

Are you looking for the way to avoid the triple threat of heart disease, diabetes and dementia so you can stay healthy and energized in the coming years?

Imagine: A Simple Plan for a healthy body and mind, so you can live a full rich life through the years, doing what you love with the people you love

You CAN develop and reconnect with your body and roll back the years... all without the struggle. I'll show you how.



Welcome.

If you're here, chances are some (or all) of the following may sound familiar.

You have been struggling with your health, and you know it's time for a change.

But you ...

- 1 Are just so tired! It's difficult to make it through each day, because you feel exhausted and run down, all the time.
- 2 Have no energy. It's hard to keep up with your kids or grandkids, and it's impacting your relationships with your loved ones.
- 3 Keep gaining weight. No matter what you try to drop pounds and slim down, nothing seems to work.
- 4 Feel stressed out. You stress about pretty much everything ... and it's affecting your sleep and relationships.
- 5 Are frustrated and overwhelmed. You feel like it's impossible to accomplish ANYTHING, and your to-do list seems never ending.

If any (or all) of this resonates with you, I'm so glad you're here.

You are not alone.

Maybe you were once fit, healthy, and energetic, loving life and squeezing every last drop out of each day.

Or, maybe obtaining and maintaining good health has always been an uphill battle for you.

Either way, it's natural to feel stuck when you begin attempting to make positive changes, and they don't pay off right immediately with results.

If you're like so many of the people I've worked with, all of a sudden, something just clicks one day, and you realize:

“ I need to do something differently. ”



Then the questions begin:

"How can I get results when I've tried so many things already?"

"Will I be on a health roller coaster forever?"

"Is it even possible for me to be fit, healthy, and energetic not just now but as I age?"

"If I feel like this now, what is it going to look like when I'm older?"



II Want You to Know That It IS Possible to Live Longer and Healthier, Body And Mind, and Truly Enjoy Life to the Fullest Again.

When you do, you have energy for the day and for your family. Your relationships improve, dramatically. You accomplish more than you ever thought possible. You are more focused and you can think more clearly and creatively.

You feel calm, capable, and ready to tackle any challenge that comes your way.

Sounds great, right?

In fact, right now you may be thinking, "Yes! That does sound great, but HOW?"

Great question.

I understand where you're coming from, because I've been in your shoes.

That's why helping you create a working plan for better health—and stick to it, avoiding common pitfalls—is so important to me, and that's why I'm **giving you this step-by-step guide** to help you do so.

Now, it's time to do the "work"! Complete the following exercises.

3 Steps to Reconnect to Your Body and ROLL Back the Years:

Step 1

Make the Commitment



That's right – do it! Make the commitment. This isn't about the diet, or the workout plan, or the million-and-one fads we've all seen throughout our lifetimes. This is about your health. It all begins (and hinges on) your commitment to yourself, to your health, and to making a positive change.

Ambivalence is your enemy – commitment, your closest friend! When you are committed, will power becomes unnecessary because you've set your priorities. When it's decision time, whether that means deciding to go for a workout, get to bed at a decent time, or a snack choice, the decision is clear: you choose for you, and that makes all the difference.

Wondering exactly HOW to make this kind of commitment?

You locate your Big Why.

Complete the following exercise:

- 1 Ask yourself this question: WHY is getting healthy, having more energy and more joy important to me?

Answer A

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- 2 Then ask the question AGAIN, but this time insert your answer from above so the question becomes: "WHY is (insert answer A) important to me?"

Then write down the answer to that question, here:

Answer B

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3 Then ask the question AGAIN, but this time insert Answer B from above so the question becomes: "WHY is (insert answer B) important to me?"

Then write down the answer to that question, here:

Answer C

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4 Repeat this process until you can't answer the question any more – that's when you'll know you've hit your BIG WHY. Write it down, share it with others, and use it as a constant source of motivation.

When your WHY is big enough, and you're crystal clear on it, the commitment happens naturally, and your dedication to that commitment allows you to make choices and take actions that become easy as you work toward your goal.

Step 2 Set Boundaries... Then Evaluate and Reset as Necessary

Just as committing to yourself is an integral part of making lasting changes that truly better your health, setting boundaries is equally essential to reaching your goals.

Boundaries give us the permission we often seek when it comes to saying "no" to things that could derail our progress.

When you set clear boundaries for yourself, your efforts become more effective, producing even better results.

Following are several common types of boundaries to consider setting on your health journey:

Time Boundaries:

- 1 Schedule meal times to ensure you don't sabotage your efforts by eating late in the day (after 8 pm).
- 2 Plan beforehand so you protect and utilize time for cooking healthy meals, which will also help you avoid "fast food on-the-run" scenarios.
- 3 Create a menu and shop for items needed a week in advance. This further ensures you aren't wasting time running to the store on a daily basis.

Food Boundaries:

- 1 Go through your fridge and pantry, and collect any and all items that do not support you in reaching your goals. Drop them off at a local charity.
- 2 If you don't love to cook and/or have a hectic schedule, consider signing up for a food delivery service like Blue Apron or Green Chef so you always have the option of eating high-quality food with quality ingredients.
- 3 Do a little research, and identify local restaurants that have menus from which you can make healthy choices. Also note those you should avoid.

Money Boundaries:

- 1 Update your budget (or create one) so you can allocate funds for clean eating, supplements, shakes, etc. This way, you don't end up wasting money on non-essential things like going to the movies - and the unhealthy food they sell there - instead of spending it on healthy food choices.
- 2 STICK to your budget. ('Nuff said.) ;)
- 3 Limit or eliminate the money spent on dining out, so you have more to spend on buying healthy snacks each week.



Now, once you've set your boundaries, keep in mind that like anything else, they will likely need some tweaking and adjusting as you progress. If something isn't working, simply stop, evaluate, and reset the boundary.

Step 3

Find an Accountability Partner

I can't stress this enough:

If you want to experience true transformation and success, follow in the footsteps of those who have experienced it before you.

Especially when it comes to your health, accountability in the form of a confidante, nutritionist, and/or coach can make all the difference! He or she can offer you invaluable support and strategies that increase your chance for success exponentially.

Think of someone in your life who you can count on to hold you accountable, to remind you of your commitment to your health, and to help you stick to your priorities. Ask this person to be your accountability partner, or hire one, and then create a step-by-step plan for getting the results you want.

To create your plan, I recommend starting with baby steps. For example, focus on one thing to begin with, like exercising. Commit to exercising 2 or 3 days per week, and working your way up from there. Then, steadily add to your plan each week.



BONUS TIP

Share your journey with your friends, family and loved ones.

Not only does this open the door for more support, but making the people closest to you aware of your dedication to your healthier lifestyle will help keep them from inadvertently thwarting your plan by showing up with brownies!

Conclusion

I hope that by reading this special report, you've discovered action steps you can take right now to begin dramatically improving your health—and your entire life—so you can feel energized, focused, and full of joy.

Once you've completed the sections of the step-by-step guide above, you'll have made a commitment to your health and designed a plan for reaching your goals.

Then, you might find yourself wondering, "What Do I Do Next?"

How do you make the leap from where you are now, to where you want to be? What do you do next to start moving toward optimal health? What do you do if you find yourself "stuck" again, because let's face it ... obstacles will continue to pop up as you move out of your comfort zone and toward your goal!

Discover Your Next Steps

I'd be honored to help you define your next steps, so that you can begin moving from where you are now to where you want to be with confidence, focus, and energy.

You're invited to join me for a complimentary, no-obligations Find Your Joy Clarity Session, where together, we will:

- **Define your next steps** on a journey towards better health.
- **Outline a specific plan** for implementing those steps.
- **Make a powerful forward progress**, so you can begin living a healthier, happier, and more fulfilling life.

[Schedule Your Meeting Here](#)



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