

The Healthy Edge is a lifestyle program that will redefine how you look at your weight and your health!

The Healthy Edge System

Below are the key components of what you are going to be experiencing over the course of this lifestyle transformation program.



The Five Healthy Edge Principles:

These are the cornerstone of The Healthy Edge lifestyle and all seminars and support revolve around you being able to live these everyday!

1. Eat healthy and low-glycemic every 2-3 hours.
2. Eat 6 or more Super Foods.
3. Drink 80 oz or more of pure, clean water.
4. Exercise 45 minutes or 10,000 steps a day.
5. Take high quality, pharmaceutical grade supplement as directed.

The Seminars and Empowering Audio Sessions: Each week you will be experiencing a new seminar and audio that addresses an aspect of life that may be holding you back in your health.

AUDIO TOPICS

The Truth Behind Why You Are The Way You Are: Discover the belief systems that are making your decisions for you! Get back your control!

What Is Truly Holding You Back Is Not What Or Who You Think: Spouse, children, work, lack of time, finances, knowledge...learn how none of these are the reason you don't have the body or health you want!

Your Past Does Not Dictate Your Future: Discover how we allow past events to dictate our future and how to release the past for a different future.

The Unconscious Mind And What It Costs Us: Three destructive mindsets are discussed that can cost you your health, relationships, happiness and fulfillment. Discover where you are in these mindsets and how to overcome them.

What You Are Really Thinking: Real life stories that will open your heart and mind to what is possible.

Busting Through Belief Systems: The most common belief systems are discussed and further coaching on how to bust through these for lifelong results.

SEMINAR TOPICS

Insulin Resistance and The Glycemic Index – Belly fat? Why do you have the bulge around the middle, the sugar cravings, night time binges and mood swings? Discover the truth around your weight and how you can overcome it forever!

Eating Out and Eating at The Workplace – Set yourself up to win at the workplace! Be able to make healthy decisions in every situation when eating out!

Exercise – How to get more bang for your buck! Work out smarter, not harder! Break free from the belief system that exercise has to look a certain way!

Reading Food Labels Part I – It's more than calories and fat grams! Learn the truth about how and what to read on a food label! You will be shocked at what you will discover!

Reading Food Labels Part II – Know what is in your food and the effects of the 10 most common food additives. Most of these are in the diet foods that are being marketed for weight loss!

Maximize Fat Loss – Train your body to burn fat with the food choices you are making and your workouts. Eat more and burn more!

Where Do We Go From Here? Learn how to take this new healthy lifestyle and make it work in your busy lives. Apply the principles of *The Healthy Edge* to other aspects of your life!

THE TOOLS

The Getting Started Right Guidebook with 96 pages of support!

12 week website access to your coursework, recipes and support materials!

These Two Tools Include:

Daily Lifestyle Logs and Weekly Accountability Logs

The first step in changing your life is acknowledgement of what is going on. Keep your *Healthy Edge Daily Lifestyle Log* with you and track *The Five Healthy Edge Daily Goals*. Turn your *Weekly Accountability Log* in to your Facilitator each week to be held accountable to what you want to create!

Recipes and Eating Guides!

As part of your commitment to *The Healthy Edge*, you will receive quick, easy and yummy recipes that are *Healthy Edge* approved! Over 175 recipes are available online! You can also check out *The Healthy Edge Cookbook!* *The Getting Started Right Guide* will provide pages of ideas of how to eat quick and healthy.

Seminar Notes and Support Material

You will receive notes and additional support materials each week to support what you learned.

Support Products:

The Healthy Edge strongly recommends having support products to ensure you do not get overwhelmed with eating every 2-3 hours and that you are ALWAYS prepared for your day. We suggest finding a high quality low-glycemic meal replacement shake and nutrition bars that can provide you with quick, easy and tasty options during your day. Not all products are created equal! Many products are not balanced, but are high in protein and low in carbohydrates. Also, many products contain artificial sweeteners and colorings that you may want to consider avoiding when you adopt your healthy lifestyle.

The *Healthy Edge* also recommends a high quality pharmaceutical nutritional supplement. *The Comparative Guide to Nutritional Supplements* by Nutrisearch is a great third party reference for quality supplements. Find a product in this guide that can support you in getting everything you need for optimal health! Try it during *The Healthy Edge* journey and see how you feel!

An Independent Facilitator of *The Healthy Edge* can provide recommendations for products! It is so important for your success to be prepared for all situations!