



# Balance Guide

Regain Control Over  
All Aspects Of Your  
Life & Thrive





# Can you be radically honest in answering this question?

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Do these people sound familiar?

You're an ambitious executive leader with immense pressure to perform. The demands of work mean you have little time for yourself or your family. Stress is taking its toll, and now it's affecting your ability to lead.

You're a high-performing sales leader who loves the hunt. You thrive on winning, beating sales goals, and making money. Yet, you have no life. Burnout is on the horizon.

We'll let you in on a secret – you don't need to live like that.

We're conditioned to believe in the “success no matter the cost” mentality at work. No one is questioning your work ethic, but it does come at a cost: putting your health and sanity at risk.

There is a better way to win in all aspects of your life, and you don't have to compromise or sacrifice a thing.

The key to unlocking a life of balance is simple: shift your mindset and start applying a few core life strategies to redefine your life forever.

This guide will help you regain control over all aspects of your life so you can thrive.



# The Stats



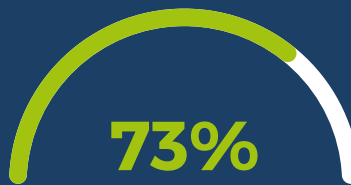
Corporate leaders & execs suffered from distress in their lives



**5%** Long term success rate of weight loss/diet plans



**40%** of executives may suffer depression due to their lifestyle, double the rate of the general public.



Out of two hundred Fortune 500 executives, 73% live a sedentary lifestyle



90% of executives report struggling with work/life balance



**68%** of U.S adults are overweight

Executives work **23%** more than the average worker, and have a **16%** higher risk of heart disease.



**Executive Health and Wellness Programs** are becoming increasingly popular throughout corporate America. The executive lifestyle is filled with pitfalls that can lead to chronic health conditions such as **heart disease**, **diabetes**, and **hormone imbalances**. Often, the brain power behind a corporation are the people absorbing the largest amount of stress while also traveling extensively, sleeping less, and consuming a high-fat diet.

# Have it all!

You are one whole person. You can improve your health and wellbeing when you:



**TRAIN YOUR  
MIND**



**TRAIN YOUR  
BODY**



**FUEL YOUR  
MIND & BODY**

Your body, your nutrition, and your mindset work together. Lacking any of these three pillars puts you in a compromised position. Any successful training plan needs to incorporate **all three**.

The GAIN team of experts offers a comprehensive methodology designed to facilitate lasting shifts in clients' lives in just 90 days.

Their approach empowers individuals to regain control, find balance, and once again enjoy the benefits of a fulfilling life, lasting mental health, and peak performance.

Be honest. Are you satisfied with where you are today? If you think your approach to mindset, nutrition, and exercise deserves a closer look, **connect with us today!**

In the meantime, read on to uncover a few quick tips on each of the three pillars.

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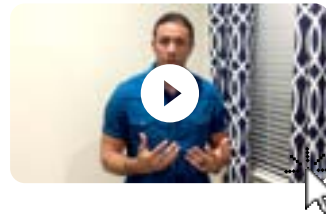
**3** ..... Fuel Your Mind & Body  
with Proper Nutrition

# 1 Train Your Mind

Ready to Train Your Mind Like A Champion?  
Book Your COMPLIMENTARY Strategy Session Today!

One aspect of training your mind is to unleash the power of your words. How you talk to yourself and others influences your outlook on life, your mindset, your emotional state, and your relationships.

Changing your vocabulary into something more powerful will help you create an invincible mindset that has the potential to transform your entire life.



**CLICK TO WATCH:**  
The power of vocabulary

Here are a few examples of the most powerful vocabulary transformations:

<b>Angry</b>	→	<b>Disenchanted</b>
<b>Anxious</b>	→	<b>Expectant</b>
<b>Destroyed</b>	→	<b>Set back</b>
<b>Failure</b>	→	<b>Learning</b>
<b>Frustrated</b>	→	<b>Challenged</b>
<b>Lost</b>	→	<b>Searching</b>
<b>Scared</b>	→	<b>Excited</b>
<b>Stressed</b>	→	<b>Busy</b>

Are you seeing the difference these changes make to how you feel about a task, a person, or a situation?

It's a powerful transformation.

Click [here](#) to download more transformational words 



# 2 Train Your Body

**A healthy body is home to a healthy, happy, productive mind.**

It is universally accepted that exercise is a necessity to be healthy. Breathing is equally critical.

That is why we have included tips for both here.

## **Creating an Exercise Habit**

Perhaps you've tried one of the many "in-the-box" programs and routines that are extremely targeted toward a certain goal that may not match your own.

Couple this confusion with the onslaught of aggressive marketing of products to "get results without exercise," and it is no wonder why you are hesitant to take immediate action.



**Exercise HAS to be done!  
Make it fun and simple!**

These three simple tips will help you build an exercise habit.



# 3 Tips on Exercising:



## DO IT DAILY

sweat for at least 30 minutes **every day**.



## ENJOY WHAT YOU DO

Find an activity that you love.



## SET GOALS

Match your exercise to your desired outcome.

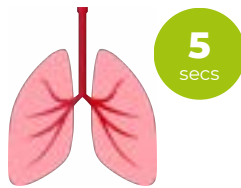
## Breathing Matters

Breathing is a big part of exercising, stress management, emotional training, and overall healthy living. Practicing one of these three abdominal breathing techniques will help you improve your breath control, emotional state, concentration, and so much more.



### CONSCIOUS BREATHING:

Aim for 6 breaths per minute  
Inhale through nose (5 secs)  
Exhale through mouth (5 sec)  
Repeat



### BOX BREATHING:

Inhale through nose (5 secs)  
Hold (5 secs)  
Exhale through mouth (5 secs)  
Repeat at least 3 times



### 1 X 4 X 2 METHOD:

Inhale through nose (1-2 secs)  
Hold (8 secs)  
Exhale through mouth (4 secs)

The purpose of abdominal breathing is to pull air down into your lungs by using your diaphragm. The main purpose of using abdominal breathing techniques is to stimulate your relaxation response, which lowers tension and creates an overall sense of well-being.

Ready to Unlock Your Ideal Body?

Book Your **COMPLIMENTARY** Strategy Session Today!

# 3 Fuel Your Mind & Body with Proper Nutrition

Eating to thrive is based on one simple premise: eat simply and cleanly. It will take years off how you look and feel, we promise.

Your 'happy hormone' serotonin is almost entirely manufactured in your digestive system. Balancing your digestion means balancing your hormones and strengthening your immune response.

Plus, you will find it easier to digest your meals, and burn fat without counting calories or going hungry, and you will look and feel fabulous!

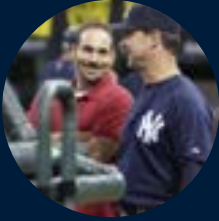


**Ready to Regain Control Over Your Diet & Your Life?  
Book Your COMPLIMENTARY Strategy Session Today!**





# What Our Clients Are Saying



“ I spent four years at Columbia University, and in the last 12 weeks I probably learned more about what it’s going to take to be successful in my life than I did at an Ivy League school.

This journey has been absolutely PRICELESS! ”

Lou. B



“ It’s has been an absolute gamechanger for me working with coach Jen & Dean! Without question it is by far the best investment I have ever made in my life!

”

Yvonne. B



“ I’m feeling energized and lighter physically and mentally than ever before! I can’t even express in words how working with Jen & Dean has completely changed my life, not just physically, but mentally and emotionally as well.

”

Ashley. W



“ I can’t believe how much better I feel. The weight just fell off of me, and I wake up rested and have energy all day. My mental clarity and memory cleared up so much that I am making better business decisions and stopped profit leaks in my order processing. I feel like new person!

”

Donald. J

# Who We Are

Dean



Jen



## Our Qualifications Include:

PhD in Holistic Nutrition	High Performance Experts
Certified in Hypnotherapy	Certified Personal Trainer NSCA
Board Certified Holistic Health Coaches	Certified in Strategic Intervention
Certified Strength & Conditioning Specialists	Certified Brain Health Professionals



Ph.D. IN HOLISTIC NUTRITION  
THE UNIVERSITY OF NATURAL HEALTH



B.S. IN SPORTS & EXERCISE SCIENCE  
WESTERN MICHIGAN UNIVERSITY

# Ready to Take Your Life to the Next Level?



Are you ready to dive deep into your communication skills to **build stronger, more fulfilling relationships?**



Are you ready to **ditch your health fears?**



Are you ready to **boost your performance** in all areas of your life?

Join us for a **COMPLIMENTARY 30-minute strategy session** where we show you how to break your “work-all-the-time” cycle and help you overcome health fears, find time for your family, and take your life to the next level without sacrificing a single thing.

[Schedule My Strategy Session Now!](#)

