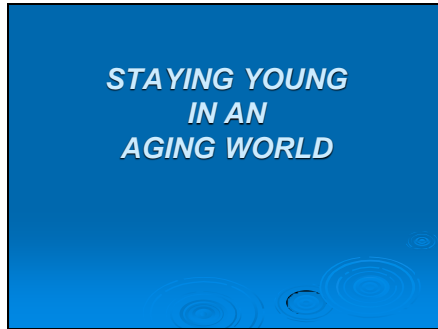


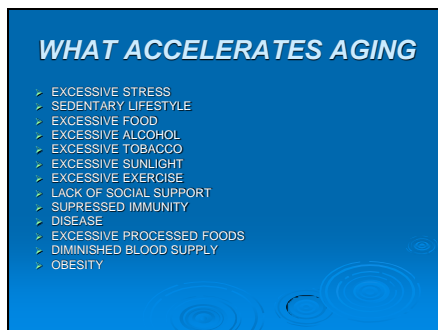
Slide 1



Slide 2



Slide 3



Slide 4

**HOW HEALTHY ARE YOU
COMPARED TO OTHER PEOPLE
YOUR AGE**

- EXCELLENT
- VERY GOOD
- GOOD
- FAIR
- BAD

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➤ IF YOU CHOOSE EXCELLENT YOU ARE
30 TIMES MORE LIKELY TO BE ALIVE
AT THE END OF 2 YEARS THAN IF YOU
CHOOSE FAIR OR BAD

Slide 6

AVERAGE AMERICAN

- PHYSICALLY PEAKS AT 28
- BY AGE 70
- 60% LOSS IN BREATHING CAPACITY
- 40% LOSS IN KIDNEY FUNCTION
- 30% LOSS IN BONE MASS
- 50% LOSS IN STRENGTH
- The worst thing is we feel like it.
- LIVE 10-15 HEALTHY YEARS LONGER
- SOURCE = OKINAWA PROGRAM 25 YEARS OF RESEARCH

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WHAT DOCTORS SAY

- "Regular vigorous exercise is the closest thing we have to an anti-aging pill." Alex Leif, MD, Professor at the Harvard Medical School of Gerontology.
- Summarizing the results of a study on weight training for older adults, Dr. Evans of the Human Nutrition Research Center of Aging at Tufts University said, "We can make a 95 year old as strong as a 50 year old person, and a 64 year old as physically fit as a healthy 30 year old."

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LIFE EXPECTANCY BY COUNTRY

- 1) MONACO, 89.73
- 2) MACAU
- 3) SAN MARINO
- 4) ANDORRA
- 5) JAPAN
- 6) GUERNSEY
- 7) SINGAPORE
- 8) HONG KONG
- 9) AUSTRALIA
- 10) ITALY
- 50) USA, 78.37
- SOURCE = CIA WORLD FACTBOOK

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WHAT DOCTORS SAY

- "Our study found that men who exercised as little as one or two times a week reduced their risk of heart attack by 36%." –Dr. Claudia Chae, Harvard Medical School.
- "Moderate to intensive aerobic exercise can increase growth hormone 1 to 2 times, while high intensity weight training can increase levels three to four fold." –Dr. Ronald Klatz, President of the American Academy of Anti-Aging Medicine.

Slide 10

8 PILLARS FOR STAYING YOUNG

- FRIENDS AND FAMILY / SOCIAL SUPPORT
- GOOD VARIED FOOD, MOSTLY PLANTS, NOT TOO MUCH
- GOOD WATER, HALF YOUR WEIGHT IN OUNCES PER DAY
- GOOD SLEEP, 7.5 – 9.0 HOURS PER NIGHT
- STRONG SPIRITUAL FOUNDATION
- POWERFUL REASON TO ARISE DAILY
- CONSISTENT PHYSICAL ACTIVITY
- CONSISTENT MODERATE SUNLIGHT

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OKINAWA / AMERICAN COMPARISONS

- 5 X MORE PEOPLE OVER 100
- 7 X LESS MORTALITY FROM PROSTATE CANCER
- 5 X LESS MORTALITY FROM BREAST CANCER
- 5 X LESS MORTALITY FROM HEART ATTACK
- 2 X LESS OVARIAN AND COLON CANCER

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WHAT DOCTORS SAY

- “Unless we perform regular strength building exercise, we lose approximately five pounds of muscle tissue every decade.” –Dr. Wayne L. Westcott, Ph.D., Research Director at South Quincy YMCA, Quincy, Mass.
- “Physical activity reduces the risk of premature mortality in general, and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular. Physical activity also improves mental health and is important for the health of muscles, bones, and joints.” –Surgeon General of the United States.

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WHAT DOCTORS SAY

- “If exercise could be packed into a pill, it would be the single most widely prescribed, and beneficial, medicine in the nation.” –Robert N. Butler, MD, Director, National Institute on Aging.
- “Age is inevitable, aging is not.” –Dr. Ronald Klatz, President of the American Academy of Anti-Aging Medicine.

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HEALTHCARE STUDY

- 84,000 PARTICIPANTS FOR 8 YEARS
- THOSE WHO EXERCISED HAD 54% FEWER HEART ATTACKS AND STROKES

[illegible]

Slide 15

EXERCISE SLOWS AGING

- REGULAR EXERCISE IS AS EFFECTIVE AT SLOWING THE AGING PROCESS AS A DIET RICH IN ANTIOXIDANTS

Slide 16

WHAT DOES HEALTHY LOOK
AND FEEL LIKE?

➤ QUICK

➤ STRONG

➤ VIGOROUS

➤ STEADY, SURE FOOTED, GOOD BALANCE

➤ CARDIOVASCULAR STRENGTH

➤ SHARP MINDED

➤ FREE OF MEDICATIONS

➤ SUPPLE AND FLEXIBLE

➤ PAIN FREE

➤ INDEPENDENT

➤ FREE OF ILLNESS

➤ SUPPLE HEALTHY SKIN

➤ HAPPY

➤ THANKFUL

➤ SOCIALLY ACTIVE