



Food and Wellness

Myths, Nutrients & Pillars



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Program Objectives

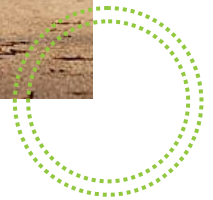
- Aging Myths
- Power of Food
- Five Pillars



Aging Myths

Faulty beliefs

- Major causes of death
- Decline is automatic
- Aches and pains are due to age
- Immune System Function is weak





Food is Powerful

Choices
can be
life-
changing



fluctuating energy level
ingesting chemicals &
additives
highly refined
no nutrients
triggers hunger



an apple a day
steady energy
fiber rich
1000+ phytonutrients
takes time to eat
encourages regularity



Simple Steps for Lifelong Wellness



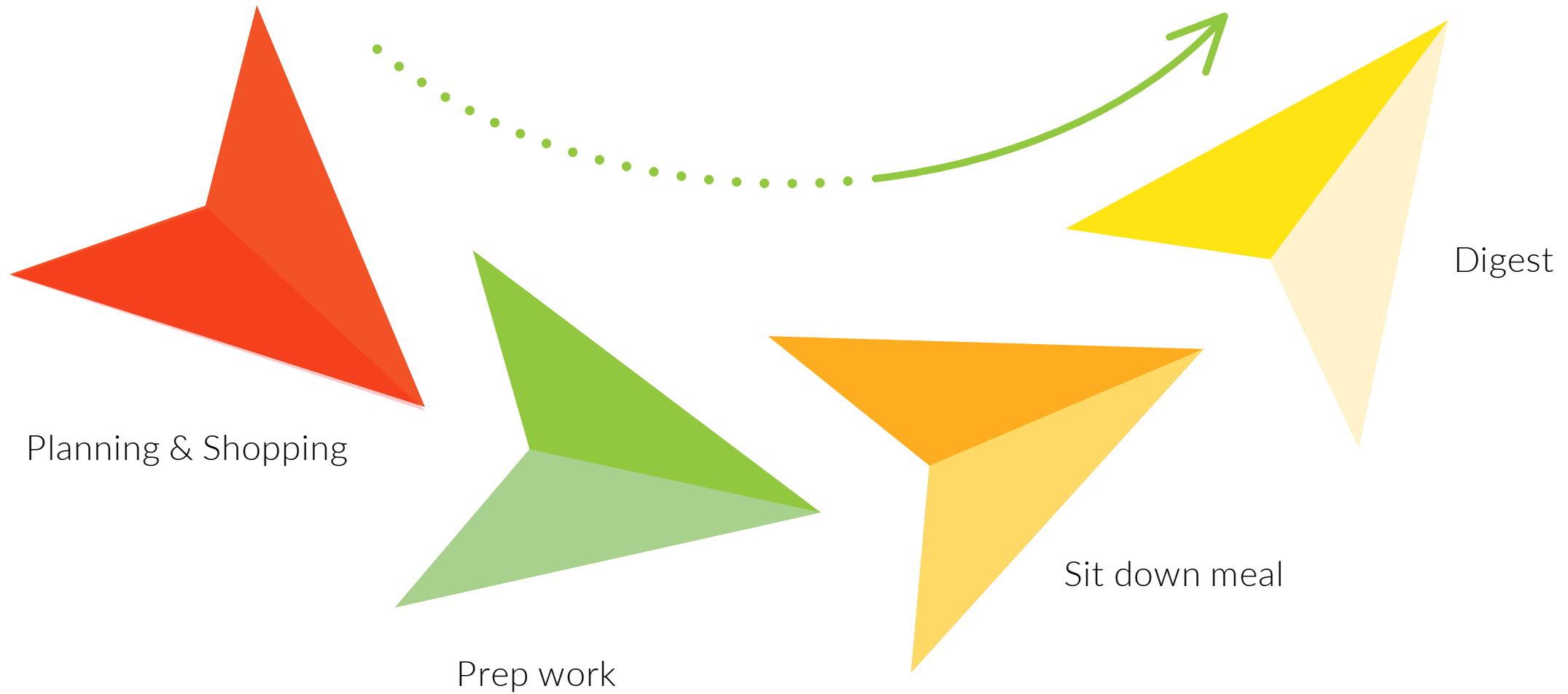


How & What to Eat

- foods that you LIKE
- fresh, local whole foods
- fruits, vegetables, nuts, seeds, whole grains, seafood, clean meat, tofu, etc.
- all colors
- mindful eating - enough but not too much
- monitor digestion
- use my 90/10 formula



The Process





Five Pillars

- Food
- Movement
- Rest
- Social Connection
- Purpose



What, where and when you eat matters
Sleep restores and repairs
Moving lets you shake it off, build it up
Connection is vital to life
Purpose gets you up in the morning



Action Plan



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