



How To **BOOST** **TESTOSTERONE**

Naturally.

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What Is Testosterone?

WHY TESTOSTERONE MATTERS...

Testosterone is a hormone primarily produced in the testes in men and in smaller amounts in the ovaries and adrenal glands in women. It plays a key role in various bodily functions, particularly in growth and development, muscle and bone strength, and the maintenance of energy levels and libido.

For men, testosterone is central to developing masculine characteristics, such as increased muscle and bone mass, deeper voice, and body hair. It also affects mood, cognitive abilities, and emotional health. In women, although present in smaller amounts, testosterone contributes to muscle strength, bone density, mood regulation, and sexual desire.

Testosterone levels naturally fluctuate over a lifetime, peaking during puberty and early adulthood and gradually declining with age. Low testosterone can lead to fatigue, decreased muscle mass, mood changes, and even issues with memory and concentration.

NATURAL BOOST #1

EXERCISE AND MOVEMENT

Strength Training: Focus on large muscle groups with exercises like squats, deadlifts, and bench presses.

Tip Aim for compound movements 2-4 times per week.

High-Intensity Varied Workouts: Short, intense workouts stimulate testosterone.

Tip CrossFit 3-6 times per week.

Avoid Overtraining: Intense training without recovery can actually lower testosterone, be sure mix in lower intensity and recovery workouts to your weekly schedule.

NATURAL BOOST #2

DIET AND NUTRITION

Protein, Fats, and Carbs: *Be aware what source you consume*

Prioritize meat; grass-fed red meat is best, healthy fats (avocado, butter, ghee, olives), raw dairy and get your carbs mainly from fruits with occasional white rice or sweet potato.

Zinc and Vitamin D: *Essential for testosterone production.*

Getting these vitamins and minerals from red meats, raw dairy, and sunlight exposure (15-20 minutes daily).

Limit Sugar and Processed Foods: *High sugar intake can cause insulin spikes that will impact hormone balance.*

Processed foods cause inflammation and insulin resistance harming testosterone levels.

NATURAL BOOST #3

SLEEP & RECOVERY

Get Enough Sleep: 7-9 hours is ideal for testosterone production.

Tip Develop a relaxing bedtime routine (no screens, dim lighting). -
Look out for our SLEEP guide.

Quality Over Quantity: Focus on deep, uninterrupted sleep stages for optimal recovery.

NATURAL BOOST #4

STRESS MANAGEMENT

Manage Cortisol: *High stress levels release cortisol, which can reduce testosterone.*

Tip Practice mindfulness, deep breathing, or short meditation sessions. - Look out for our *STRESS guide*

Set Boundaries: *Learn to say no to excessive commitments.*

NATURAL BOOST #5

LIFESTYLE HABITS

Limit Alcohol and Avoid Smoking: *Both can negatively impact testosterone levels.*

Stay Consistent: *Hormone optimization is a long-term process. Aim for consistency, not perfection.*

Stay Connected: *Positive social interactions can have a beneficial effect on overall health and well-being.*

A black and white photograph of a man rowing in a gym. He is shirtless and has a focused expression. In the background, a wooden box is labeled 'F1T'. The word 'CROSSFIT' is visible on the rowing machine's handle.

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