

Reduce Your
Disease Risk
By An Astonishing 80 Percent
With Just **4 Simple**
Lifestyle Changes



by Carolyn Hansen



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Introduction


Sooner or later the threat of life-shortening disease will become an increasing apparent concern in your life.

At least, it will for the majority of the population, most of whom never fully prepare for what lies ahead.

This report is designed to help you take a step out of the majority so that you can continue your journey on a far less threatening path. One that offers the benefits of almost disease-free aging.

And I will show you exactly how this can be done with nothing more than **four simple lifestyle changes** that can be implemented by anyone who wishes to extend their lifespan and enjoy every minute of the years they have remaining – which could be as much as half a century if I have got to you soon enough!

In short, what I'll be providing you with in the pages that follow is a portion of the accumulated wisdom of my experience on the front line of the health and fitness space during the last 30 odd years.



Before we jump into it though, I want to give you a brief idea of who I am, and why it is that I am so interested in the topic of this report, which is disease risk reduction.

Those who know me at all know that my greatest passions in life revolve around physical activity and exercise. Because of this, over the years I have risen through the ranks of the fitness industry.

Thirty years ago I began my physical fitness career as a group fitness instructor. Eventually I found more satisfaction in the areas of competitive bodybuilding, triathlete competitions, personal training, and for the last 22 years – I manage and co-own a gym.

So I have pretty much done it all when it comes to exercise. And I'm still doing it. I am still going strong after all these years – and that is HUGELY important.

I cannot impress upon you how many times I have seen friends and acquaintances fall by the wayside due to ill health and sudden death – much of it brought on, in my opinion, because they simply ignored the importance of physical activity and good nutrition.

My interest in side stepping disease and living a peak performance life began when I was still quite young and had just got married. A few months after my wedding, my 49 year old father-in-law was diagnosed with cancer. This was a massive shock to the family.




After the usual chemo and surgery he quickly went downhill and soon we were told there was nothing more they could do for him.

My mother-in-law and I nursed him at home and the horror of that experience is as real today (over three decades later) as it was back then.

It took just 7 months for him to pass away and the last few weeks were heart breaking to witness. With the cocktail of drugs no longer able to mask it effectively he endured real pain towards the end.

He was a tall man, a little over 6 feet in height, and weighed around 180 pounds before he got sick. But towards the end he weighed only 100 pounds or so. If he ate a piece of watermelon it was a good day.

As the disease progressed and he teetered on the edge of life, the tumors were growing outwards all over his body and were visible beneath the bed sheet. This was truly frightening for me.



This experience changed me completely from a drinking, smoking and party-loving person into someone who vowed to do everything possible to never become a victim of this cruel disease.


This determination has only increased through the decades. My father in law was denied the chance to get to know his many grandchildren. In fact, he never got to meet them. And of course they too were denied the chance of experiencing the joy of having him as their grandfather.

My fitness journey has taken me from the “coal face” of a busy local gym to the hyper-connected expanse of the online world, where I now get a chance to share my knowledge and experience with you.

By no means am I stretching the truth when I say that the ideas explored in this report literally have the power to change the remainder of your life for the better. So let's get started.

The four lifestyle factors that can reduce your disease risk by 80 percent are:

- [1] Physical activity (at least 3½ hours of moderately intense activity per week)**
- [2] Nutritious diet – “clean” (unprocessed) foods**
- [3] Healthy bodyweight – BMI lower than 30**
- [4] Not smoking**



Most life threatening diseases are not due to random occurrences. Instead they are the consequence of how we live our life. This, of course, is fantastic news. It means the leading causes of disease and death are largely within our control. Our risk is modulated by the things that we do and don't do every day – particularly in the area of being physically active, and consuming a healthy diet.

There is now abundant evidence that getting just these four things right – maintaining a healthy weight, being active, eating well and not smoking – can reduce your risk of **all** chronic diseases by about 80 percent.

Although there are four things on the list – simply by eating well and being physically active – you will set yourself up for a healthy weight. So you really only need to focus on two things – with the final one being to give up smoking if you are currently a smoker.

If you are one of the 20 percent of adults who do smoke – you will definitely find it easier to quit when you fill your life with healthier habits which reduce the need or desire for unhealthy habits.

Notice that we have complete control over each of these four things. As I have mentioned, this is HUGELY significant.

Why? Because if you do it right, you can rewrite your future health – right down to genetic level. But first let's look at what's involved in getting a disease in the first place.

Chances are you know someone who is suffering from poor health. You may even know of someone (it may be you) that has an illness that causes them to experience a lower quality of life.


Maybe you have seen the show “The Walking Dead” – where the majority of the world’s population are lifeless zombies combing the earth in search of their next victim.



Well, in real life there are no zombies. But there are plenty of victims out there. I call them “The Walking Wounded”.

These are all the people that are not truly well, but they are also not so unwell that they have become bedridden – yet.

The ranks of the walking wounded continue to swell every year and their presence affects everyone whether we have direct contact with them or not. Why? Because every one of us pays for their health care either directly or indirectly.



You will hear me mention the term “chronic lifestyle disease” throughout this report and when you do, think back to the hordes of walking wounded. These are the people I am describing.

To my way of thinking, chronic disease is a modern health holocaust. It accounts for 70 percent of all deaths. It refers to diseases that are incurable and continue to slowly worsen during a person’s lifetime.


A full 75 percent of all medical care costs are drained from our economy simply because we cater to the walking wounded instead of working to prevent them from becoming afflicted in the first place.

In other words, despite the fact that these particular diseases are incurable, they should nonetheless be considered preventable. These are the ones we are concerned with here. The diseases we give ourselves by consequence of the way we live our lives.

I have mentioned my own fear of receiving a dreadful life threatening diagnosis. Or hearing the news that someone in my family has been so afflicted. This fear is the fuel that drives my quest to remain healthy. It also provides me with the encouragement to warn as many other people as I possibly can along the way.

My fear is hardly unique to me.

More than half of the people surveyed on this topic said that getting diagnosed with a chronic life threatening illness trumped other common fears such as losing a loved one, being in considerable debt, losing a job or getting a divorce.



Yet fully two-thirds of those who were polled also acknowledged that they followed a poor diet and rarely engaged in any form of physical activity. Additionally more than four-fifths of this group recognized that being overweight or obese can directly lead to chronic disease.

And yet, despite the survey results, only a very small number of these people were willing to make any attempt to change their diet or lifestyle to reduce their risk of chronic illnesses.

It seems that for many people the sentiment seems to be – if it ain't broke, don't fix it, or if I'm not sick I'm healthy right?

I wish I could say this was a reasonable approach to the problem of long term health. But I am afraid the risk of contracting a chronic disease in later life is definitely something to be concerned about.

Let's take a look at the numbers behind the “top three” villains – heart disease, cancer and diabetes. As you'll see, the statistics really do make for some grim reading...

You Can Take This Advice To Heart

Number one on the list is cardiovascular disease. One in every three deaths is attributed to this killer. In the United States alone 2600 people die of it each day, creating so much sorrow and sadness to families.

Of the people who die from heart attacks, about half die within an hour of their first symptoms and before they reach the hospital.



Why Slow Death Is Hardly Preferable

Second on the list of primary causes of death is the cruel disease of cancer. This affliction will affect 1 in 2 men and 1 in 3 women in their lifetime. The grim prediction: the number of new cases of cancer is set to nearly double by the year 2050.

At present, about 40 percent of us will get cancer in some form which is a truly frightening prospect.



How To Eat Yourself Into The Grave


Third on the list is diabetes. People with diabetes are at increased risk of serious health complications including vision loss, heart disease, stroke, kidney failure, amputation of toes, feet or legs, and premature death.



Close to 10 percent of the population already have diabetes and one in four of them don't know it. Thirty-five percent have pre-diabetes where their blood sugar levels are higher than normal

but not high enough to be classified as type 2 diabetes, and again most do not know it.

We have every right to wonder what's happening here. Are our priorities wrong? We seem to be at war with our health.



The enemy here is unseen, silent and extremely proficient. These killers are more invasive, more stealthy, and more deadly than any terrorist group the world has ever encountered.

This common enemy amongst the world's population is more deadly than any proper "war" in the history of mankind. It is predicted to claim close to 400 million lives within the next decade – premature and preventable deaths from self inflicted "lifestyle" disease.

People are being robbed of their healthy years and most do not even realize it until it's too late.

It is hugely frustrating for me to realize that while many people claim their health is of paramount importance they are yet unwilling to spend a little money on a health coach or a gym membership or put some effort into a proper exercise program or ditch the processed non-nutrient foods.

Ask yourself this question: "What am I doing right now, today, to ensure my functional fitness for the next 20, 30, 40 or more years?" If the answer is "nothing" or "very little" I'm sorry to say you are living in a danger zone with a high risk of a shortened life.




Isn't It All Just Due To The Inevitable Aging Process?

It is important to appreciate that these diseases do not just happen out of the blue. They take years (even decades) smouldering away hidden until they reach a point where health issues and symptoms emerge.

It is so easy to blame poor health on the aging process but it has been proven that these “common chronic diseases” are really NOT part of the aging process. Instead they are 30-year-lifestyle problems that render the human body a disease magnet.

When we continue to violate basic health principals by (a) adopting no exercise lifestyles, (b) subjecting our bodies to shocking food quality, and (c) combining all this with busy stressful modern day to day lives, something has to give.



Even if we manage to avoid contracting some dreaded disease we can still suffer every day. Low energy, not feeling “well”, feeling tired, listless, apathetic and having no motivation to be active – many people really struggle to just get through the day.


I often find myself asking the question: “How can our standards have slipped so low?” We humans are intelligent and clever – we’re a race that can devise the most amazing mathematical theories of how the natural world works, and even put a man on the moon – and yet we cannot figure out how to take care of our own health and wellness. What gives?

For me the very worst thing of all of this is the sad fact that we are passing it on to future generations. Children being born today have a predicted lifespan shortening of 20–30 years.

With all of our technology and other incredible achievements we are nonetheless leaving future members of our species with a legacy of unhealthiness that cannot be matched in previous generations.

So yes, I’ve painted a bleak picture of the way things are. But what can be done to improve it. What can be done to secure a better picture for YOUR future health?

Well, in order to do that I first need to teach you what happens to the human body that allows disease to invade it.



When you have an appreciation for the nature of the problem you'll better be able to see why the “remedies” I propose really do make sense!

That's why we're now going to take a minute to consider... muscles.

Why Strength Equates To Long-Term Health


Before the age of physical maturity at about 25 years, our body is continually growing and developing and during this phase muscles and the entire body stays strong even without specific exercise. After we reach the age of 30, we basically have two options available to us.



We can either begin the long process of becoming weaker or we can work to maintain our strength for the rest of our life.

After this point, if the body does not receive the necessary stimulus to trigger muscle growth,

a slow process of muscle wasting begins. This loss of muscle tissue hastens the degenerative processes and conditions that characterize the dreaded aging process.



All body systems weaken **including the immune system** leaving one exposed to life threatening disease and illness.

We have forgotten that our bodies have been designed for vigorous physical activity and have survived harsh conditions for countless generations. In fact, our genetic blueprint has scarcely changed from that of our ancient ancestors.

Just because we make changes to our lives it does not automatically follow that the human body makes changes to its blueprint and how it operates. It does not understand why or how our world has changed with sedentary desk jobs, household appliances, motorized transport and mechanical farming methods – as opposed to the hard physical labour that characterized early human life.

So, basically we are living a life for which we are not optimally designed. Our body doesn't actually know how many years old it is, but it does know when it is not being used in the manner it is engineered for and has been operating at for hundreds of thousands of years.

Beginning in your mid twenties, without the physical “work” to maintain strength, around one half pound of muscle tissue is lost per year. After age 50 this loss doubles.

This change in body composition (muscle to fat ratio) not only siphons away our strength it weakens our entire body systems.

You will not hear about this very often but it is the central cause of the epidemic of current lifestyle disease. It's a fact; modern medicine does not concern itself with lifestyle problems. Doctors don't treat them, medical training does not teach one how to rebuild a weakened human body.

This is where proper exercise comes in as studies are showing that regular strength training exercise provides **long-term immune protection**, it causes adaptations that allow the body to withstand training stress and recover from it more efficiently.

In effect you are building a protective shield in the body against disease. The up-regulation of energy use and protein synthesis with a minimal stress hormone response shows how strength



training improves more than just body composition, muscle force and mobility. It makes the body work better to repair tissue and fight off disease and stress.

This is where you get the massive reduction in disease risk – from this one simple lifestyle strategy amounting to 2–3 total hours each week dedicated to maintaining your physique.



This makes sense as the human body is a “use it or lose it” machine.


You see, your muscles do far more than just make movement possible. There is now clear evidence that the muscles that make up to 50 percent of our body weight also play an important role in metabolic health and wellness.

It is the loss of this precious muscle tissue, accompanied by an increase in body fat, that puts extra strain on all systems. The increased body fat changes the balance of fats in the blood leading to heart attack and stroke and alters sugar metabolism, increasing the risk of obesity and diabetes.

Even if your body weight is normal these things can still be happening inside you and be completely unseen and not felt. So the stage can be set for disease without your knowledge and this is the message I am hell bent on getting across to you.

The bathroom scale is of no help as it does not measure your body composition – i.e. your muscle to fat ratio which ultimately determines your level of health and the pace of the aging process.

Weak, flabby muscles cannot help the heart push oxygen and nutrient rich blood around the body so all cells, tissues and organs suffer. Even the brain is downgraded which is of vital importance as it is the central processing unit like the hard drive on a computer.



Every part of your being is impacted, including not only physical health but mental and emotional health as well. This includes your mental stability, your moods, anxiety, stress levels and ultimately your happiness and satisfaction with your lot in life.

We used to think most of these negative things were part of the aging process but now we know they are lack of use related – not age related. They only happen more in older people because they have been around longer and have lived a sedentary lifestyle for longer.

If something is not being used the human body does not preserve it indefinitely. It will not simply wait for you to get moving again. It is deteriorating. Fast.

We now know that the human body cannot stay healthy without constant vigorous activity. That is how we have been made; it is in our genetic blueprint that has been there since early man.

You see, this movement – or “work” as it should really be known – triggers chemical reactions that tell every single cell in every tissue, organ and system in the human body to repair, rebuild and renew itself.

Without this stimulus there cannot be this renewal that keeps us healthy and we become very exposed to the risk of disease that globally is shortening millions of lives.


We are busy, busier than ever, but unfortunately most of us aren't required to work physically much anymore. We only move in a few repetitive ways, we sit a lot in our cars, at our jobs, while on the internet, partaking in computer games or on the couch maintaining our addiction to television.

Our modern lives have most of us sitting and hardly moving for long periods during the day, every day. The direct effect of this inactivity is that our bodies pay the price, the weakening of muscles and bones and a weakening of the immune system exposing us to these nasty diseases and this is where this danger presents itself to each of us.



Now-a-days, we hardly ever have to bend down, lift and carry, reach, stretch or run. When we finally get up out of our chair and attempt to use our body, pain and even injury can be the outcome. We are engineered for a lifestyle we no longer live.

Although the message is getting out there about the crucial need for proper exercise people seem to be in denial of its importance in our lives.



Even with modern medicine finding cures for many diseases and illnesses our health has been steadily declining since World War II. For example in the last four decades the prevalence of overweight adults has increased from 31 percent to 64 percent alone.

One of the main reasons for this decline in health is our steady loss of muscle mass as we have become more sedentary.

Up until recently the scientific and medical communities have taken muscle strength and mass for granted. The loss of muscle throughout adult life didn't even have a name until 1988.


The term “sarcopenia” that is used to indicate the progressive reduction in muscle mass and muscle strength is strongly associated with bone loss and osteoporosis. The two go together hand in hand.

All of the attention has been given to osteoporosis. Yet our muscles are attached to bone and if muscles are not kept strong there is less pulling on the bones they are attached to so they weaken as well.

The reason sarcopenia doesn't get as much attention is because people don't break a muscle. Having thin bones translates into broken bones. With lost muscle mass, it's a little less obvious.

Sarcopenia is characterized by subtle symptoms, such as difficulty gripping objects, rising from chairs, walking, and maintaining balance.

Millions of people have sarcopenia – both YOUNG and old, and the condition is predicted to become one of the biggest health problems the world faces.



It is suddenly a very hot topic in aging research as it has a devastating effect on the quality of the last 20–30 years of a person’s life.

Many people believe they are active enough because they are “busy” and are often rushing around. But being busy does not work the major muscle groups through their ranges of movement under an adequate load which is the formula for muscle building.

There is no way you would get that sort of muscle stimulating activity from the normal tasks and activities of every day life – unless you happen to have a job as a manual labourer, which is not so common these days.

For the human body food was scarce for the majority of the time over which it evolved. As a result, the human body is tremendously efficient at converting body tissue into life-sustaining energy – so anything not being used weakens and withers.

Unused muscles weaken and shrink and unloaded bones lose density, thickness and strength. Unused brain neurons die and nerves not being used degenerate.

Unused joints and tendons lose strength and get damaged easier. An unused heart becomes scrawny and weak and cannot pump effectively. Lung capacity diminishes, and the red blood cell count declines if oxygen demand is low.

All of this means that there is a high price to pay for not getting enough proper exercise. Physical inactivity adversely affects the function of the muscles, bones, brain, heart, blood vessels, liver, the immune system and every other organ and system in the human body.


An inactive person is more likely to suffer from anxiety and depression, find stress harder to manage, and lose self confidence and self esteem.

Without the stimulation of vigorous movement that works the muscular system the body senses that you don't need your strength any longer so you are automatically switched into "shutdown and degeneration" mode.

Not being active affects the body right down to the cellular level where the ability to transfer oxygen and nutrients from the bloodstream to cells is diminished. And if you can't get enough oxygen out of your blood the quality of your entire life is affected and your body attracts disease rather than repels it.

Activity that works our muscular system forces our body to grow. Sitting around and living a no-exercise lifestyle encourages the body to decay, AND, you must keep reminding your body over and over that its strength is needed.





The signal the brain receives when you are physically active is the means by which you remind your body to continue to renew, repair, and replace those old worn old cells and tissues.


When you challenge your muscles with the right exercise then “growth and repair” hormones such as human growth hormone are stimulated and work their magic. This process of growth spreads throughout every cell in your body, making you not just a little bit younger and healthier – but a WHOLE lot younger and healthier.

From the top of your head to the bottom of your toes, being physically active is the stimulus that gets the human body to work at its best and prevents it from deteriorating.

Now everybody knows that muscle is necessary for body strength but not many people are aware that your muscle mass serves as your body’s armor and defence against illness and disease.

I have touched on this already, but in more detail now I want to tell you how toned healthy muscle tissue is crucially important for the immune function in two ways:

Number one: The necessary fuel source used by many cells of the immune system is the amino acid glutamine and the muscles are the primary site where this is stored. The more toned muscle you have the more plentiful the glutamine supply, the better the immune system works.



Number two: Muscle is where the body stores protein. Protein is essential to produce new antibodies and white blood cells to fight off infections or find and destroy cancer cells. The body uses protein at a much faster rate when fighting sickness, and muscle tissue is where a reserve of extra protein is kept to draw on when needed.

Physical activity that raises the heart rate also serves to speed the circulation of antibodies and killer cells through the body and can raise white blood cell counts by anywhere from 50-300 percent after an exercise session.

As many people get sick when they are stressed or depressed vigorous activity helps reduce stress hormones and releases good hormones. Along with providing an outlet for the nervous energy produced by stress, this activity will increase the robustness of the immune system itself and lessen susceptibility to disease.

Studies are now showing a strong link between strength and lower risks of ALL chronic lifestyle diseases, especially those feared top three – heart disease, cancer and diabetes together with dozens of others. The stronger you are relative to your body mass, the healthier you are.

So forget the notion that muscles are just for looks, they are essential for the healthy functioning of the immune system and the ability to withstand disease.



So, What Do You Think Is Happening With YOUR Body?


Is it creating or repelling disease?

The media has us believe that we just need to raise more money for more research into the cure for a particular disease such as cancer.

But could it be that we are looking in the wrong direction?

Perhaps instead we should be educating people on how to create a robustly healthy body that kills diseases like cancer on the spot.

Your body is a disease killing machine, equipped with a high-powered immune system and intracellular anti-oxidant defence system... In other words you have the ability to prevent and reverse diseases like cancer.



Studies are showing that with lifestyle intervention roughly 50 genes associated with disease suppression become more active and nearly 500 genes associated with disease progression became less active.

This pattern of change observed in gene activity is confirming the powerful effect of lifestyle choices like proper exercise and nutrition in the risk and progression of disease and is suggesting lifestyle measures have the power to reverse disease.

If a disease like cancer is essentially stopped in its tracks by a change in gene behavior – and if that cancer never grows, spreads, or causes harm – it really is just as good as a cure. Of course, more time and testing will need to be undertaken to confirm this but how exciting is it that the research is already suggesting it.

Now I need to explain why exercise is at the top of the list when it comes to reducing disease risk.

Our ancestors and even our great grandparents or grandparents did not need to allocate time to staying strong. They got all the activity they needed directly from their daily lives. They never had to worry about their bodies becoming flabby, weak or overweight.



They naturally applied their strength and used their muscles actively to get their daily chores done. No fancy household appliances back then. No washing machines, no vacuum cleaners


and meals cooked from scratch without micro waves. Everything took physical effort.

Today, our lives have been made easy and convenient and we can get through each day without using our muscles to any significant degree.

Our lives are sedentary unless we commit to a proper exercise program so our muscles can get the work they need to keep us healthy and control our weight.

We now know this is the ONE thing you can do to live longer, have more energy, manage stress, improve mental health, manage body weight and potentially avoid 80 percent of ALL chronic life threatening disease.

Unfortunately, there are too many of us who aren't taking advantage of it as research suggests as many as eight out of ten people fail to do enough physical activity. In a recent study, only around 20 percent of people carried out moderate exercise at least 12 times in a four-week period.



Yet, exercise is one of the few activities you can do that can improve every aspect of your life, body and mind. It can give strength to the weak, energy to the tired, health to the sick and youthfulness to older people.

We constantly hear about the benefits of exercise. No one can say they are not aware of the need for the human body to be very active on a regular basis. Yet many of us don't really make a commitment or make the time for exercise regularly. We get busy, we get lazy and we have other much more important things to do in our lives.

We know that exercise is good for us and would make our life so much better, but it seems like too much trouble and too much work so we end up not bothering.

With the stakes so high, every adult needs to understand and recognize how essential proper exercise is to their health. People do know this intellectually, but don't seem to take the steps to put it into action.



How To Take Control Of Your Future Health


So what is going to get us up and moving and how do we make space in our hectic lives for exercise? First of all we need to change our attitudes about our own health and wellness.

So the next time you think about getting strong and fit, don't ask "Who has time for all that?" Instead, ask yourself "Who doesn't want to be healthy or feel better?" Or better still "If I don't take care of myself, who else is going to?"

We ALL need to embrace a "can do" attitude as it is all about what we should prioritize, and what could be more important than our health?

If you are like many people, you struggle to find the motivation to exercise regularly, but thinking about how it can improve your life may be just what you need to take that first step.

The first and most important obstacle to conquer if you want to get and stay in shape is thinking of exercise as an option.



It is surprising that many people still view exercise as an “optional” extra like some sort of luxury item. But once they become fully aware of what happens to the human body without it they may not be so keen to avoid it.

The bottom line is that it is not an option but a necessity, particularly in the second half of life if you want your health span to equal your life span.


I want you to fully understand that everything you work hard for in life will be for nothing if your life is cut short prematurely by a heart attack or some other life threatening disease.

Exercise is an essential part of a successful career. It’s an essential part of a good life.

If you’re in a panic now because you’re 40, 50, or 60 or even older and you have not been exercising properly, don’t worry: it is NEVER EVER too late; you don’t have to let this “disuse” syndrome affect you.

So what is going to get the majority of us moving? How do we make space in our hectic schedules?

First of all we need to change our attitudes and realize that a proper exercise program needs to become a priority in the 21st century. It should be rated as being as important as family and friends, social and work lives.



I have pretty much indicated throughout this report that you are the one responsible for your own health and wellness. You are the one in the driver seat. Does that scare you or does it motivate you and inspire you to respond in a new and different way? I really hope it does just this.


Please be assured, no matter what stage you are at in life, it is never too late to start an exercise program. You can continue to improve your physical abilities for the rest of your lifetime. You can be stronger in your fifties, sixties and seventies than you were in your twenties and thirties.

I do understand, it can be hard to break old mental conditioning and habits in order to rejuvenate your own body and turn your own life around. The choices and actions that you must make now to be at your best functioning level and to ensure a disease-free future are not what we have been taught as children.

It may be hard to consciously exercise and eat better, but it is much harder to endure getting a joint replacement, open heart surgery, or cancer treatment.

Sounds like a very easy choice, doesn't it? And of course I am here to help you do it.

You are the only chance your body has to remain healthy. If you don't take responsibility for it, then who will? Certainly, no doctor or drug can build you a strong, lean, healthy body that is resistant to disease.



To avoid the chance of receiving a frightening diagnosis from a doctor at some point in your life you are the one that must step up and take a proactive role in creating vibrant health today.

Regardless of what your current health condition is right now, don't wait for disease to set in, be proactive and improve your health every day by taking a little time out to exercise and eat better.

It is far, far easier to keep the good health you have rather than to try to recover it after it is lost. Remind yourself of this every day and your efforts will be worth it.


Starting a new, active, healthier lifestyle is something you do for yourself, like making an investment in the future that will ensure first, that you live to see your senior years and secondly, that your senior years are spent actively doing what you like.

Exercise As A Form Of Medicine

Think of your exercise program as medicine. Medicine that will bring about positive changes to reduce human and financial losses associated with chronic life threatening diseases on a personal and global level.

The impact of this medicine is both healing and preventive and it is the self-health care that regenerates the body and mind and rekindles the spirit, adding years to life and life to years.





You get to enjoy an increased life span and improved quality of life which will enable you to keep up with your children and your grandchildren. Your strength and fitness will make you a better spouse, parent, friend and co-worker.

Isn't this just the best deal you ever did see, so much to gain for such a small outlay?

Since you care more about your health than anyone else does, doesn't it make sense that you should take control and be part of it?

Why would you NOT want to spend a measly 2-3 hours each week to guarantee so many important benefits to your life?

This approach is probably the single most effective way to keep your health and is the ultimate tonic for rejuvenating and revitalizing your whole body and your life. In fact, you can expect to get back 10-20 years of lost strength and fitness.

It is important that the right exercise program is undertaken if you wish to reclaim your strength and your youth. Recreational type activities like walking, jogging or cycling will not challenge the muscles sufficiently to rebuild lost strength.

These activities are great as part of an active lifestyle but can never replace a proper exercise program.

Modern exercise programs containing strength training exercise can be performed easily in well under an hour. By using big multi joint exercises and cardio interval training strength and fitness can be improved in just a few weeks with the right program.

Please do not allow inactivity and a sedentary lifestyle to erode the health and mobility that you enjoy and want to keep for your whole lifespan. So, don't take the risk, be proactive and stay strong and fit throughout your life to protect your future.




Imagine the possibilities; imagine having this new strength and energy to pursue hobbies, start new careers, and travel. Become or stay highly active and pack each day with so much more living.

The opposite is not to be considered, do nothing and experience less and less and less till finally there is no more.

Don't live your life now so that doctors and drugs are needed to fix you once the wheels fall off and things are broken

somewhere down the track. Make exercise the only prescription you ever need to get filled.



We all only get one shot on this merry-go-round so we may as well take good care of the only body we will ever get so it takes us the full distance on this road of life.

Start your journey now, you will never regret it. It is all there for you, just reach out and take it and make it yours.


So I hope you are beginning to see by now that although everyone knows exercise is good for them, many don't realize it's a matter of life and death. In other words do it or die!

You can either choose to become a statistic or start to take an active role in preventing killer diseases and increasing longevity and at the end of this report I will be showing you how to do just that.

As it turns out we are all making life-or-death decisions every single day in terms of what we choose to put into our bodies and how we choose to use them. Those decisions truly do filter through all the way to our DNA.

As a long term gym owner and fitness professional I have seen similar things happen to people that take matters into their own hands after being given a grim diagnosis and they improve their health greatly by adopting a healthy lifestyle.

A former client comes to mind, Doug was in his mid 50s when I first met him. He worked too hard, slept too little, dealt poorly with stress, got little to no exercise and consumed an unhealthy diet (mainly nutrient-poor processed foods).



After suffering a heart attack that landed him in the critical care unit of the local hospital he ended up having open heart surgery and stents fitted to open up the blocked arteries. His follow up care was a truckload of prescribed drugs, but Doug decided to adopt a healthier lifestyle revamping his diet and joining the gym where I first met him.


Now in his early 70s Doug is the picture of great health – fit, strong and lean. His blood pressure and cholesterol levels are perfect as well as his stress tests.

I've seen many other similar disease reversals with people who have been diagnosed with diabetes or cancer who have changed their lifestyle habits – a pattern that is supported by research.

It is exciting to be living in an age where studies will continue to reveal how our genes are influenced by *their* environment. And the good news is, quite simply, their environment is YOU!

The way you live – in terms of your exercise, eating, sleep, stress management, and other habits – changes the environment of your genes, and that in turn changes what they do.

Which ones are switched on and which ones are switched off is totally be influenced by you. Specific genes can make you prone to inflammation, which damages cells, tissues and organs throughout your body, hasten aging which is the gradual deterioration and degeneration of function at cellular and organ level, and oxidisation which is a process akin to “rusting” of the body.



The expression of genes is, in turn, influenced by the environment inside your body. Genes that can cause you to make more or less insulin, cholesterol or white blood cells and determine whether you remain slim or become overweight, stay well or get a disease, have a shortened life or live to be a vibrant 100 plus are also all influenced by your lifestyle.


By adopting healthy lifestyle habits you can give the DNA a makeover, a second chance – a do over so to speak – to move your life away from the risk of disease rather than attracting it.

It is here that you can reshuffle that genetic deck in your favour with healthful behaviors – enough to reduce the likelihood of a bad health outcome by 80 percent.

You have to agree those are shockingly great odds. No drug, no medical intervention, no doctor and no supplement can ever come close to delivering results like that. Only you can build a strong, fit, lean and healthy body with optimal disease protection.

Regardless of what your current health condition is right now, don't wait for disease to set in, be proactive and improve your health every day by taking a little time out to exercise and eat better.

It is far, far easier to keep the good health you have rather than to try to recover it after it is lost. Remind yourself of this every day and your efforts will be worth it.



Don't let an unhealthy lifestyle drag your health and quality of life down. You cannot do all the things you enjoy and have planned to do if you are not in peak health. But it will not happen without you taking action and making the necessary changes.


It will be worth every minute and every dollar you invest in yourself. Think of it as a gift not only to yourself but to those that love you and want you to be around for as long as possible.

It is imperative to realize that it is normal to be healthy and well. You need to accept and understand that your genes do not determine your level of health and longevity.

I hope I have got the message through to you and it is now self-evident that it is your lifestyle choices that trigger disease and sets the bar for your level of health right throughout your life.

And hence your lifestyle choices should be aimed at living up to your full potential; to optimize your health and wellness regardless of age, rather than just trying to run from inevitable disease. It is also important to understand that true health and wellness is a whole lot more than simply “not being sick”.

It is a tragedy that smart and capable people are having lousy lives and many are dying. It's like we are very good at treating the victims of a car crash but we do nothing to stop the path of the car as it careers into another or goes off the road into the ditch.



The difference between just giving up and letting normal aging take place and taking control and practicing healthy aging is profound. The stakes here – the potential changes to the rest of your life – are simply enormous.

Once you understand how important the stakes are and how modest the commitment it will take is – compared to the results – you will understand what is required of you. You just have to show up and if you are like me this is the easy part. Think of it this way – you’ve likely been showing up for work almost every day for years and somehow you simply get the job done. Bring that same level of determination to bear on these new commitments and you will have it made.

You and those you love really can be disease proof, but it takes certain skills that you may need to learn. Think of it like learning to ride a bike. Once you learn, you have that skill for life.

I can teach you that skill set as I have developed over many decades the skill set for being truly healthy. I live the benefits of that skill set every day, and I live the benefits of sharing those skills with those I love.

I have the skills needed to reduce my lifetime risk of any major chronic disease – heart disease, cancer, stroke, diabetes, dementia – by 80 percent and I want to pay it forward.

The combination of more years of life, and more life in years is about the best gift you can give yourself, and it's the gift that keeps on giving – because if you know how to get there from here, you, too, can pay it forward to everyone you love.

Such approaches require knowledge of, and access to, relevant tools and program resources. Such solutions require... skill. Skill can be acquired. Skill can be shared.

The skill set for peak performance living can be shared. So, quite simply, it should be. I've done my best in my comprehensive program with its 8 simple steps to do exactly that.

We have known for decades how to slash the risk of all serious chronic diseases, but only some of us have the skills to turn that knowledge into the power of better living. It should not be that way. Everyone should have that power.

My day job is devoted to accelerating just such changes with my online work, and today I further address those issues with my “Wellness Wakeup Call” program designed to help you meet the health challenges of a rapidly changing world.






Are You Ready To Join Me And Take Your Health To A Whole New Level?

I know that it's very easy to read a report like this one and find yourself agreeing with almost everything that has been said. Then the final page comes, you go on with your day, and nothing in your life changes.

Instead of doing this I would like you to promise yourself that you

WILL commit to making the changes needed to fully protect yourself from preventable “lifestyle” disease so you can have a very long, healthy, happy and functional life. After all, true health care is self-care – the process by which you ensure you don't get sick in the first place.

Let me teach you the self-care strategies to sustain optimal health, vitality and well being.



Let me teach you how to be your own coach and leader, to get yourself going and live life on your terms.

Don't wait for tomorrow. Allow this report to be the instigating factor for change in your life and join me in my special "Wellness Wakeup Call" program. The link to register and get started immediately can be found below.

This program goes much further than simply addressing what needs to be done to slow the aging process and withstand the onslaught of disease.

Using an ongoing series of "wakeup" calls which I send directly to your email inbox, my goal is to keep you apprised of what truly matters for the preservation of your health. Because ultimately it is up to YOU to continue to make the right decisions daily when it comes to your well-being.

If this approach sounds like something you would be interested in knowing more about, come check out my "Wellness Wakeup Call" trainings:

Click here to learn how my [Wellness Wakeup Call](#) works.