

EXPERIENCE A LIFESTYLE TRANSFORMATION!

A photograph of a man and a woman jogging on a sandy beach. The man is on the left, wearing a light blue t-shirt and white shorts. The woman is on the right, wearing a dark grey tank top and white pants. They are both smiling and looking towards the right. The background shows the ocean and a clear blue sky.

Fit @ 50 and Beyond!

**It's not a diet.
It's a lifestyle.**

A PERSONALIZED COACHING AND MENTORING PROGRAM
GUIDING YOU TO **INCREASE VITALITY AND OPTIMAL HEALTH,**
ACHIEVE AND MAINTAIN YOUR IDEAL BODY WEIGHT AND
ENHANCE YOUR QUALITY OF LIFE!

MINDFIT *LIFESTYLE CONCIERGE*

567 Camino Mercado Suite E-3, Arroyo Grande, CA 93420

805.202.2077 coachchriscucchiara@gmail.com

www.MindFitLifesyle.com

A MESSAGE FROM COACH CHRIS



All of us have mentors that have gone before us. I first met Dr. Walter Bortz back in 1982 when he was giving a lecture at Stanford University in Palo Alto, CA. After listening to his lecture on: "**We Live Too Short and Die Too Long**" -- I have followed this amazing man for 35 years. After all these years, it was an honor and privilege to reconnect again.

At the young age of fifty-nine I've never been more focused about life and the opportunities to use my gifts and talents to make a difference, especially in an area of life that affects all of us: **Our Health**. It's an exciting time to be alive!

What I have come to understand over the past 35 years in working with thousands of people all around the world, is those that are living healthy and productive lives have two things in common: **Positive Attitude** and **Have Connected with their Purpose**. These two things establish the internal motivation to protect your greatest asset: **Your Health**.

As we age, there are many factors we need to take into consideration; this is what drove the vision to launch Fit @ 50 and Beyond.

We are all aging, the question is, how are you aging? Age is not a number, it's a mind-set. Some think eighty is old; I choose to believe eighty is middle age.

The average person barring no disease is designed to live a quality of life between 100-120 years-old. How we age is a choice. Aging is NOT a disease. Choose wisely and make HEALTH a priority in your life!

We all have a purpose in life, you are designed to live a quality of life; and in doing so, your legacy will live on forever!

Welcome to a new phase in life, enjoy the journey!

FIT @ 50 AND BEYOND

Fit @ 50 and Beyond is an entirely new paradigm in holistic healthcare and lifestyle management. Our integrated multidisciplinary approach in combining regenerative medicine, age management and lifestyle coaching is creating the perfect venue for the growing population focused on preservation of optimal human function and quality of life.

The Fit @ 50 and Beyond Experience is an exclusive, highly individualized proactive and preventive lifestyle management program focused on enhancing *quality of life* with overall improvements in *energy, body composition, physical fitness, sleep, mental acuity* and *sexual vitality, digestion, and skin tone*. At the same time, our clients also experience a significant decrease in the risk of age-related disease and symptoms of menopause and andropause (male menopause).

The basic components are client evaluation through medical history, lifestyle assessment, and laboratory testing to establish personalized proactive lifestyle management programs which can include one or more of the strategies below.

Fit @ 50 and Beyond provides you with complete life enhancing elements built on the following strategies: hormone optimization, cellular detoxification, science-based nutrition, gut and brain health, safe and effective weight management, appropriate exercise, stress management, and accountability to ensure sustained results! No single element stands alone. The Fit @ 50 and Beyond experience is a symphony, keeping your body, mind, and spirit in perfect harmony!

The evaluation process is about self-discovery, exposing your total health picture—not just a mere snapshot. We use solid science, comprehensive evaluation, and evidence-based protocols in a synergistic program, customized for individual client needs.

YOUR FIT @ 50 AND BEYOND EXPERIENCE CONSISTS OF FOUR PHASES

1) COMPLIMENTARY 50 MINUTE LIFESTYLE STRATEGY SESSION

During this session Coach Chris, will discuss your overall lifestyle goals as well as any health concerns you may have. Prior to this strategy session you will have completed our initial baseline and metabolic assessments which include (medical and family history) and an environmental exposure form that assess the level of toxicity you have been exposed to. Dealing with internal toxicity issues is the first and most important step to ensuring success in any health, lifestyle, and age management program you decide to embark on. Having high levels of toxicity in your body has shown to cause inflammatory issues and if neglected long-term can lead to various autoimmune diseases. Additional symptoms can include but are not limited to: inability to lose weight, hormone imbalance, brain fog, depression, digestive issues, and lack of energy, focus and mental clarity.

These initial assessments provide Coach Chris a window into the current state of your physical, nutritional, mental, and emotional health. Next steps will include ordering your specific laboratory testing and scheduling your comprehensive evaluation review.

2) LABORATORY TESTING

Prior to embarking on any comprehensive health, weight loss, and age management program, a basic evaluation of specific organ functionality and level of toxicity should be assessed. When one loses weight, toxins are released into our bodies. The liver is called upon to eliminate these toxins. Without an optimally functioning liver, weight loss can cause unpleasant symptoms and lack of success.

In addition to assessing liver function, we also evaluate the following biomarkers: Hormones, cardiovascular, blood sugar, thyroid and adrenal function. This allows us to gain better insight into how the body is acting. Our program is most effective when the body is in balance.

3) COMPREHENSIVE EVALUATION REVIEW AND PROGRAM DESIGN

Prior to your comprehensive evaluation review, Coach Chris in collaboration with our medical doctor and pharmacist will have already reviewed the results of your laboratory tests along with the following information: initial baseline, metabolic and environmental assessments along with your medical and family history. During this session Coach Chris, will also review your current diet, lifestyle, and exercise habits, discuss any metabolic and hormone imbalances.

Given our collaborative team effort we can make specific recommendations as to the medical and nutritional therapies needed to reach your desired lifestyle goals.

Based on your lifestyle goals, assessment and laboratory results, medical and family history, Coach Chris will design a mutually agreed upon personalized lifestyle management program that will produce measurable and life-changing results.

Your program will include, but not limited to: cellular detox protocols, hormone rebalancing, and proper exercise and body movement techniques, eating healthy foods that taste good and nurture your body, as well as incorporating nutritional supplementation based on your metabolic needs.

4) ONGOING COACHING AND ACCOUNTABILITY

This is the most important component in achieving and sustaining success in any area of your life! Coaching and accountability is essential if you are serious about reaching your full potential in health and in life. The success of your Fit @ 50 and Beyond experience is a direct result of working with the entire MindFit team! Coach Chris will be your direct contact while participating in the Fit @ 50 and Beyond experience. He will be responsible for coordinating the efforts of our team members that are responsible for supporting your personalized lifestyle management program. Your ongoing coaching and accountability sessions will be designed based on your level of commitment and support needed to achieve and sustain your lifestyle goals!

Follow-up and accountability sessions can include but not limited to the following:

- Support and education to ensure both short and long-term success.
- Exercise routine monitored and updated on regular basis.
- Eating plan monitored and updated on a regular basis.
- Updated laboratory testing and review.
- Ongoing adjustments to your supplement, metabolic and hormone protocols.
- Review of personal care and household products that could be negatively affecting your health.
- At your discretion, our team will communicate with your spouse or significant other educating them on your overall lifestyle management program and how their support will enhance the success of your program.
- Additional challenges that you chose to address to ensure you achieve personal success in all areas of your life. A happy person is a healthy person! Ongoing collaboration as needed with your primary healthcare doctor.
- Educational shopping tours. Learn how to read labels.
- Educational overview of foods in your pantry and refrigerator.
- Addressing areas of sabotage in your life.

TESTIMONIALS

“Coach Chris is an outstanding mentor and motivator. He is skilled at being able to bring out the best in his clients, including their latent talents. He took me on a path of self-discovery that has helped me with my confidence, ability to focus, and to feel supported and more positive when challenges can feel overwhelming. My health has improved through the awareness Coach Chris instilled in me about the importance of making good food choices to improve my diet and outlook on life!” – Richard P (68 years young)

“When I walked into Coach's office the first time I was well over 440 lbs. My health was extremely bad to say the least. Every diet I went on in the past failed. Coach Chris is different as he doesn't focus on diets, he supports the whole person. My health is on track for the first time in many years, and as a result, I have been able to reduce certain meds. I can't say enough about Coach Chris, he has given me my life back. Without his guidance, I may not be alive today. I am more balanced mentally, spiritually, physically, and emotionally than ever before and improving every day. My zeal for the life, well let's be honest, I never had it before working with Coach Chris. I look forward to each day and can't wait to see where this journey goes. And by the way, after two months I have already lost over 30 lbs.!”

-Jeremiah T (43 years-young)

*“I have struggled with weight issues my entire life. It wasn't until I began working with Chris that I finally realized the WHY behind my weight issues. He helped me uncover the mental piece that was the real cause of my weight issues. His program is brilliant. I not only lost 50 lbs., I have more zeal for life!” **Sam S (55 years young)***

“Even though I'm not overweight, I have struggled with blood sugar issues most my life. After my most recent visit to the doctor, I was told I would have to go on insulin. My blood markers at the time of my doctor's visit indicated I have type 2 diabetics. I met with Coach Chris and shared that my doctor wanted to put me on insulin. He suggested I ask my doctor to give me 30 days to see if I could lower my blood sugar levels naturally before putting me on medication. My doctor agreed. After 30 days of working with Coach Chris on my eating habits and specific nutritional intervention, I was able to lower my blood sugars levels naturally and do not have to go on insulin!” – Margaret P (87 years young)