



Eat Less, Live Longer

Animals on 30% calorie
restricted diet lived up to
40% longer & healthier lives

JANUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

“Sitting” is the new “smoking”

Sitting and inactivity may be
worse for health than Smoking



FEBRUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Unprocessed & Organic Food

Refined food is the root cause of the present obesity epidemic

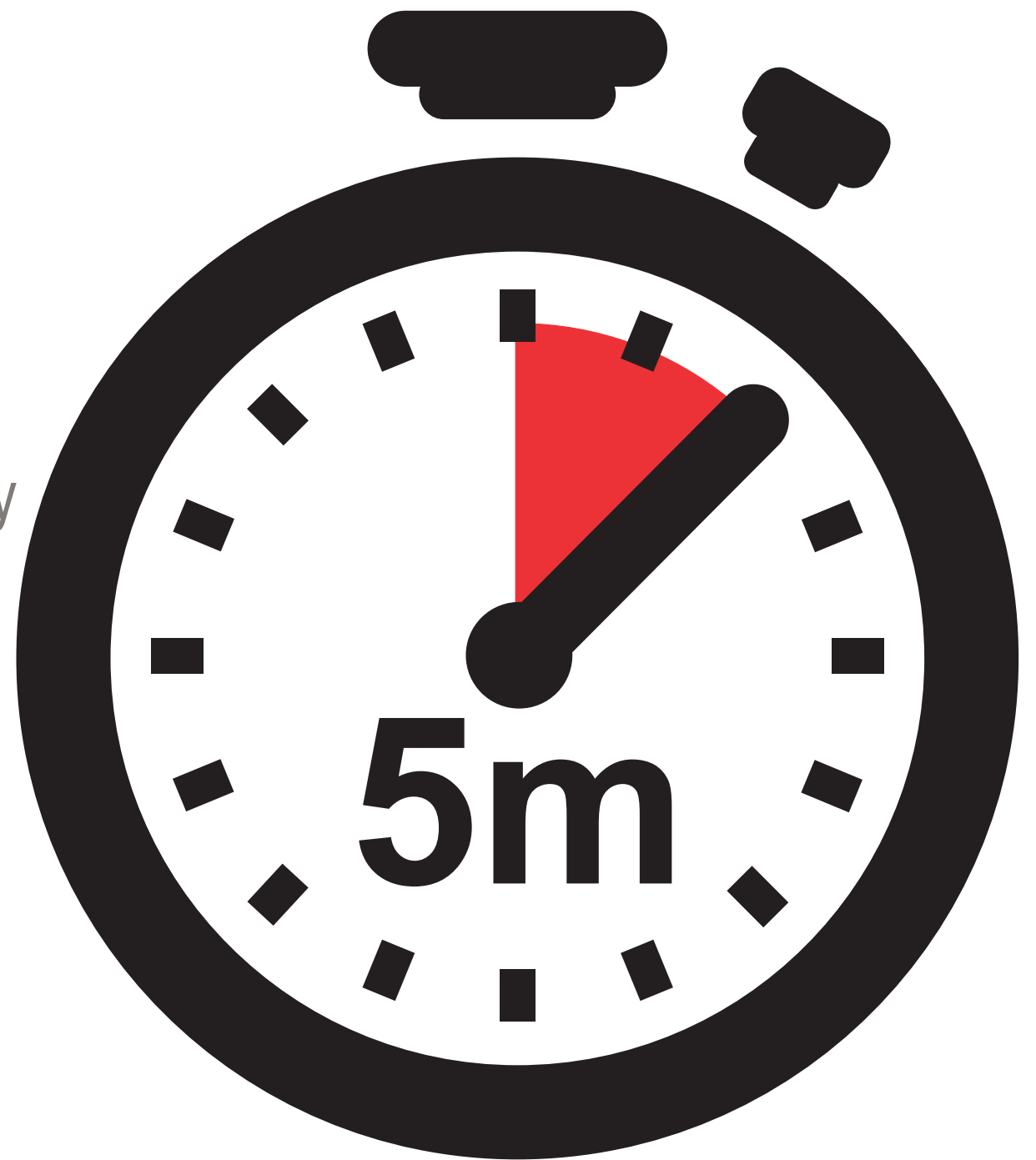


MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Lack of time not an excuse

Even 5 minute workouts everyday
improve your health significantly



APRIL 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07	08	09	10	11
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19	20	21	22	23	24	25
26	27	28	29	30		

Balanced Food, Balanced Life

Optimal mix of macro and
micronutrients for optimal health



MAY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
31					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Hydrate for health

Around 60% of the body and
75% of the brain is made of water

💧 **Water is life** 💧

JUNE 2020

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
07	08	09	10	11	12	13
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21	22	23	24	25	26	27
28	29	30				



Lifelong Exercise has Physical, Mental & Emotional benefits

Combine Aerobic exercise with
Strength training for most benefits

JULY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



AUGUST 2020

SUN	MON	TUE	WED	THU	FRI	SAT
30	31					01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



Stress Can Kill

Practice stress reduction to prolong life

SEPTEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Super Foods

Some examples of nutrient dense & antioxidant rich foods to “supercharge your health”



OCTOBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sleep like a baby

Optimal sleep has almost magical health restorative properties

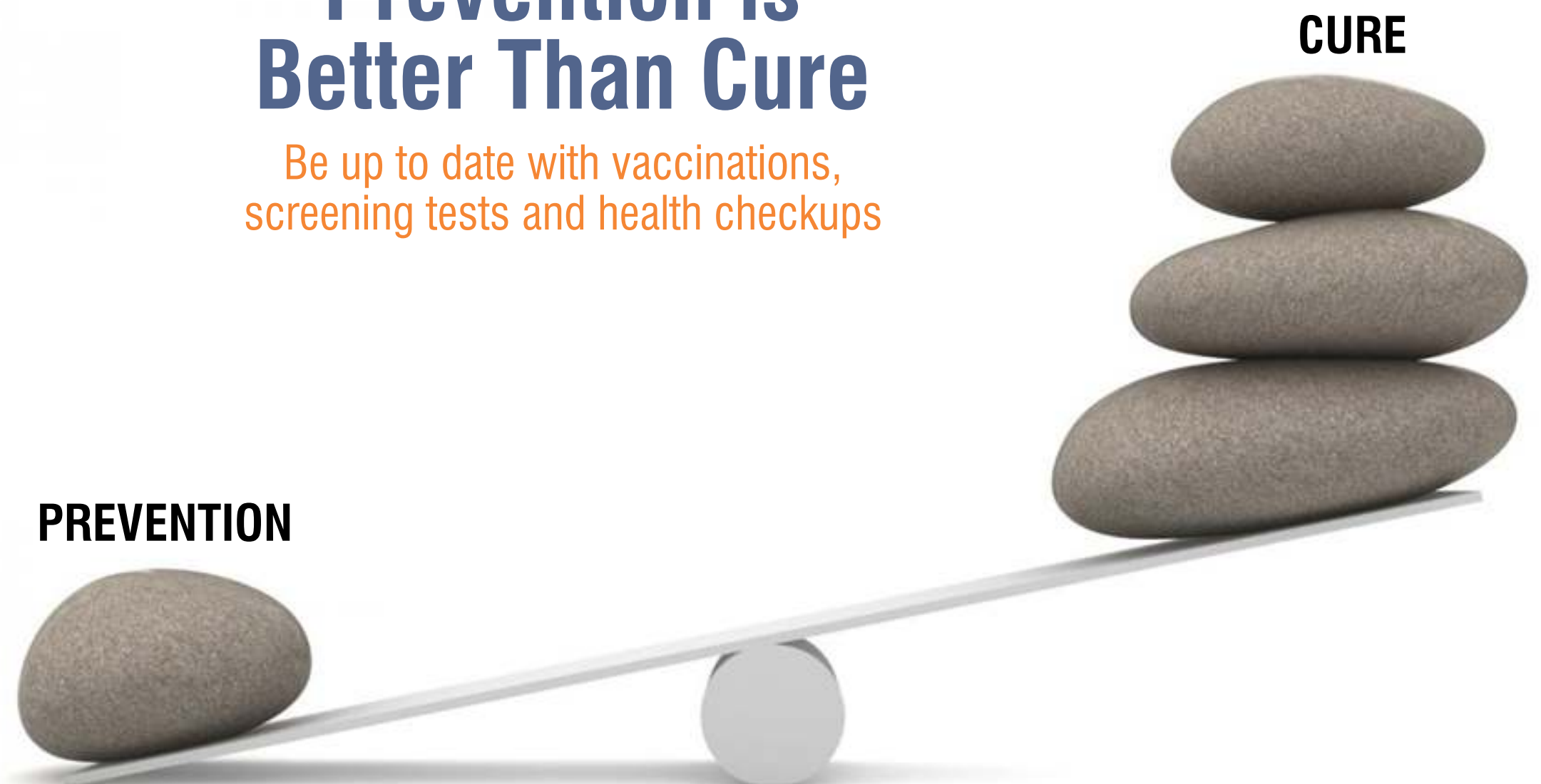


NOVEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Prevention is Better Than Cure

Be up to date with vaccinations,
screening tests and health checkups



DECEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		