TLA 30-Day Vitality Action Plan

Client:	Nakul Singh
Plan Start Date:	18 November 2026 (30-Day Cycle)

Purpose & Weekly Coaching Approach

The goal of the next 30 days is not perfection. The objective is to begin building a small number of sustainable habits that improve energy, body composition, cardiovascular fitness, recovery and long-term health.

Based on your assessment results, we encourage you to select at least 4 of the 5 "Core Practices / Priorities" (outlined below) each week and to log a very short summary in your TLA portal about how you found and executed each chosen practice. This provides a structured starting point for your weekly support check-ins with your coach and the subsequent evolution of your plan.

30-Day Core Practices Overview

#	Priority Area	Core Practice & Weekly Target	Baseline → 30-Day Goal
1	**Improve Aerobic Fitness**	1–2x/wk Zone 2 Aerobic (25–30 mins conversational pace) + 1x/wk HIIT Sprint Session (24 mins)	VO_2 Max: 36.1 ml/kg/min → Improved stamina & HR recovery
2	**Strength & Muscular Endurance**	1–2x/wk Resistance Training (30–40 mins full-body strength & endurance)	40.5 kg Skeletal Muscle → Preserve muscle during fat loss
3	**Improve Breathing Efficiency**	5 mins daily slow nasal humming breathwork + nightly 4-7-8 breathing in bed	BOLT Score: 19s → Target 25–30s & calmer stress response
4	**Nutrition & Recovery Habits**	Protein-first breakfast (30–40g), ~2.5L water, 2–3 hr pre-bed fast + post-meal wall sits (1–2x/day)	Wall Sit: 20s / Waking Refreshed: 2/5 → 35–45s & steady energy
5	**Daily Activity Levels**	Consistent daily movement (walking meetings, stairs, post-meal walks, movement breaks)	Active Days: 2/wk → Consistent daily movement rhythm

Priority 1: Improve Aerobic Fitness

Current Baseline: ***VO_2 Max 36.1 ml/kg/min (4.50 km in 10 mins)*** | *Frequency:* ***2–3 aerobic touches per week***

Building your aerobic base alongside targeted high-intensity intervals will improve cardiovascular efficiency without overloading recovery while daily stress is elevated.

A. Zone 2 Aerobic Foundation (1–2 Times Per Week)

- **Duration & Modality:** 25–30 minutes of brisk walking (incline treadmill or outdoors), cycling, or rowing.
- **Effort & Breathing Cue:** Maintain a steady, comfortable effort where you can breathe exclusively through your nose and hold a full conversation without gasping.

B. HIIT Sprint Session Protocol (1-2 Time Per Week — Approx. 24 Minutes)

- **Warm-Up:** 5 minutes easy walking (6 km/h) to elevate heart rate gradually.
- **Main Set (8 Sprint Intervals):** Perform 8 rounds of 30-second sprints followed by 2½ minutes of walking recovery (begin each sprint every 3 minutes).
- **Initial Treadmill Guideline & Safety:** Walking pace: 6 km/h | Sprint pace: from 12 km/h (adjust according to comfort and confidence).

Success Measure: Improved stamina and post-effort heart-rate recovery; increased confidence during higher-intensity exercise; progressive improvement in VO_2 Max.

Priority 2: Improve Strength & Muscular Endurance

Current Baseline: ***40.5 kg Skeletal Muscle | 100 kg/leg Single-Leg Press*** | *Frequency:* ***1–2 sessions per week (30–40 mins)***

Your baseline assessment highlighted above-average skeletal muscle mass and excellent left/right symmetry. Resistance training during the next 30 days is designed to preserve this valuable muscle mass while you reduce body fat and build fatigue resistance.

- **Lower Body:** Leg press and squat variations (lower-body strength & endurance).
- **Upper Body:** Rowing movements and chest press (balanced upper-body push/pull).
- **Core & Stability:** Core stability exercises and controlled functional movement patterns.

Success Measure: Increased physical capability and muscular endurance; enhanced metabolic health; maintenance of existing skeletal muscle mass during fat loss.

Priority 3: Improve Breathing Efficiency & Stress Resilience

Current Baseline: ***BOLT Score 19 seconds | Stress Rating 8/10*** | *Target:* ***BOLT 25–30 seconds***

1. Daily Breathing Practice (5 Minutes/Day)

Complete 5 minutes per day at a time that suits your schedule:

- **Slow Nasal Breathing:** Take long, slow, gentle breaths both in and out through the nose.
- **Humming Exhalation:** If comfortable, hum a quiet tone or song on the exhale. Humming increases nasal nitric oxide levels by approximately 15- to 20-fold compared to silent exhalation—acting as a natural vasodilator and bronchodilator to widen blood vessels, enhance oxygen delivery, and support lung function.

2. Nightly In-Bed Wind-Down (4-7-8 Technique)

Recommended right in bed to activate your calming parasympathetic nervous system before sleep:

- **Step 1:** Exhale completely through your mouth, making a soft whoosh sound.
- **Step 2:** Breathe in quietly through your nose for a count of 4.
- **Step 3:** Hold your breath gently for a count of 7.
- **Step 4:** Exhale slowly through your mouth with pursed lips for a count of 8.
- **Cycles:** Repeat for 4 cycles at first, building up gradually as you become comfortable.

Success Measure: Improved stress resilience; calmer breathing patterns during daily work and exercise; steady progression toward a BOLT score of 25–30 seconds.

Priority 4: Improve Nutrition, Hydration & Recovery Habits

Current Baseline: ***Wall Sit 20s | Waking Refreshed 2/5 | Phase Angle 6.4° | Energy Dips: Mid-morning & Evening***

Morning Protein & Daily Hydration Anchor

- **Protein-First Breakfast:** Aim for 30–40g of quality protein at your first meal (e.g., eggs, Greek yoghurt, fish, poultry, or a protein smoothie) to eliminate your mid-morning energy dip and protect your 40.5 kg skeletal muscle mass.
- **Daily Hydration:** Target approximately 2.5 litres of water across the day (front-loaded earlier in the day) to support cellular hydration and energy.

Evening Nutrition Guideline

Avoid food for the final 2–3 hours before bedtime whenever practical to support overnight digestion, deeper sleep architecture, improved recovery, and favourable body-composition outcomes.

Post-Meal Daily Movement Habit (Wall Sits)

Within 30 minutes after 1–2 main meals per day (such as lunch and dinner), perform 3 rounds of wall sits. Begin with a comfortable hold duration (e.g., 15–20 seconds) and gradually increase your hold time over the coming weeks.

Success Measure: Elimination of mid-morning and evening energy crashes; improved waking refreshment score; lower-body muscular endurance building from 20s toward 40+ seconds.

Priority 5: Improve Daily Activity Levels

Current Baseline: ***2 Active Days/Week*** | *Focus:* ***Consistency Over Duration***

Aim to reduce prolonged sitting and accumulate low-level movement throughout every day:

- Take phone calls or 1-to-1 catch-ups as walking meetings.
- Insert short 2–3 minute movement breaks between desk blocks.
- Choose stairs instead of lifts whenever practical.
- Add a brief 5–10 minute walk after meals to aid digestion and energy.

Weekly Self-Check & Portal Logging Tracker (Target: ≥ 4 of 5 Practices/Week)

Tick the practices you focus on each week and jot down a brief 1–2 sentence reflection in your TLA portal ahead of our weekly check-in:

Core Practice / Priority	Wk 1	Wk 2	Wk 3	Wk 4	Key Weekly Reflection / Portal Note
1. Aerobic Fitness (Zone 2 + HIIT)	☐	☐	☐	☐	
2. Strength & Muscular Endurance	☐	☐	☐	☐	
3. Daily & Nightly Breathing Practice	☐	☐	☐	☐	
4. Nutrition, Hydration & Post-Meal Wall Sits	☐	☐	☐	☐	
5. Daily Movement & Step Consistency	☐	☐	☐	☐	

What Success Looks Like After 30 Days

The objective for the next 30 days is not overnight transformation—it is the establishment of repeatable, confidence-building habits that form the launchpad for your 90-day vitality goals:

- Greater, more consistent daily energy (elimination of mid-morning and evening dips)
- Improved exercise confidence and post-effort cardiovascular recovery
- Better sleep refreshment and lower perceived daily stress
- Improved breathing efficiency and CO_2 tolerance (progressing toward 25+ seconds)
- More consistent weekly physical activity and sustainable body-composition habits

Closing Remarks

Nakul, your baseline assessment shows that you already possess the muscular strength and physical foundation required to make rapid, meaningful progress. By focusing on these simple, repeatable daily practices over the next 30 days—and logging brief reflections in your portal—we will build momentum together week by week.

Best wishes,

YOUR TLA SUPPORT TEAM

Helping You Unlock Your Longevity Advantage