



Based in Mother Nature.  
Designed To Support Your Body.

# WHY NOTHING SEEMS TO WORK FOR WEIGHT LOSS ANYMORE AFTER 40

## THE ANSWER GUIDE

The 16 Signature Vitality Habits — Your Foundation for Sustainable Weight Loss, Energy & Vitality.

1

THE OLD QUESTION  
*“Why isn’t anything  
working anymore?”*



2

THE SHIFT  
*So I changed the question  
I was asking.*



*“What does  
my body need?”*



3

THE ANSWER  
*So I started to rebuild  
my foundation.*



*Before focusing only on what your body needs to lose,  
make sure you’re giving it what it needs to **thrive**.*

Discover the 16 habits that build your foundation →





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# YOUR 16 SIGNATURE VITALITY HABITS™

Your Foundation for Sustainable Weight Loss, Energy & Vitality.

1-4

## FOUNDATIONAL HABITS

Nourish the body with the basics it needs.



13-16

## MINDFUL & INTENTIONAL

Choose more of what supports you  
and less of what doesn't.



5-8

## SUPPORTING HABITS

Build the daily behaviors that  
support consistency.



9-12

## SYSTEMS

Pay attention to how well your  
body is functioning.



Discover the 16 habits that build your foundation.



Get Started Today





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# HOW STRONG IS YOUR FOUNDATION?



Don't overthink it. Check ✓ what you do consistently — not what you do occasionally.

1–4

## FOUNDATIONAL HABITS

Nourish the body with the basics it needs.

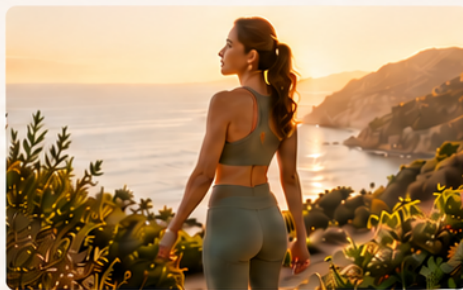


- ☐  1 5-9 servings fruit/veggies (not juices).
- ☐  2 3 servings whole grains (not flour products).
- ☐  3 2 weekly servings fish.
- ☐  4 8 glasses water (plain).

5–8

## SUPPORTING HABITS

Build the daily behaviors that support consistency.



- ☐  5 3 balanced meals + 2 snacks.
- ☐  6 Maintain healthy weight.
- ☐  7 Daily activity ≥30 min.
- ☐  8 Maintain tranquil lifestyle.

9–12

## SYSTEMS

Pay attention to how well your body is functioning.



- ☐  9 I easily digest my food with no feeling of bloating, irritation or feeling weighed down.
- ☐  10 I have a daily, well-formed bowel movement(s).
- ☐  11 I get 7- 9 hours of restful sleep daily and wake up feeling refreshed.
- ☐  12 I have abundant energy all day.

13–16

## MINDFUL & INTENTIONAL

Choose more of what supports you and less of what doesn't.



- ☐  13 Read labels; avoid additives/ fillers/preservatives.
- ☐  14 Natural support routine (herbs, oils, teas).
- ☐  15 I limit my alcohol consumption & other sugary caffeinated non-supportive drinks & habits.
- ☐  16 Avoid fast/convenience foods.



### MY FOUNDATION CHECK

I consistently practice:

\_\_\_\_\_ / 16

*This isn't a grade. It's a signal.*



#### MY STRENGTHS

Which habits already feel natural?

\_\_\_\_\_  
\_\_\_\_\_

#### MY GAPS

Which habits keep getting missed?

\_\_\_\_\_  
\_\_\_\_\_

#### MY ONE NEXT STEP

Which ONE habit can I begin supporting this week?

\_\_\_\_\_  
\_\_\_\_\_



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# YOU'VE LOOKED AT THE FOUNDATION. NOW MAKE IT PERSONAL.



Turn Your Insights Into A Personalized Path Forward.

## 1 CHECK



You've identified which of the 16 habits you're consistently supporting.



## 2 ASSESS



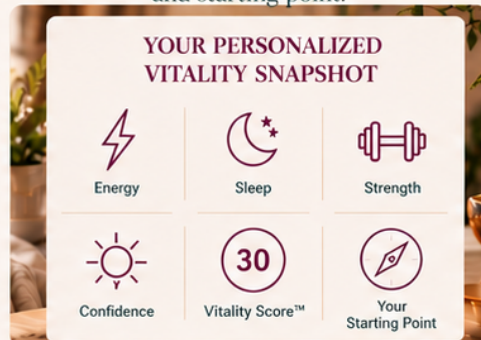
Discover how your current habits are affecting your individual Vitality Pathways.



## 3 NAVIGATE



Receive your personalized Vitality Blueprint Navigator showing your strengths, gaps and starting point.



READY TO  
MAKE IT PERSONAL?

Discover Your Vitality Starting Point

See how your current habits may be affecting your six Vitality Pathways—  
and discover where to focus first.

GET MY PERSONALIZED  
VITALITY SNAPSHOT →



Start with the complimentary Vitality Blueprint Assessment™.

Because sustainable change doesn't start with another restriction.  
It starts by understanding *what your body needs.*



RESTORE YOUR VITALITY. REDISCOVER THE JOY OF LIVING.



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