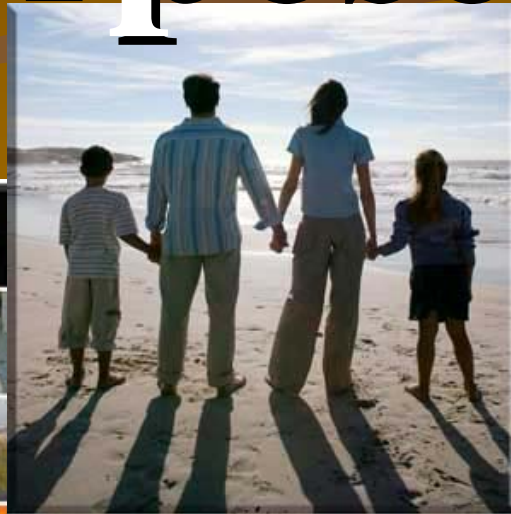


Living in Balance and On Purpose



Seminar Overview:

1. Defining the relationship between your health and your purpose.

2. Scheduling techniques

***** *Participant Resources***

Getting 'On Purpose' to be healthy

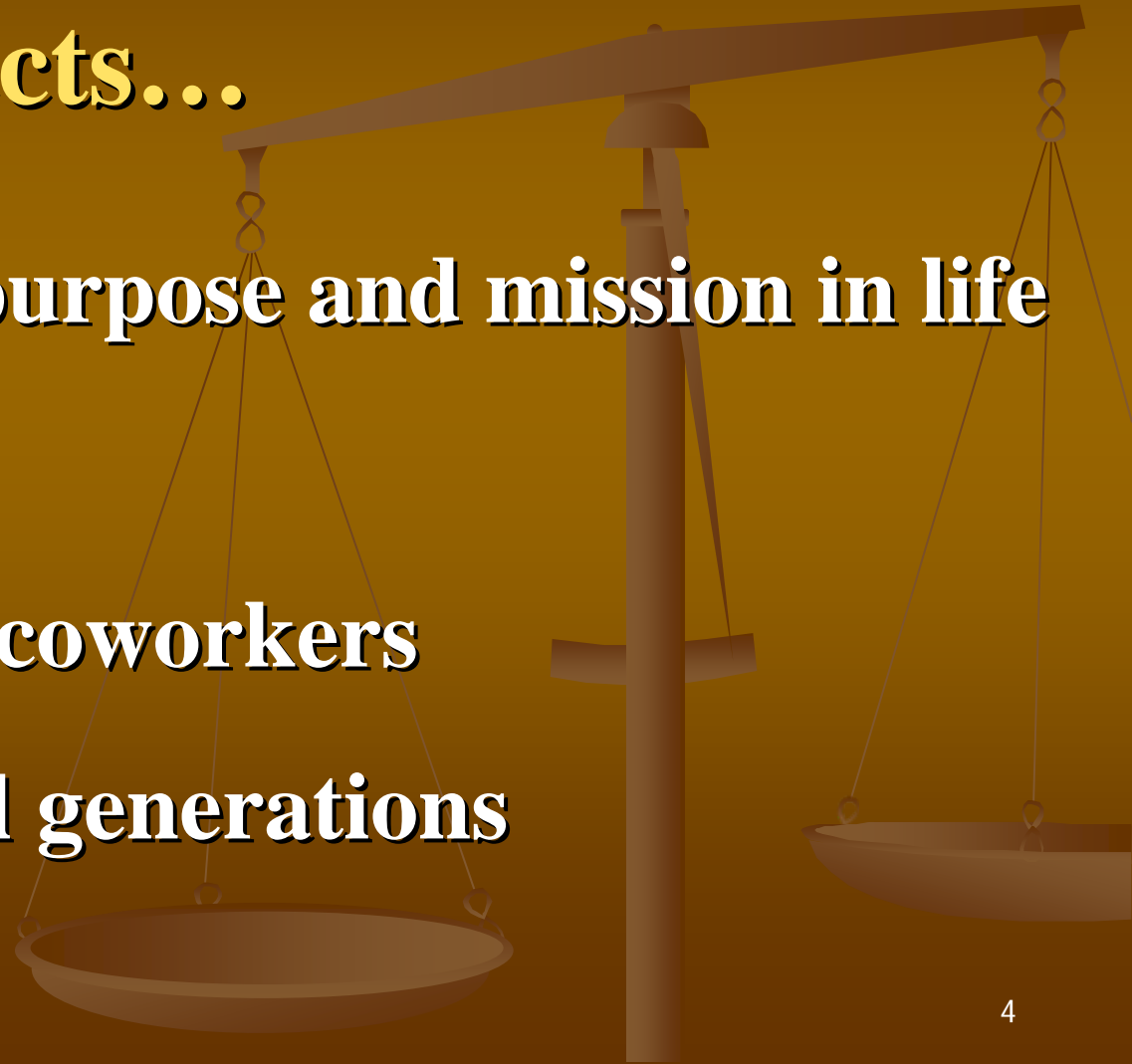


Finding Purpose

The relationship between health and purpose

My health affects...

- My God-given purpose and mission in life
- My family
- My friends and coworkers
- The next several generations
- **EVERYONE!**



Finding Purpose

The relationship between health and purpose

*The Bigger the Purpose,
the Bigger the Results!*



Scheduling Techniques and Recommendations



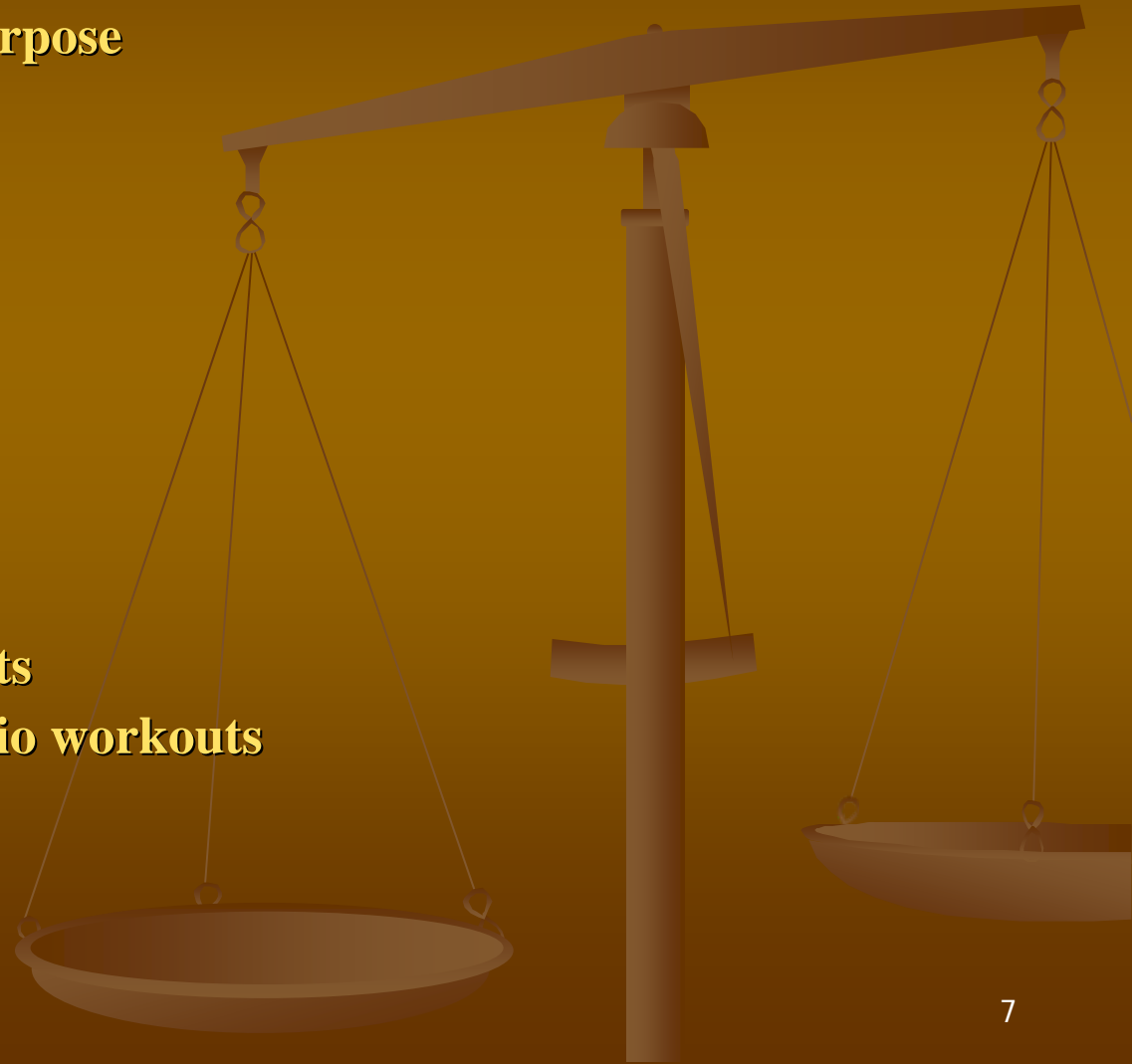
Start with a 'health priority' list

Clearly define what you need to get done or do more of

- Increase % of Foods with Purpose
- Eat more raw foods
- Increase # of meals per day
- Increase protein intake
- Supplement needs

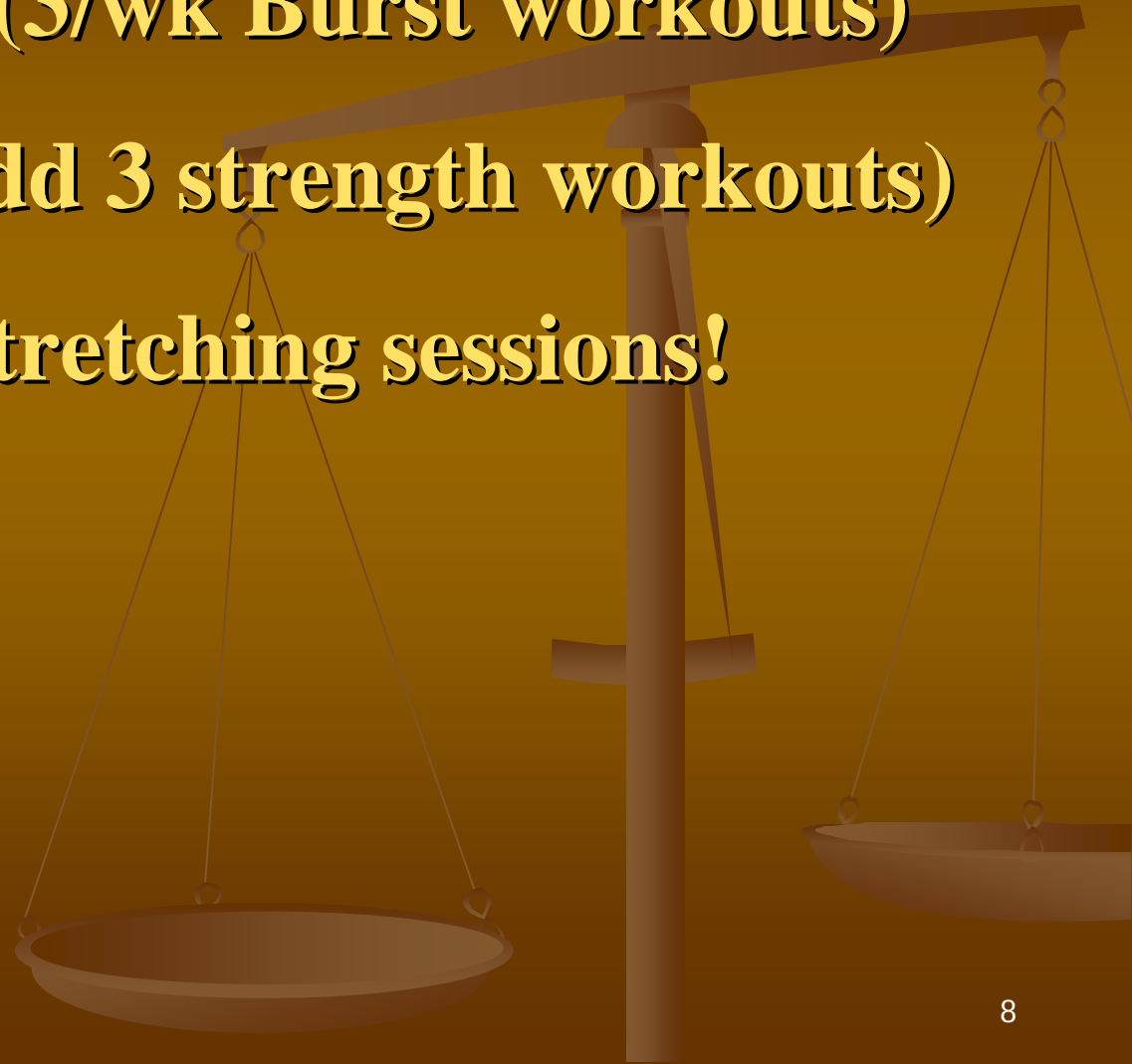
- Quick stretching sessions
- MI head extension exercises
- Traction
- Strength / resistance workouts
- HIIT or Burst Training cardio workouts

- Prayer, meditation time
- Stress reduction time

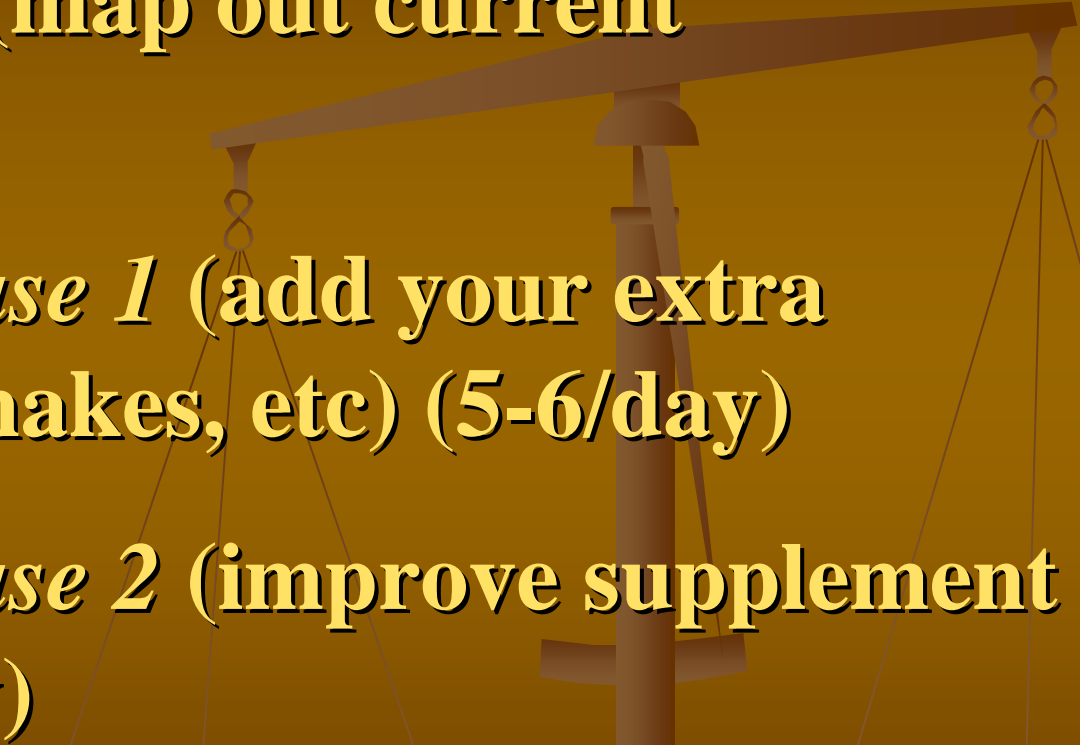


Exercise / Stretching / Fitness:

- 1. Starting simple (3/wk Burst workouts)**
- 2. Ramping up (Add 3 strength workouts)**
- 3. Schedule your stretching sessions!**



Nutrition / Diet / Supplements:

1. Starting simple (map out current supplements)
 2. Ramping up *phase 1* (add your extra meals, snacks, shakes, etc) (5-6/day)
 3. Ramping up *phase 2* (improve supplement support strategy)
- 

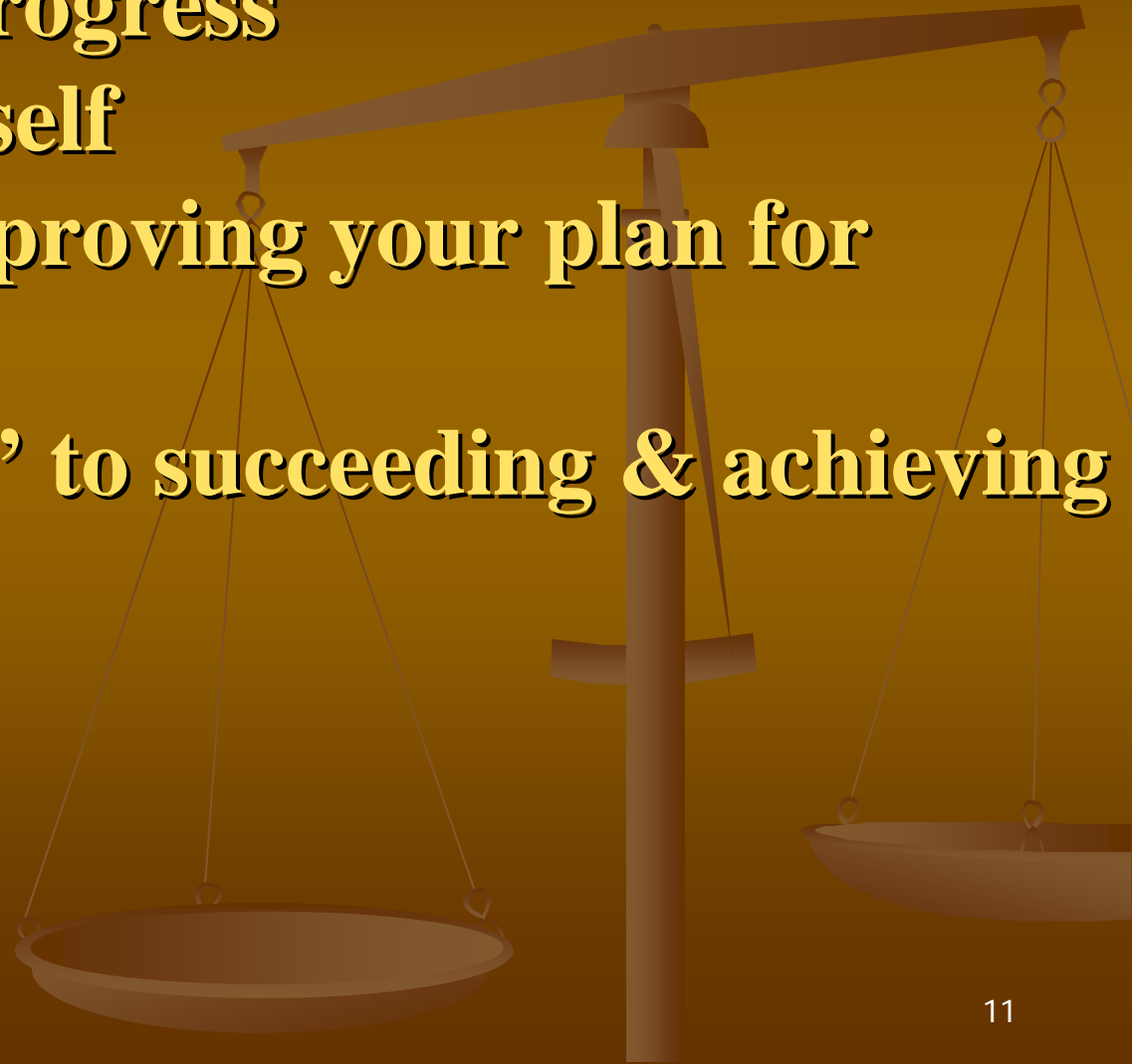
Emotional / Spiritual / Purpose:

***The Body Follows
the Mind***



Additional Suggestions:

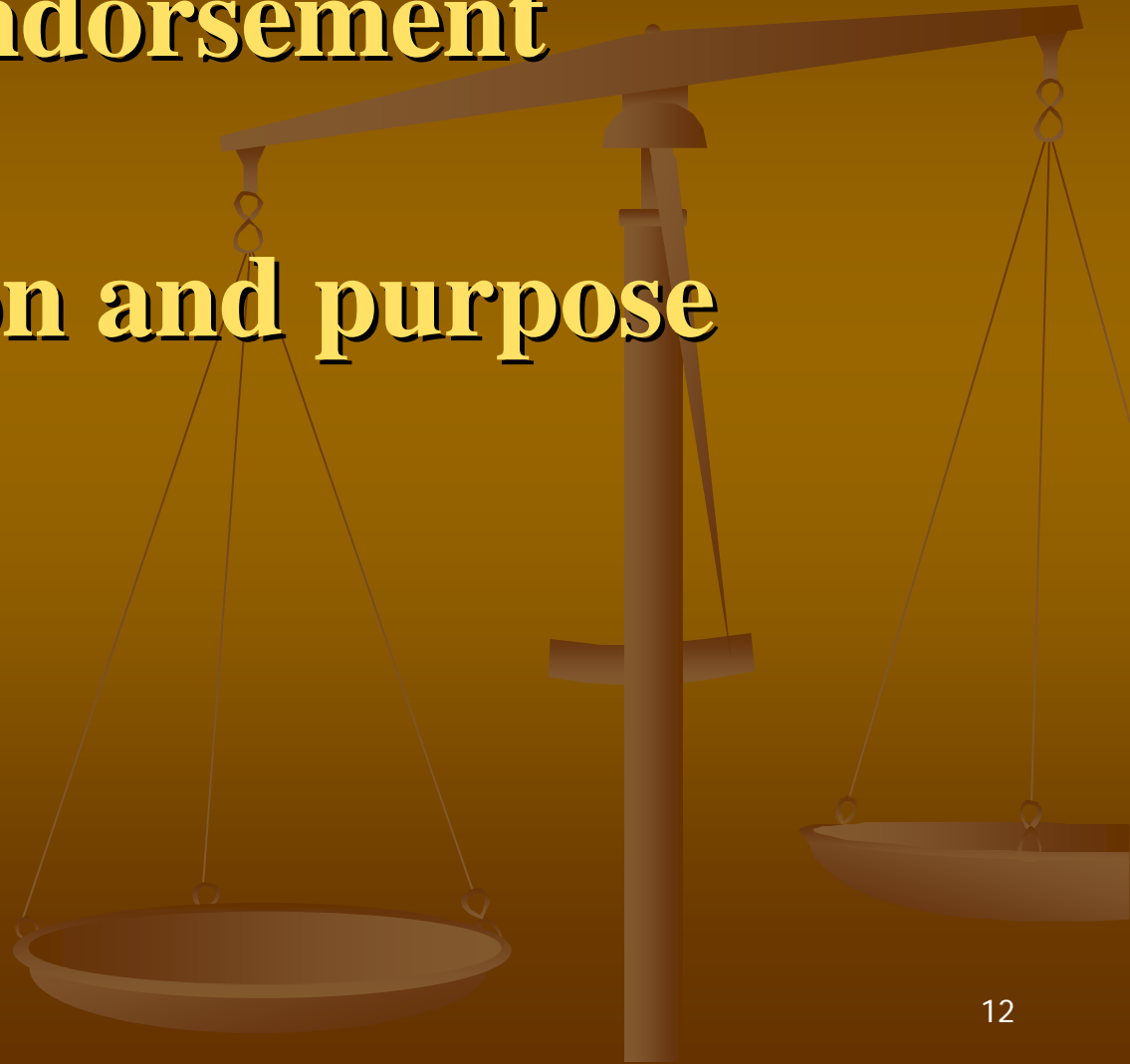
- 1. Track your progress**
- 2. Reward yourself**
- 3. Always be improving your plan for health**
- 4. 'Get addicted' to succeeding & achieving**



A Request for Help with...

1.Seminar endorsement

2.Our mission and purpose



Living in Balance and On Purpose

