

On-Line 90 Day Innate Lifestyle™ Plan

Eat Well



Comprehensive!

The Eat Well - Move Well - Think Well® Innate Lifestyle™ Plan is a step by step, applied educational lifestyle program for recovery, wellness, and prevention. The program provides on-line instruction, coaching, and inspiration for **what** to do, and **how** to **empower yourself** to do it – **easily, gradually, and comfortably**.

Revolutionary!

The Eat Well - Move Well - Think Well® Innate Lifestyle™ Plan is the first lifestyle program in history based on the New Science of Epigenetics – the science of matching lifestyle choices with our innate human genetic requirements for recovery, wellness, and prevention. This program is based on over 30 years of research by Dr. James L. Chestnut B.Ed., M.Sc., D.C., C.C.W.P.

Educational!

The Eat Well - Move Well - Think Well® Innate Lifestyle™ Plan provides step by step instruction on what to eat, how to move and exercise, and how to choose healthy thoughts, beliefs, emotions, and behaviors. You will learn how to prevent illness and how to get and stay well. It is truly a course in how to maximize your health, happiness, and vitality.

Incredible Benefits!

Whether you want to lose weight, get fitter, look better, reduce and/or better manage a current chronic health issue, or just reduce your risk for future illness and improve your chances for future health, the Eat Well - Move Well - Think Well® Innate Lifestyle™ Plan is for you. This plan will benefit anyone who wants to improve their health, happiness, and quality of life.

Tragically, most are not even aware of their potential for health and vitality because they have never experienced it. This program will not only make you aware of your potential, it will teach you where you are in relation to it and then teach you **exactly** how to reach it!

Health, happiness, and quality of life are the **most important** assets in this world for **everyone** and it is **essential** for **everyone** to learn how to Eat Well - Move Well - Think Well® because how we eat, move, and think is what determines our level of health, happiness, and quality of life. This is also the **single most** important thing we can teach our children!

The Eat Well - Move Well - Think Well® Innate Lifestyle™ Plan maximizes your opportunity for recovery, wellness, and prevention – what could be more beneficial or more important?

What's included?

The Eat Well - Move Well - Think Well® Innate Lifestyle™ Plan provides complete meal plans and recipes for every meal for every day. The plan also provides detailed, individualized daily physical fitness workouts and daily Think Well psychological fitness workouts for the full 90 days. Follow the plan and get the results - it is that simple.

The plan is also personalized. You can choose favorite recipes or substitute recipes from the extensive library. The intensity level of your fitness workouts are automatically personalized to your most recent fitness assessment score to ensure that workouts are always suited to your current fitness level. You can also add your own custom workouts to the plan if you wish.

Included in **The Eat Well - Move Well - Think Well® Innate Lifestyle™ Plan** is a series of exclusive online presentations that are available for the full 90 days. These evidence-based presentations explain what the scientific evidence says about why you get sick and how to get and stay well. These educational workshops provide all the information you need to understand the importance of, and benefits of, eating, moving, and thinking well.

Move Well



Think Well



Sick and Tired?
Overweight/Out of Shape?
Low Energy/Libido?

Eat Well – Move Well – Think Well® 90 Day Innate Lifestyle™ Plan

Implementing the Science of Epigenetics, Lifestyle, and Health

- Comprehensive before and after Health Risk Assessment
- On-Line convenience with educational workshops and resources
- No equipment required
- Personalized meal preferences
- Physical activities individualized to fitness level
- Daily motivational emails to keep you on track
- Every meal planned including detailed instruction and recipes
- Every physical activity planned including detailed instruction
- Every thought/attitude activity planned including detailed instruction



Eat Well



Move Well



Think Well



Here is what others have been saying about
The Eat Well - Move Well - Think Well®
Innate Lifestyle™ Plan



"I am feeling better than I have in the last 10 years. I have so much energy, better concentration, and I feel physically stronger than I ever have." ~Donna

"I have lost 20 pounds and I am currently looking better, feeling stronger, and am much happier. I can fit in clothes that I have not been able to wear in 8 years!" ~Osuna

"The scientific evidence is clear. It's not which genes you are born with that counts the most, it's which genes you express. Your lifestyle habits are, by far, the greatest determinants of which genes you express and thus your level of health and quality of life. If you want to get and stay feeling and looking well there is only one way – you must Eat Well, Move Well, and Think Well."

Dr. James L. Chestnut MSc., D.C., C.C.W.P.



Eat Well



Move Well



Think Well



The 90 Day Innate Lifestyle™ Plan

Health
Made
Easy!

A STEP-by-STEP daily plan
for a LIFETIME of better health,
better energy, better happiness
and a better, longer life!