeing.

Three More Little Things

Before moving on from food and drink to a few other things that we do to stay in shape, I want to tell you about **three more little things that we consume every day.**



We got started on Barley Max years ago after reading about Hallelujah Acres and the Hallelujah Diet. The founder of Hallelujah Acres, Dr. George Malkmus, states that the reason he supplements his diet with Barley Max is that most mass-produced food today is grown in soil that is deficient in many important nutrients.

That makes sense to me. Between hybrid plants and depleted soil, even if you eat a lot of greens (unless you have the advantage of being able to have an organic garden using heirloom seeds) I think it's wise to supplement with some brand of concentrated organic wheat grass to insure getting adequate minerals.





Next is aloe vera juice. Marshia had discovered this little-known jewel before we were married. She had been suffering from very frequent heartburn. A neighbor suggested she try aloe vera juice. She did, and her heartburn disappeared. **No side effects—only relief.** Needless to say, we drink a little every morning.

The recommended usage is 4-8 ounces daily. Other health benefits include:

- Rich in vitamins, minerals, enzymes, amino acids, and antioxidants.
- Can help improve the body's absorption of other nutrients.
- May help lower blood sugar in people with type 2 diabetes.
- Has traditionally been used to treat various fungal infections.
- May help with ulcers and inflammation in people suffering from ulcerative colitis.
- Helps clear up acne, relieves constipation, helps maintain eye health.
- And the list goes on...

And now, for the third *little thing*, which is potentially a **very big deal**.

Coconut Oil



This is my mom, December 24, 2015. By this time, she was experiencing unmistakable signs of dementia. She could stir the pot of spaghetti sauce, maybe because she had vivid childhood memories of her mom doing it; or maybe she had flashbacks of herself as a girl helping her mother in the kitchen.

But her short-term memory was slipping. By the following Christmas Eve, it would be much worse. And within two years, she rarely recognized her own husband and children.

Technically, she died in August 2018. But for the three previous years, she had been **existing**, but not really **living**. Dementia is a cruel disease, not only for the victim, but for their family as well.

When Marshia and I realized that Mom's condition was getting worse, we researched and found a very interesting book: ***Stop Alzheimer's Now!*** by Bruce Fife, N.D. The tagline reads, "**How to Prevent and Reverse Dementia, Parkinson's, ALS, Multiple Sclerosis, and Other Neurodegenerative Disorders.**" Chapter 15 of the book is entitled "The Ultimate Brain Food." **Dr. Fife identifies coconut oil as the ultimate brain food.** He shares numerous testimonies of real-life results—people who have literally gotten their "life" back by consuming coconut oil every day.

After reading this book, Marshia and I have been taking **two dinner spoons of organic, virgin coconut oil every morning.** We recommend it for anybody over 40, and we would recommend the book for anyone who has a family member showing signs of dementia. This is one *little thing* that anyone can do that **will make a big difference in your mental health.**



Vitamin D

Did you know that **vitamin D deficiency is a global pandemic**, affecting approximately 1 billion people worldwide, with **around 50% of the global population experiencing vitamin D insufficiency**?

What do you think is the cause of this global pandemic? Not drinking enough milk? No. **The cause is lack of exposure to the sun!** Sadly, over the course of my lifetime, **the sun has been demonized**—most people have been convinced that if they dare venture out into the sunshine without being thoroughly drenched in sunscreen, they will certainly develop skin cancer.

In reality, just the opposite is true. Chronic vitamin D deficiency, which is caused by a lack of sun exposure, has been linked to a higher risk of heart disease, diabetes, high blood pressure, **and certain cancers!**

Marshia and I make getting out in the sun a priority. I call it “Free D.” If your job or lifestyle allow you to spend a lot of time outdoors, then you have this built into your routine. But for those of us who spend most of our waking hours indoors or in a vehicle, **we have to make the effort to get outside and soak up some rays on a regular basis.**

Self-Evaluation

If you have developed negative habits that are affecting your health and wellbeing, don't despair. **You can change those habits one-by-one, starting right now.** It takes an average of a couple of months to establish a new habit. There are a lot of variables; for example, it is more difficult to change an old, deep-seated habit than to simply adopt something new. But in either case, **it can be done.**

One personal example that comes to mind is the moment I stopped adding milk and two teaspoons of sugar to each cup of coffee that I drank. My brothers and I started drinking coffee at a very young age—I **do not remember life before coffee.** But as kids, we “doctored it up” with milk and sugar (a child will drink anything if you put enough sugar in it).

Then late one night when I was barely a teenager, I was riding shotgun with my dad, just him and me, coming home from a trip. Dad had brought coffee in his Stanley thermos, but it was black. He had adopted the habit of drinking black coffee while in the Navy.

VITAMIN D
THE SUNSHINE VITAMIN

Vitamin D is essential for a strong body, a healthy immune system, and overall well-being.

Your body needs Vitamin D every day to function at its best.

THE RESULTS OF VITAMIN D DEFICIENCY

Low vitamin D levels can affect many parts of your body and your quality of life.

- WEAK BONES & TEETH**
Vitamin D helps your body absorb calcium. Deficiency can lead to rickets in children, osteomalacia in adults, and osteoporosis.
- WEAK IMMUNE SYSTEM**
Low levels are linked to frequent infections, colds, and a higher risk of illness.
- MUSCLE WEAKNESS & PAIN**
Deficiency can cause muscle aches, cramps, and weakness.
- FATIGUE & LOW MOOD**
Low vitamin D is associated with tiredness, low energy, and an increased risk of depression.
- LONG-TERM HEALTH RISKS**
Chronic deficiency has been linked to a higher risk of heart disease, diabetes, high blood pressure, and certain cancers.

FOOD HAS SOME, BUT NOT ENOUGH
Only a few foods naturally contain vitamin D, and not in sufficient amounts.

SUN EXPOSURE IS THE BEST WAY TO GET VITAMIN D

WHY SUNLIGHT?

- ✓ **Natural** – your body produces vitamin D3 (the most effective form) when your skin is exposed to sunlight.
- ✓ **Free & accessible** – available to almost everyone, every day.
- ✓ **Better utilized** – vitamin D from sun exposure is absorbed and used efficiently by the body.

HOW IT WORKS

UVB rays from the sun hit your skin. → Your skin produces vitamin D3. → It's converted in the liver and kidneys into active vitamin D for your body to use.

HOW MUCH SUN IS ENOUGH?
10–30 minutes of midday sun exposure, 3–5 times per week on arms, legs, or back (depending on your skin tone, location, season, and time of day) is usually enough.

THE TAKEAWAY
Vitamin D is vital. Deficiency can impact your bones, immunity, mood, muscles, and long-term health. Sun exposure is the most natural, effective, and cost-free way to keep your levels in check. **Make sunshine a part of your healthy routine!**

Always balance sun exposure with skin safety. Avoid excessive sun, stay hydrated, and consult your healthcare provider if you have medical conditions.

SUNSHINE TODAY, STRONGER TOMORROW.

I felt a responsibility to stay awake, to help keep my dad alert while he drove, so I went for it—I **drank a cup of the black coffee**. I remember thinking it tasted bitter without the milk and two teaspoons of sugar that I was used to. But I made a decision that night—somewhere on some lonesome highway—that I would start drinking my coffee black, like my dad did.

And I did. **Surprisingly, it only took a week or two before I realized that I actually enjoyed the true, unmasked flavor of coffee**. From that point on, I didn't even like coffee with milk and sugar in it.



And speaking of breaking deep-seated, unhealthy habits. My dad had been a chain smoker for decades (somewhere along the way, he had succumbed to the “Marlboro Man” ads). Around nineteen-seventy-something, all three of my brothers, Dad, and myself had been born again. One night, Dad decided to test this power of the Holy Spirit that we had discovered: **He asked God to take away his desire to smoke**. He lit one up, and to his surprise, it tasted terrible. He thought maybe it was just a bad one, so he put it out, and lit up another one. The same thing. He put that one out, and lit a third one. It, too, was

repulsive! He put it out, threw the pack of remaining cigarettes in the trash, and never smoked another cigarette in his life.

Jeremiah 32:27 says: “Behold, I *am* the Lord, the God of all flesh. Is there anything too hard for Me?” Of course, the answer to that rhetorical question is, “**No!**” If you have developed negative habits that are affecting your health and wellbeing, don't despair. **You can change those habits one-by-one, starting right now**. Ask God to help you. He will.

Exercise

I believe it goes without saying that **you cannot maintain optimal health without adequate exercise**. When I was a young man, I worked in construction for a while. During that phase of my life, I had fresh air, sunshine, and exercise built into my daily routine. **But the sedentary nature of my current job and lifestyle require me to make time to exercise**.

For years now, I have maintained this workout routine:

- Sunday: Total Gym®
- Monday: Rebounder
- Tuesday: Rebounder
- Wednesday: Sit-ups and pushups (Wednesday Workout)
- Thursday: Rebounder



Obviously, here in the real world, *life* happens and we can't always stick to a strict routine. But that's okay. **I don't stress out if I have to miss a workout every now and then**. I believe the same principle applies to exercise that applies to diet: **if you are diligent and consistent with your exercise regimen, it will not hurt to miss a session now and then**.

Body by Science

In his book, *Body by Science*, Doug McGuff, M.D., stresses the importance of resistance training, and lays out **a plan to get all of the strength training you need in 12 minutes a week!** The basic idea is to do only one set of each exercise, do it slowly, and go to failure.

A few weeks ago, I started implementing that method for my Sunday and Wednesday workouts. Traditionally, I had always done three sets of each exercise. This new method cuts down on my workout time, and seems to be producing the desired results. I guess time will tell.

Total Gym®

I start the week on Sunday evening with the Total Gym® workout. After stretching, I do one set of the following exercises, as slowly as possible, to failure.

- Seated Press
- Laying Biceps Curls
- Squats
- Seated Biceps Curls
- Seated Triceps Extensions
- Butterflies

After that I do Calf Raises on my Calf Raise Bar, and then Pullups.

Rebounder



When practicable, I do my Rebounder workout on Monday, Tuesday, and Thursday mornings. I have been doing my Rebounder workouts since 2018. **It is a 25-minute routine:** the first part is stretching and aerobics, and the second part is High Intensity Interval Training (HIIT).

My Rebounder is on the screened-in porch. I set my tablet on the deepfreeze and follow the video for my workout. [Here is a link to the video on my YouTube channel](#), in case you want to check it out.

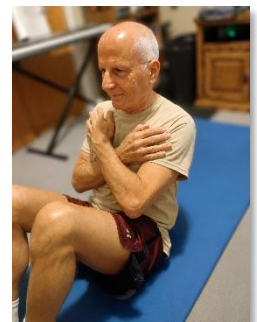


The second part of the video consists of six 1-minute timers, and six 30-second timers. I run fast on the Rebounder (easy on the knees) for one minute, then rest for thirty seconds. Repeat six times, following the timers on the video.

Wednesday Workout

On Wednesday mornings I do Sit-ups and Pushups. I used to do three sets of each, but since I started following the *Body by Science* plan, I only do one set of each, as slowly as possible, to failure.

I also modified the Sit-ups: instead of interlacing my fingers behind my head as I have always done, I cross my arms over my chest, to get a more intense abdominal workout.





Do Your Own Thing

And that’s it. That’s what Marshia and I eat, and that is my workout routine. Her workout regimen is different than mine: she prefers the treadmill (which we have in our bedroom, along with the Total Gym®), and her Rebounder is in the guest bedroom, and has a handrail for safety.

But I want to emphasize that our intention is not that you copy our diet and exercise regimens. We are not advocating some new fad diet! This is not “The May Diet.”

We are merely sharing what we do and the results we have seen in hopes of encouraging and inspiring others to take a proactive role in their health and fitness.

We encourage you to pause, step back and seriously consider your current physical condition. Could it be improved? **Are you beginning to see**

that you have your part to do? God has done His part:

- He created the human body to heal itself when given the right conditions.
- He created an enormous variety of foods to choose from to nourish the body.
- He created water to hydrate the body.
- He created the sun, “the doctor in the sky,” to provide our vitamin D.

And now, **He has allowed you to become aware of some things that you may need to do to take care of the body that He has entrusted you with.** 1 Corinthians 6:19 says, “Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own?” Marshia and I believe that **we honor God by taking care of this temple of the Holy Spirit.**



One Final Thing

We need to share one other *little thing* that will make a huge difference in your health and wellbeing: **sleep**. At least it seems like a little thing to most people. The prevailing attitude seems to be that if I can function adequately, I must be getting enough sleep. **The truth is, however, that routinely getting less than seven hours of sleep a night affects your health and wellbeing in ways that you don't realize.**

In his book *Why We Sleep: Unlocking the Power of Sleep and Dreams*, Matthew Walker, PhD argues that **many of the most serious health problems in developed countries, including heart disease, obesity, dementia, diabetes, and cancer, are strongly linked to insufficient sleep.** He emphasizes that consistently getting fewer than six or seven hours of sleep can severely weaken the immune system, **more than doubling the risk of cancer.** Drawing on extensive scientific research, the author concludes that **sleep benefits virtually every biological function of the human body.** There is no aspect of physical health that does not depend on adequate rest.

Now, I'm not naïve: I realize that these health conditions are serious and complicated. I believe that poor health is a result of a lot of little things that have added up over the years. **But what if some of those things weren't so little?** What if there were a few things that, consistently combined over a period of time, could have a big impact? I am convinced that is the case, and adequate sleep is most certainly one of those things. Think about it. **Here is something that you (and only you) can do starting right now—you don't need an appointment. It is totally free—you don't need insurance and there is no copay. There are no negative side effects—it is all good.**

Again, I am not naïve. I realize that not everyone has the luxury of going to bed at ten every night and getting up at six or seven. I am in law enforcement, after all—**any career as a first responder is subject to bizarre and inconsistent sleep opportunities.** My suggestion is to do what Marshia and I have done and continue to do—**the best we can.** That's actually all any of us can do.

However, there are cases where we could do more than we are doing if we recognized the need to do so. **This is probably one of those cases.** You may not have flexibility in the mornings. But, what if, in order to get your eight hours of sleep, all you had to do was to get in the habit of going to bed an hour or two earlier every night?

I believe one of the most common reasons why many people get in bed too late these days is the modern phenomenon known as **Revenge Bedtime Procrastination.** You may have never heard of it, but if you're like me, you have fallen prey to it.



It can be defined as a behavior where someone deliberately delays going to sleep, even when they're tired, because they feel they didn't have enough free time during the day. **It's staying up late to "take back" personal time that was lost to work, school, or other responsibilities.**

Dr. Walker says in his book that he gives himself a **non-negotiable eight-hour sleep opportunity each night**. With my current work schedule, I don't always have that luxury. But I have definitely elevated sleep to a prominent place on my daily "To-Do" list. **I make every effort to get at least seven hours of sleep most nights.**

Make It Happen



In our modern world, good health is not automatic—you have to make it happen. **If you want to stay in shape and enjoy good health, you have to do it on purpose.**

In 2018, I ran across some YouTube videos of this brilliant Australian woman named **Barbara O'Neill**. Marshia and I immediately recognized the truth and wisdom in her lectures, and watched every one that we could find.

Marshia started corresponding with her via email, and in 2021, she invited us to join her and the others at Living Springs Retreat in Roanoke for lunch.

We have learned a lot from Barbara. We don't follow her diet plan exactly, but then, we don't follow anybody's diet plan exactly. But one thing that I have come to realize is the absolute importance of obeying the Eight Laws of Health.

I am convinced that if a person faithfully and consistently obeys these simple, eight Laws, they have a very high probability of staying healthy. God designed the human body to be healthy, and to heal itself, when necessary, when given the right conditions. These Eight Laws of Health do precisely that—**give the body the right conditions to regain and retain optimal health.**

The Eight Laws of Health

1. Pure Air
2. Sunlight
3. Temperance
4. Rest
5. Exercise
6. Proper Diet
7. The Use of Water
8. Trust in Divine Power

HEALTH PRINCIPLE	HOW WE APPLY IT
 PURE AIR	We spend time outdoors regularly to enjoy fresh air and natural surroundings.
 SUNLIGHT	We make a point to get regular exposure to natural sunlight each day.
 TEMPERANCE	We avoid alcohol and tobacco and limit the use of harmful substances, including excess sugar.
 REST	We aim for 7–8 hours of sleep each night and reserve one day each week for rest and renewal.
 EXERCISE	We maintain a consistent, moderate exercise routine to support overall health.
 PROPER DIET	Our diet is primarily whole-food and plant-based, with an emphasis on kosher principles. We include eggs and fish regularly, while treating meat as an occasional food.
 USE OF WATER	We drink adequate water daily and carry water with us when away from home. We also use a water ionizer that produces purified, hydrogen-rich alkaline water from tap water.
 TRUST IN DIVINE POWER	We place our trust in God for health, protection, and guidance, and our faith in Jesus Christ for eternal life.

Our Health Plan by the Numbers

That’s the short version of what Marshia and I do to stay in shape. We are on no prescription medications, and I only go to the doctor’s office once a year for an Annual Wellness Visit (AWV). Here are the numbers from last year, at age 67:

- Glucose 83
- TC 182
- HDL 65
- TRG 65
- LDL 104

I regularly donate blood. At my last donation on April 10, 2026:

- BP 116/80
- A1c 5

You’ve Got This!

If your health needs to improve, then we encourage you to start right now to obey the Eight Laws of Health. **If you are bound by bad habits or addictions, ask God to help you as you**

commit to be free. Develop a healthy diet and lifestyle that work for you, that will be sustainable for the long term, and stick with it.

If you fall along the way (and we all do from time to time), get back up and back on track. Stay the course. **Commit to getting your body, which is the temple of the Holy Spirit, back in shape.** You've got this! With God's help, and a little help from your family and friends, you will do it.

I can do all things through Christ who strengthens me. (Philippians 4:13)

God is our Heavenly Father. Even human fathers want what's best for their children. How much more does God want what's best for His children?

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. (John 10:10)

God's plan for you is an abundant life. We believe that includes vibrant health. Trust Him; work with Him; do your part, and you can be sure that God will do His.

God bless you on your health journey.

Robert and Marsha

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For Further Study

By the mouth of two or three witnesses every word shall be established. (2 Corinthians 13:1b)

Everything we have shared here is “from the mouth of two or three witnesses.” These people have dedicated their lives to the study of the human body and how it works. They are quite literally “witnesses”—they have witnessed first-hand the results of eating a healthy diet and living a healthy lifestyle.

“If I have seen further, it is by standing on the shoulders of Giants.”
Isaac Newton

We have carefully investigated and studied the wisdom of many “giants,” and we present to you here what we consider to be some essential truths that you can easily apply to your life to reclaim and retain your health.

Following is a brief overview of 15 of the many books that we have studied over the past decade. (These overviews were created using Google Gemini)

Body by Science

by Doug McGuff, M.D., & John Little

Challenges fitness orthodoxy by advocating for a high-intensity, scientifically optimized approach that requires only a single 12-to-15-minute workout per week. [READ OVERVIEW](#)



Mindless Eating

by Dr. Brian Wansink

Overeating is rarely driven by hunger. Instead, it is dictated by environmental cues, social pressures, and visual illusions. Dr. Wansink demonstrates that the average person makes over 200 food-related decisions daily, most of which are subconscious. [READ OVERVIEW](#)

Pure, White, and Deadly

by John Yudkin

Our global health crisis didn't happen because we ignored the dangers of fat; it happened because we ignored John Yudkin's warning about sugar. [READ OVERVIEW](#)



Salt, Sugar, Fat

by Michael Moss

An exposé on the processed food industry. Through years of research and interviews with industry insiders, Michael Moss reveals how "Big Food" uses science to override human biology for corporate profit. [READ OVERVIEW](#)

Self-Heal by Design

by Barbara O'Neill

A holistic health manual centered on the premise that the human body is designed to heal itself when provided with the correct internal environment. Barbara O'Neill emphasizes the balance of the microbiome, body pH, and organ function as the keys to reversing illness. [READ OVERVIEW](#)



Stop Alzheimer's Now!

by Bruce Fife, N.D.

By shifting away from inflammatory, high-sugar diets and introducing alternative fuels like coconut oil, individuals can optimize brain metabolism and take a proactive stance against cognitive decline. [READ OVERVIEW](#)

Sugar Blues

by William Dufty

A foundational classic of anti-sugar literature. Written by journalist William Dufty, this manifesto explores the physical and psychological toll of refined sucrose, defining "sugar blues" as a state of chronic lethargy, anxiety, and depression. [READ OVERVIEW](#)



The Blue Zones

by Dan Buettner

Lessons for Living Longer from the People Who've Lived the Longest
Details global geographic pockets where people live statistically longer, healthier lives, with a focus on lifestyle and environment. [READ OVERVIEW](#)

The Case Against Sugar

by Gary Taubes

A fierce prosecutorial brief by science journalist Gary Taubes. The book isolates sucrose and high-fructose corn syrup as the principal drivers of modern metabolic epidemics, arguing that sugar is a unique chronic toxin rather than just "empty calories." [READ OVERVIEW](#)



The China Study

by T. Colin Campbell, PhD, and Thomas M. Campbell II, MD

A seminal work in nutritional science. It presents the findings of a 20-year epidemiological project—the China-Oxford-Cornell Diet and Health Project—to argue that a whole-food, plant-based (WFPB) diet is the key to preventing and reversing chronic disease. [READ OVERVIEW](#)

The Daniel Plan

by Rick Warren, Dr. Daniel Amen, and Dr. Mark Hyman

Lasting physical wellness is a byproduct of holistic health— where physical fitness and nutrition are deeply connected to a person’s mental focus, spiritual faith, and supportive human relationships. [READ OVERVIEW](#)



The Hygienic System Vol. III: Fasting and Sunbathing

by Dr. Herbert M. Shelton

Originally published in 1934, this foundational text of the Natural Hygiene movement posits that the body possesses an innate "vital force" capable of healing itself when environmental burdens are removed. Health cannot be found in a bottle. By reconnecting with natural elements like sunlight, the body is liberated from internal toxins, allowing its self-healing architecture to repair functional disorders. [READ OVERVIEW](#)

Wheat Belly

by William Davis, MD

A pivotal text in the gluten-free movement. Davis argues that modern wheat is a genetically altered “Frankenwheat” that serves as the primary driver for global obesity and chronic inflammatory disease. [READ OVERVIEW](#)



Why We Sleep

by Matthew Walker, PhD

A groundbreaking work by neuroscientist Dr. Matthew Walker. It argues that sleep is the single most effective thing we can do to reset our brain and bodily health each day. [READ OVERVIEW](#)

Your Body’s Many Cries for Water

by Fereydoon Batmanghelidj

Originally published in 1992, this seminal work argues that most chronic diseases are not illnesses, but expressions of chronic, unintentional dehydration. Dr. Batmanghelidj posits that we are treating thirst with drugs rather than water. [READ OVERVIEW](#)





I have a bathroom scale in my bathroom and weigh myself every morning. I also have a BMI chart as decoration on my bathroom wall (okay, so maybe I go a little overboard 😊). If you are interested in having a BMI Chart, you can download one [HERE](#).

If you are interested in learning more about the water ionizer that we use, I prepared a presentation slideshow a while back that you can view [HERE](#).



If you are interested in how many calories you need each day to maintain your current weight, there is a calculator [HERE](#). Keep in mind that all calories are not created equal—the calculator does not account for that fact. Calories from sugar, hybridized wheat, and ultra-processed “foods” are not the same as calories from broccoli, einkorn, and oranges.

And check out our website: www.may58.com.

Thank you!

Seven Steps to a Healthier You

1. Drink adequate, good water every day, combined with a little Celtic Sea Salt.
2. Do not drink Sugar-Sweetened Beverages (SSBs) of any kind.
3. Eat a mostly whole food, plant-based diet. Consider meat a treat. Eat less.
4. Eat only two meals a day (as people have done for most of human history)—practice intermittent fasting.
5. Get outdoors in the fresh air and sunshine on a regular basis.
6. Get 7-8 hours of sleep every night. Take one day a week to rest.
7. Trust God to lead you and help you regain and retain your health.

Small daily choices. Big, lasting change.