

TRT Survival Guide for Men

How to Boost T, Feel Stronger, and Take Control of Your Health



Joe Miller
Founder of
1st Optimal

1st  optimal

TRT Injection Methods Made Simple

Subcutaneous (SubQ) Injections

- Goes into the fat layer under your skin, usually in your belly or thigh
- Uses a small needle (less painful)
- You can do it at home with a little practice

Pros:

- Easier and more comfortable than big muscle shots
- Keeps testosterone levels more stable
- Fewer mood swings

Cons:

- May cause mild itching or irritation under the skin

Intramuscular (IM) Injections

- Goes deep into the muscle, like your glute (butt) or thigh
- Uses a bigger needle
- Often given at a clinic (but you can learn to do it yourself)

Pros:

- Time-tested and effective
- Works well for bigger doses

Cons:

- Can be painful
- Harder to do on your own
- Slightly more risk of hitting a nerve or blood vessel

TRT Survival Guide for Men

How to Boost T, Feel Stronger, and Take Control of Your Health



Joe Miller
Founder of
1st Optimal

1st Optimal

Frequency & Examples

Example: You're using 200mg/mL testosterone

- 0.4 mL twice a week = 80 mg per shot → 160 mg total/week
- 0.5 mL once a week = 100 mg total/week

👉 *More frequent = more stable*

Most men feel better with 2 small doses per week instead of one big one

Natural Testosterone Boosting Habits

Even with TRT, your body works better when you treat it right. These habits can improve your results or boost T naturally if you're not on TRT yet.

1. Sleep Like It Matters

- Aim for 7–9 hours every night
- Go to bed and wake up at the same time daily
- Avoid screens and bright lights before bed

💡 *Bad sleep = lower T. One bad week can drop your levels by 10–15%.*

2. Get Morning Sunlight

- Step outside within 30–60 minutes of waking
- No sunglasses
- Just 10–15 minutes helps your brain boost testosterone signals

💡 *Sunlight sets your internal clock and helps testosterone rhythm.*

TRT Survival Guide for Men

How to Boost T, Feel Stronger, and Take Control of Your Health



Joe Miller
Founder of
1st Optimal

1st  optimal

3. Lift Heavy Weights

- Do full-body training with big movements: squats, deadlifts, push-ups
- 3–4 times a week
- Keep it under 1 hour

 *More muscle = more testosterone.*

4. Eat for Power, Not Pleasure

- Eat lots of protein (chicken, beef, eggs, fish)
- Add green veggies (broccoli, spinach)
- Cut down sugar, seed oils, soda, and ultra-processed junk

 *Belly fat turns testosterone into estrogen. Lose the fat to raise your T.*

5. Chill the Hell Out

- Take cold showers (2–3 minutes)
- Do deep breathing: 2 short inhales, long slow exhale
- Go for daily walks or hit the sauna

 *Less stress = more testosterone. Cortisol kills your T.*

Bonus Tips

Watch Out for Testosterone Killers:

- Plastic bottles (use glass or stainless steel)
- Non-stick pans
- Scented sprays, air fresheners
- Too much alcohol or marijuana

TRT Survival Guide for Men

How to Boost T, Feel Stronger, and Take Control of Your Health



Joe Miller
Founder of
1st Optimal

1st  optimal

Final Word

TRT isn't a magic shot — it's a tool.

The real power comes when you combine it with smart habits:

- ✓ Pick the injection method that works for you
- ✓ Split up your doses for better results
- ✓ Sleep, train, eat, and recover like a man on a mission

Want expert help with TRT, lab testing, or performance coaching?

👉 Book your free call at 1stOptimal.com