



SIX CLINICALLY PROVEN STEPS TO LESS STRESS for SLOWER AGING

Here's how the *Reduce Your Body Age* program delivers your *uniquely personalized Stress Control Rx + Action Plan* that will work for you

You Can Grow Younger

Step 1 -- Your Personalized Assessment

In-depth evidence-based Tests for you to discover

- ▣ Your Body Age Test ... how old is your body physically?
- ▣ Vitality Quotient Test [V.Q.] ... how fast is stress aging you?
- ▣ Your StressType ... your stress ⇒ aging pressure points

Step 2 -- Your Personalized Anti-Aging Rx

[because one-size-fits-all programs don't work]

- ▣ Focus in on the *three* vital skills you need the three proven most powerful for your unique StressType profile [not someone else's]

Now Reduce Your Body Age

Step 3 -- Fill Your Body Age Rx with Action

- ▣ Focus on goals specifically meaningful to you
- ▣ Create deep motivation by visualizing success
- ▣ Pinpoint your opportunities for progress
- ▣ Make small changes for meaningful, lasting results
- ▣ Commit to a S*M*A*R*T action plan

Step 4 -- Energize Your Rx: Autogenic Technology

- ▣ Reprogram your stress habits and aging biochemistry
- ▣ Stay committed, overcome obstacles, build on success with:
 - + deep autogenic relaxation preparing your body-mind to respond to
 - + vivid visualizations of the more youthful you, and to
 - + your affirmations / self-talk acting as depth charges of positive energy

Step 5 -- Nourish Your Body-Mind Program

- ▣ Build in an evidence-based broad spectrum vitamin-mineral formula to offset stress-aging nutrient depletions
- ▣ Be sure of full-power supplementation, not megadoses
- ▣ Key your dosage level to your Vitality Quotient [V.Q.]
- ▣ Reduce dosage level as your V.Q. rises / aging slows

Step 6 -- Manage Your Program in Just Minutes/Day

- ▣ Plan for tomorrow's successes using the Action Diary
- ▣ Schedule check-in sessions with your Partner or Coach
- ▣ Track daily progress in your Diary
- ▣ Add up your progress, revisiting the V.Q. Test and recalculating your Body Age Test results