

# 359: Putting Your DNA Test Results to Practical Use

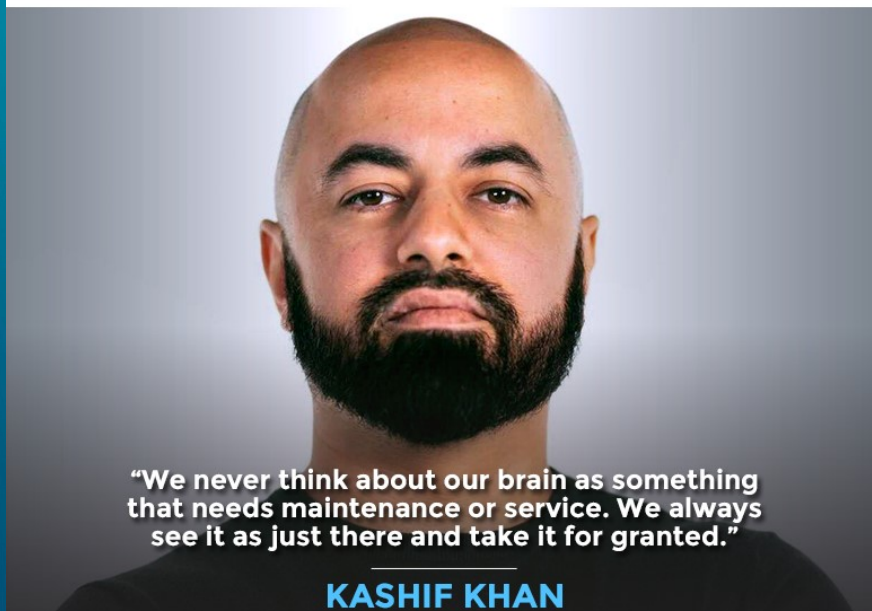
## 10 Point Checklist

### Kashif Khan

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**“We never think about our brain as something that needs maintenance or service. We always see it as just there and take it for granted.”**

**KASHIF KHAN**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Get a DNA test. Research the benefits to understand why it's essential to know my genetic makeup. The more I know, the better I can prevent health issues.
- Work on holistic improvement. My environment, nutrition, and lifestyle choices affect my likelihood of developing diseases and other health issues. Develop better habits using this information.
- Find the appropriate diet and nutrition. Avoid jumping on trends. Instead, research and look for what kind of health plan is best for my body.
- Observe my mood and behavior. Understanding how I'm mentally and emotionally wired allows me to adapt and adjust to different situations.
- Follow a fitness routine. Find what kind of workout is ideal for me and stick to it. Keeping myself active and fit lets me develop a healthier lifestyle.
- Follow a healthy sleeping pattern. Sleep significantly affects my life. Research how to have better sleeping habits for a better quality of life.
- Get a certified coach. Having myself checked by a professional lets me know the right vitamins and access appropriate training.
- Get sufficient Vitamin D. Most of my genes require Vitamin D to function. Therefore, take supplements and go out to have adequate exposure to this nutrient.
- Buy a DNA test from The DNA Company and get \$50 off using this link: [thednacompany.com/optimized](https://thednacompany.com/optimized).
- Go to Kashif Khan's [website](#) to know more about their DNA tests and services. Then, follow him on [LinkedIn](#) and [Twitter](#) to learn more about the latest update from his company.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/putting-your-dna-test-results-to-practical-use-with-kashif-khan/>