



# THE ULTIMATE JUMP START PLAN

BEGIN A NEW LIFE FULL OF ENERGY & CLARITY!

TOP 3 STEPS TO LIVING A HEALTHIER LIFE

# OVERVIEW



## 01 STRESS MANAGEMENT & LIFESTYLE HABITS

### START HERE!

Are you ready to make a change in your life but not sure where to start?

What you are about to experience is a way to build your own individualized lifestyle plan. These 3 steps will help with overall wellness and creating healthier lifestyle habits. I cut through the information overload your use to and get to the basics. If you want more help after reading this I can assistance you through coaching and create a personalized holistic wellness plan.

MENTAL HEALTH - NUTRITION - NATURAL HEALING

## 01 STRESS & LIFESTYLE HABITS

*What If I told you going to bed by 10pm and drinking water in the morning could change your life?*

## 02 NUTRITION & GUT HEALTH

*Many of us are deficient In multiple minerals. Sometimes we jump to a quick detox when all you need Is basic habit changes.*

## 03 MOVE YOUR BODY!

*What do you enjoy doing? Now add some movement to It! Dance, roll down a hill, swim, anything to get your body moving. It should be fun and give you a break from everyday life.*

## 04 BONUS! (+)

## WRAP UP + TOP 12 TIPS FOR A HEALTHY LIFETYLE



## 02 NUTRITION & GUT HEALTH



## 03 MOVE YOUR BODY!



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# STEP 01

## Stress Management & Lifestyle Habits



# TIPS FOR STRESS MANAGEMENT & HEALTHIER LIFESTYLE HABITS

## ➔ Identity



1. Identity crisis: a period of uncertainty and confusion in which a person's sense of identity becomes insecure,

typically due to a change in their expected aims or role in society.

Basically this is when you question your sense of self or place in the world. I believe this is an issue plaguing the world right now especially with social media now. **It is important to know who you are and why you do the things you do.** If you're not sure of this then you need to spend time working through these questions. Don't force it and remember you can always change how you show up in the world.



## ➔ Mindset



Attitude or your perception of the world determines how you walk around in the world. To change your habits and get results you will need to change

Your mindset first. **Once you change your mindset your behaviors change, then your actions change, and then you get different results.** So, change your attitude on life, continuously work on what you say to yourself and what you allow to be your truth. What you focus on grows. You have a choice to believe what's told to you or create your own narrative.

# STRESS MANAGEMENT & LIFESTYLE HABITS

When stress is chronic, physical & mental symptoms begin to pile on top of one another leading to unexplainable skin, gut, and mental disease. Learning to cope with & manage stress empowers you to react in healthier ways, as well as, prevent many diseases and illnesses. It also allows your body the space to heal itself! This in turns create an internal environment that breeds wellness and not dis-ease.

## ➔ Lifestyle



Once you know who you are, why you want to make the change, and you're working on your mindset you can start to change your lifestyle.

To have a different life you have to do things differently. A person that says they are healthy gets up, cooks, moves their body, and understands it's in the small habits. These habits develop over time. Anything rush will not last. **Allow the process to unfold while you make the effort to show up daily.** Commit to the change!

Just remember, our circumstances may not change, but how you react to what comes at you can make a great impact on the outcome. Let's build a healthy foundation so that you are capable of "reacting" from a place of strength with confidence.

# STEP 02

## Nutrition & Gut Health



## TOP 3 THINGS TO START HEALING YOUR GUT

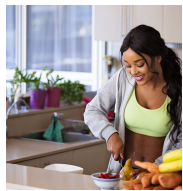
### ➔ Water



"Drink more water" one of the basic suggestions when starting a healthy lifestyle and it continues to stand true. **Don't over complicate things** to start. Just drink your water.

My next level suggestion for water is to move towards more spring water. Instead of the cheap purified water. If you can't then get a good filter, fill a gallon jugs at a water machine, or find a free spring in your area.

### ➔ Whole Foods



You can not have lasting results on a generic plan given to everyone. But, if you don't want to get an individualized nutrition plan and just want quick information **here's my take on the basics:**

To get the full spectrum of nutrients would be to eat whole, organic, grass-fed, free-range foods as much as possible. This means you are cooking often or getting meals delivered. Also, stay hydrated, move your body 3-5 times a week, and get 8-hours of sleep.

### ➔ Digestive Enzymes



Naturally occurring digestive enzymes break down food and aid digestion. **If your body doesn't have enough digestive enzymes, it's unable to break down foods properly.**

That can mean stomachaches, diarrhea, gas, or other painful symptoms. You don't have to take a supplement unless you are missing your gallbladder or you have deficient in many areas. Fruits, vegetables, and other foods have natural digestive enzymes. Eating them can improve your digestion but if you want extra help you can get enzymes in a pill form. Getting a blood test to find deficiencies will help get right to what supplementation you might want to start with.



# NUTRITION & GUT HEALTH

I know that many people want instant results and below I'll give a generic baseline on how to lose weight but just know that...

there is no optimal diet for everyone!

See "whole foods" section to the left for more on this before continuing.

This basic plan would work for the average "healthy" person. The problem a lot of us face is that our bodies are over loaded with toxins that we can not fully utilize or process the nutrients from the "healthy" foods. We have to allow our body to get back to homeostasis before fully being able to absorb whole foods. I'm not just talking about detoxing or doing some kind of cleanse either. I'm talking about getting true rest at night, feeding your body optimum nutrients, and also releasing those trapped emotions, blockages, and having better overall mental health. ie. step one!

Not many people know how to start cleansing their lifestyle to live more of a fulfilled life. That's where I come in to help you! You can sign up for coaching at [bornvital.com](http://bornvital.com). If I feel that I can better assist you in sustaining your nutrition lifestyle then we would dive deeper into what I offer during a consultation call.

# STEP 03

Move Your Body!



# THE THREE BEST WAYS TO GET YOUR BODY MOVING

## ➔ Resistance Training



Resistance training increases muscle strength by making your muscles work against a weight or force.

Squats or kettlebell swings are the best strength training exercises for beginners in terms of bang for your buck.

Examples of resistance training:

- Free weights – classic strength training tools such as dumbbells, barbells and kettlebells.
- Resistance Bands.
- Calisthenics – commonly known as body weight movement like pull-ups or pushups.



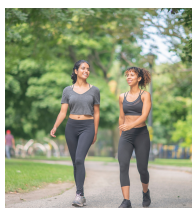
## ➔ Dancing



Dance is a rhythmical form of exercise. It can boost cardiovascular health, flexibility, strength, and balance. Plus it has mental health benefits!

Research has found that dancing can spark a better mood, more stamina, and an extra oomph of vitality. "When you begin moving, you immediately release the brain chemicals dopamine, adrenaline, and endorphins, causing a powerful and lasting effect I call 'energized optimism,'" says Kelly McGonigal, PhD.

## ➔ Walking



Think about what you can do in 30 minutes. You sit on your phone or watch a TV show longer than that. Just 30 minutes every day can reduce excess body fat, and boost muscle power and endurance.

Start with just 2-3 days a week, 30 minutes a day. Soon you will be able to add more days or have longer walks. Within a few weeks you will change in many areas of your life. If you can not commit to 30 minutes at first then just show up for 5 minutes. Do it again the next day. Cross it off on a calendar to see how well you did. It's small steps that will get you to the finish line!

# MOVE YOUR BODY!

If you like it, you will do it!

Do whatever activity you enjoy. This should be a well-balanced routine activity that includes stamina, strength, and flexibility.

There are three main areas of focus when wanting to improve your physical wellness:

Performance, aesthetics, and longevity.

- Do you want to look better? (aesthetics)
- Do you want to improve your health? (longevity)
- Do you want to enhance performance? (gain strength)

Once you decide which area you want to focus on first we can move work on creating a personalized coaching plan for lasting results! You can also use this information to pick the category of movement that will give you the results you want based on your area of focus.

For example: If you're looking for longevity you may want to start dancing or doing something that will bring you joy and make you laugh. If you want more aesthetics to tone your body or build muscles you will start with resistance training. If you are overweight and just starting out then making walking a habit would be a good place to start out with.