

## ADDITIONAL INFORMATION @ iLEAP:

### **iLEAP: Comprehensive Education That Works**

#### **What sets iLEAP apart from other weight loss or lifestyle modification programs?**

- ~ learn what to change AND when, where, why & how to change
- ~ make seasonally appropriate shifts to stay health
- ~ preventative health practices with lasting results
- ~ fall in love with seasonal self-care habits
- ~ enjoy positive support to keep you on track
- ~ access a community dedicated to healthy living and youthful aging
- ~ enjoy a new you and a new way of aging

Many programs only teach you 'what' to change. In iLEAP, I'll guide you through the full process of change. We'll cover ALL the bases, so you will know exactly what needs to shift, when to make changes, where to tweak your habits, why to keep shifting and how to keep adjusting through the seasons, all year long.

### **iLEAP Mindset: We can change the way we age!**

Many people start the new year with big goals and unrealistic promises, then fall short.

- ~ enter iLEAP with an open mind
- ~ establish attainable and sustainable goals
- ~ create a youthful mindset for life
- ~ learn how to tell exactly what you need to thrive

### **iLEAP Success: Small shifts over time = great big results.**

- ~ celebrate small successes
- ~ shift basic habits one-by-one
- ~ make the VIP shift at the right time
- ~ gain personal experience: what helps / what harms
- ~ long lasting results

## **Success and failure are both designed into iLEAP:**

Success fuels your desire to sustain your new habits.

Failure provides valuable insight about what works and what doesn't.

## **iLEAP Knowledge: WHAT habits need to change.**

- ~ expose old habits that are ingrained, unconscious and ineffective
- ~ make specific and conscious choices based upon physiology
- ~ hydration, eating, sleeping, waking and working are the most powerful

habits

- ~ nourish five senses: eyes, ears, mouth, nose and skin
- ~ receive the natural wisdom from your body

## **iLEAP Leverage: WHEN should I shift a habit?**

- ~ learn the language of the body
- ~ learn to follow to your body's intelligence
- ~ leverage change by adjusting the VIP habits in each season
- ~ greater happiness and joy

## **iLEAP Strategize: WHERE do we make these changes?**

- ~ bathroom, kitchen, bedroom and workplace
- ~ your whole life is fair game

## **iLEAP Empowerment: WHY is the key!**

- ~ why keeps us motivated
- ~ the human body is designed for activity and rest
- ~ learn the science (physiology) behind the new habits
- ~ properly care for your body and you will age well

## **iLEAP Presence: HOW do I make lasting change?**

- ~ cultivate a deep inner awareness
- ~ learn the language of the body
- ~ properly interpret it's signals
- ~ make optimal choices based on the actual needs of your body
- ~ mind-body dialogue is the root of good health and excellent aging

## **iLEAP Community: WHO are your support peeps?**

- ~ As your personal guide, I will support you every step of the way.

- ~ As your coach, I will encourage, nudge and challenge you.
- ~ Your new community will support you, too.
- ~ There is no need to do this alone.
- ~ Change is faster and more fun with a great group
- ~ Shared experiences and learning
- ~ Vibrant community of people committed to healthy aging
- ~ Aging is a delight when accompanied by wisdom