

Five to Thrive!

1 HYDRATE

Build up to half your body weight in ounces for clean, optimal hydration. Ex: Drink one 16-ounce bottle of water 5x a day and during a meal, drink an extra glass of water.

(Do not restrict salt and other electrolytes Magnesium, Calcium, Potassium, etc) - We recommend HEAL Cellular Hydration and Muscle Recovery for maximum hydration.



2 CARDIO EXERCISE

If possible, get cardio first thing in the morning for 30 minutes 3 days a week to deplete glycogen stores early. Stay between 40-70 points higher than resting heart rate for maximum fat burning zone.



3 STRENGTH RESISTANCE

10 minutes of resistance training a day for 3 days a week. The key to long-term metabolic boosting is building lean muscle mass. Remember to use the technique of negative accentuated training, which builds stronger muscle and helps engage more of the whole body instead of simply isolating one muscle group. One second positive (push or pull contraction), 5-7 seconds slow, negative release while breathing a long breath out.



4 REST

Ensure 7-8 hours of sleep a night. The body only heals and repairs at rest.



5 FOOD & SUPPLEMENTAL NUTRITION

Protein is key! The amount of protein you need per day depends on your age, activity level, and other factors. We recommend at least 1/2 your body weight (lbs) in grams of protein. Example: 180 lb person = 90g of protein/day. This is especially true if you want to prevent age-related muscle loss while maintaining healthy lean body mass. Refrain from consuming white flour/refined sugars/refined grains. These nutrient-depleted foods will turn your fat-burning switch off!

Avoid artificially-sweetened soft drinks, as well as inflammatory oils: Canola, Vegetable, Corn, Cottonseed, Rice, Safflower, Soy, Sunflower!!!! Instead, enjoy Coconut, Avocado, Ghee, Tallow, Butter for cooking oils and use Extra Virgin Olive Oil for salads, dips, and dressings. Avoid artificial flavors and color dyes, GMOs, and artificial sweeteners. Support local farmers of pasture-raised beef, poultry, and free-range eggs.

***Our NEW HEAL Spacemilk protein powder is a game-changer!



Name: _____ Date: _____

Email/Phone: _____ Practitioner: _____

Nutritional Supplement

	Breakfast	Lunch	Dinner	Bedtime

Notes: Food/Exercise/Community/Desire to change/etc

Follow up practitioner notes:

Follow up Pd: _____



Next appointment: _____ Date: _____ Time: _____

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