

Summary of the Report:

Adopting a Lifestyle That Allows You To “BE IN THE BEST SHAPE OF YOUR LIFE” at any Stage of Your Life!

By
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The **LIFESTYLE** a person adopts is the key and is the driver for everything else of significance that person hopes to achieve in life. Lifestyle simply means; *“The typical way a person goes about daily living”*.

My Three Key Daily Components of Having a Lifestyle that will lead to great health, fitness and well-being are:

- 1) **Good Food Choices and Health Eating Habits**. All good health starts with FOOD. The activity of eating good food, including the time of day food is consumed, allowing a person to maintain a high quality of health and wellness, including maintaining a healthy weight is the goal here.
- 2) **Enhanced Emotional Well-Being and State of Mind**. When personal peace and satisfaction are a part of everyday living, the realization of great health is not only possible but achievable.
- 3) **Functional Activity Level and Exercise**. Activity and exercise includes the ability to Move, Squat, Bend and Twist. The activity and exercise level must be appropriate for the stage of life that a person is in and be easily sustainable.

Good Food Choices and Health Eating Habits

When the body is fueled properly and at the right times, it tends to function more efficiently and fight off disease. Eating right requires eating a balanced daily diet that provides protein, vegetables, fruits, whole grains, nuts, healthy oils and fats and NO dairy. With the busy lifestyles of most people eating right isn't always feasible, so taking nutritional supplements are helpful.

A lifestyle that embraces eating a well-balanced diet can benefit a person in the following ways:

- Attaining and maintaining an optimum and health weight
- Improved immune function and disease prevention
- Increased energy and mental clarity

Emotional Well-Being and State of Mind

Living a healthy lifestyle also calls for paying close attention to emotional well-being. When a person is able to maintain a balance and enjoy a positive outlook on life, stress levels are likely to be lower and so is overall satisfaction with life.

Obtaining a state of emotional well-being can be a tricky undertaking since each individual has their own distinct needs. There are, however, some points worthy of attention to help achieve this state. They include:

- Maintaining a positive attitude and outlook on life in general and on situations and circumstances as they occur.
- Making it a priority to take time for personal pursuits and endeavors.
- Maintaining a healthy home life.
- Pursuing a career that is personally rewarding.
- Focusing on what's truly important in life.

Activity Level and Exercise

My definition of getting old is a person's inability to **Move** (walk and Run), **Squat, Lunge, Push, Pull, Bend** and **Twist**. In order for the body to function as it should, physical activity and exercise is absolutely essential. Outside of athletes (during their competitive years) this isn't everyone's favorite thing to consistently do, however to live a healthy lifestyle, it is vitally important nonetheless. To make the most out of activity and exercise, it's important to:

- **Add a Cardiovascular Activity to the Exercise** – Any type of activity that increases heart rate and circulation is the key here. As one ages the type and intensity of activity changes, but regardless of the stage of life a person is in, always staying active is essential to great physical health. Activity and Exercise simply does not have to be limited to a gym routine or a P90X or Insanity Workout. Swimming, jogging, gardening, dancing, walking or engaging in a physical hobby i.e., tending a garden, farming etc., are great ways to stay active and get good exercise.
- **Add Weight Resistance on the Body as part of the Exercise** – Toning the muscles and maintaining proper strength is also an important factor in healthy living. There's no need to attempt to look like a bodybuilder to see results either. Simple resistance exercises that work the muscles can have benefits. Staying physically active doing activities like the one mentioned above will maintain good muscle tone and strength.

In my full Report I'll expand in more detail on each of the three Red Highlighted areas;

Good Food Choices and Health Eating Habits, Emotional Well-Being and State of Mind, Activity Level and Exercise.

You do not want to miss this valuable information on how YOU can **“BE IN THE BEST SHAPE OF YOUR LIFE”** at any Stage of Your Life>>>>>