

it's
a miracle
you are
here



MUSCLES
SKIN
CELLS
BONES



EYES
EARS
MOUTH
NOSE

loving
heart
and
beautiful
soul

YOU are energy



YOU ARE DESIGNED TO FEEL GOOD

TO REACH YOUR HIGHEST POTENTIAL

What do you need to change?
Achieve?
Accomplish?
(What are you waiting for?)

YOU have the POWER

YOU CAN



YOU can handle everything
and look cute in a dress

Transform Your Body
Overcome Limitations
Prevent Disease
Optimize your mind

It will not be easy
There will be pain
Uncertainty
Failure
Distractions

But it is ALL
worth it.

(EVERY AGE IS THE BEST AGE)



HEALTHY WAY OF LIFE

GUIDE

START HERE

ESTABLISH THESE ESSENTIAL HABITS

1

BUILD AND MAINTAIN MUSCLE

- Look, feel and perform better now and as you get older; lean muscle is a barometer of health and vitality
- Overcome adversity, increase resilience, find flexibility for the unexpected, and steadfastness to stay the course.
- Commit to some sort of strength/resistance training four days a week.

2

EAT A NUTRIENT-DENSE, HIGH PROTEIN DIET

- Opt for whole vegetables and fruits, full of vitamins and minerals
- Choose from quality animal and plant protein sources to stay satisfied, steady your energy, and support a strong, lean body.
- Aim for 1 gram per pound of goal weight per day
- Supplement with the Foundational Five: Multi, Fish oil, Vitamin D, Magnesium, Digestive Enzymes and high quality protein powders when needed
- Avoid chronic inflammation; limit alcohol and added sugars
- Hydrate! Replenish with half of your goal weight in ounces of water daily

3

MOVE OFTEN

- Keep your heart pumping, lungs working, blood flowing
- Manage stress; (you can leave your problems behind.)
- 20 minutes a day four times a week
- Support detoxification and lymphatic movement
- Move every hour – don't let anything keep you sitting for too long

4

REST

- Your best progress is made with proper repair, restoration and recovery
- Reset through yoga, sauna, meditation, massage
- Sleep 7-8 hours per night

5

MAKE UP YOUR MIND

- Keep a positive perspective
- Make mostly good choices – it's ok to not be perfect
- Nurture relationships; surround yourself with a community full of healthy support

6

MAXIMIZE HEALTH, INSIDE OUT

- Lab work will give you a peak to what's going on inside-and guide you to optimal health
- Health and disease are on a spectrum – aim for the very best you
- Optimal is the goal! Reject "fine/ok/not diseased"
- This is how you fine tune your body's functioning, nutrient status, inflammation and hormones

*

Results will vary but expect respect, astonishment and happiness. Do (and continue to do) the things you love.

*
Make the right choice most of the time. (It's ok to have a cookie.)



GIVE THANKS.
GO OUTSIDE, SEEK BEAUTY.
LOOK TO THE SKY.

LIFETIME

Learn more @ TheSource.lifetime.life



TODAY HOLDS
GREAT WONDER.
TOMORROW HOLDS THE
OPPORTUNITY TO WAKE
UP AND START AGAIN.