



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #454

Dr. Tracy Gapin

Forget everything you thought you knew about men's health, because Dr. Tracy Gapin is about to blow your mind with his game-changing tactics.

From turbocharging your nutrition to dialing in your sleep habits like a pro, he's got the keys to unlock your inner beast mode and unleash it to the world.

In this ["Success for the Athletic-Minded Man" episode](#), Dr. Gapin, a board-certified urologist and world-renowned men's health and performance expert, leaves no stone unturned as he shares his arsenal of strategies for optimizing every aspect of your well-being.

From ditching refined sugars to embracing real foods, from mastering the art of quality sleep to ramping up your fitness routine, Dr. Gapin serves actionable tips guaranteed to revitalize your body and mind.

So if you're tired of feeling sluggish, uninspired, and stuck in a rut, then buckle up, because Dr. Gapin is about to take you on a wild ride to peak performance. Time to reclaim your vitality, redefine your limits, and become the unstoppable force you were always meant to be!

Get ready to hit the rewind button because this episode is packed with so much wisdom, wit, and practical advice that you'll want to listen to it more times than you can count. Tune in now!

Top Quotes From This Episode

"It's the micro-decisions that we're making every day that have a massive impact."

"Low testosterone is not the problem. Low testosterone is the symptom of deeper underlying problems."

"Cortisol is great in very acute, short-term situations. But in general, over the long term, it crushes your health."

"Data doesn't lie. [You] can track metrics and see if what you're doing is working or not."

Show Notes

This episode touches on the following key topics and ideas:

- **Men's health (2:52):** Dr. Gapin discusses why there's a "men's health crisis"—where testosterone levels are plummeting and obesity is rising.
- **Why does testosterone matter? (9:15):** Testosterone is critically important in energy, metabolism, cognitive function, vitality, cardiovascular health, and longevity. It's also responsible for mood.
- **Data doesn't lie (20:21):** Control elevated cortisol that causes low testosterone by listening to your body:
 - Measure your stress level with a metric called HRV (Heart Rate Variability)
 - Track your blood sugar using a device called CGM (Continuous Glucose Monitoring).
 - Track body composition—lean muscle mass and visceral fat
 - Track your sleep
 - Monitor your food intake. Use a device like chronometer.

Four Areas of Health to Improve Your Overall Wellness

- **Nutrition (25:47):** Dr. Gapin emphasizes the significance of starting the day with a protein-rich breakfast, consisting of lean sources like whey protein, Greek yogurt, and cottage cheese.

He recommends aiming for 0.8 to 1 gram of protein per pound of ideal body weight.

- **Sleep (29:29):** Establishing a bedtime routine focused on relaxation activities like reading, journaling, sauna, meditation, or intimacy is crucial for quality sleep.

Avoiding food or beverages, particularly tablets or devices, in the hours leading up to bedtime is recommended.

- **Fitness (33:13):** Dr. Gapin highlights the importance of prioritizing resistance training to build and maintain muscle mass, especially for individuals over 40.

He suggests incorporating aerobic exercise, such as walking, yoga, or interval training, for overall cardiovascular health.

- **Stress Management (35:16):** Allocating time for leisure activities and self-care helps counterbalance work-related stress.

Embracing mindfulness practices can cultivate resilience and effectively manage daily stressors.

- **Make these a habit (38:44):** Dr. Gapin emphasizes increasing motivation, enhancing ability, and attaching habits to specific prompts or anchors for consistency.

Reducing friction to adopting positive habits by making them easy and integrating them into daily routines is key.

List of Resources Mentioned in the Episode

Tracy Gapin's books

["Male 2.0: Cracking the Code to Limitless Health and Vitality"](#)

["Codes of Longevity: Learn from 20+ of Today's Leading Health Experts How to Unlock Your Potential to Look, Feel and Live Life Optimized to 120 and Beyond"](#)

["Tiny Habits: The Small Changes That Change Everything"](#) by BJ Fogg, PhD

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