

## Highlights and Topics Covered:

- **The healthy-living goals** that are vital to optimizing productivity:

• Energy & Productivity	• Strength & Flexibility	• Fitness/Sports Performance
• Stress Management	• Aesthetics/Appearance	• Sleep, Recreation & Leisure
• Health & Disease Resistance	• Confidence	• Relationships & Intimacy

- **How the elements of lifestyle, nutrition and fitness interact** to contribute to overall health and wellness:

**Lifestyle Components**

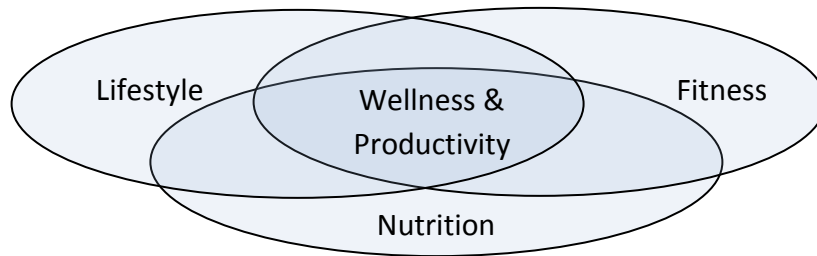
*Work/life balance, travel, family, sleep, leisure*

**Nutrition Components**

*Fundamental foods, energy, consistency with fitness goals*

**Fitness Components**

*Cardio, strength, flexibility*



- **The most commonly-faced challenges**, including, *“We just don’t have time!”*

We discuss the challenges presented by today’s fast-paced, modern lifestyles, and explore such realities as hectic schedules, stress, eating, sleeping and nutritional habits, and familial demands (care of children and aging parents, etc.)

- **The most commonly-made mistakes**, and the things people do to *set themselves up for failure*:

We identify the most common approaches, and reveal why they have the highest failure rates:

<b>Gyms</b>  X% Join Y% Utilization  =Z% Failure Rate	<b>Equipment Purchases</b>  X% Make Purchase Y% Utilization  =Z% Failure Rate	<b>Diets</b>  X% Try Y% Results  =Z% Failure Rate	<b>Unbalanced Methods / Wasted Effort</b>  X% Try Y% Results  =Z% Failure Rate
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- **The most effective solutions**, and the things we can do to *set ourselves up for success*:

We reveal efficient, balanced strategies for achieving and sustaining optimal wellness, which incorporate:

- *Cardiovascular fitness*
- *Strength & flexibility*
- *Balanced nutrition*
- *Progressive planning*
- *Professional guidance, motivation, measurement*

**Successful solutions must fit your lifestyle!**

A total fitness approach will:

- Get all necessary elements ‘working for you’
- Deliver maximum results in minimal time
- Provide long-term education and support