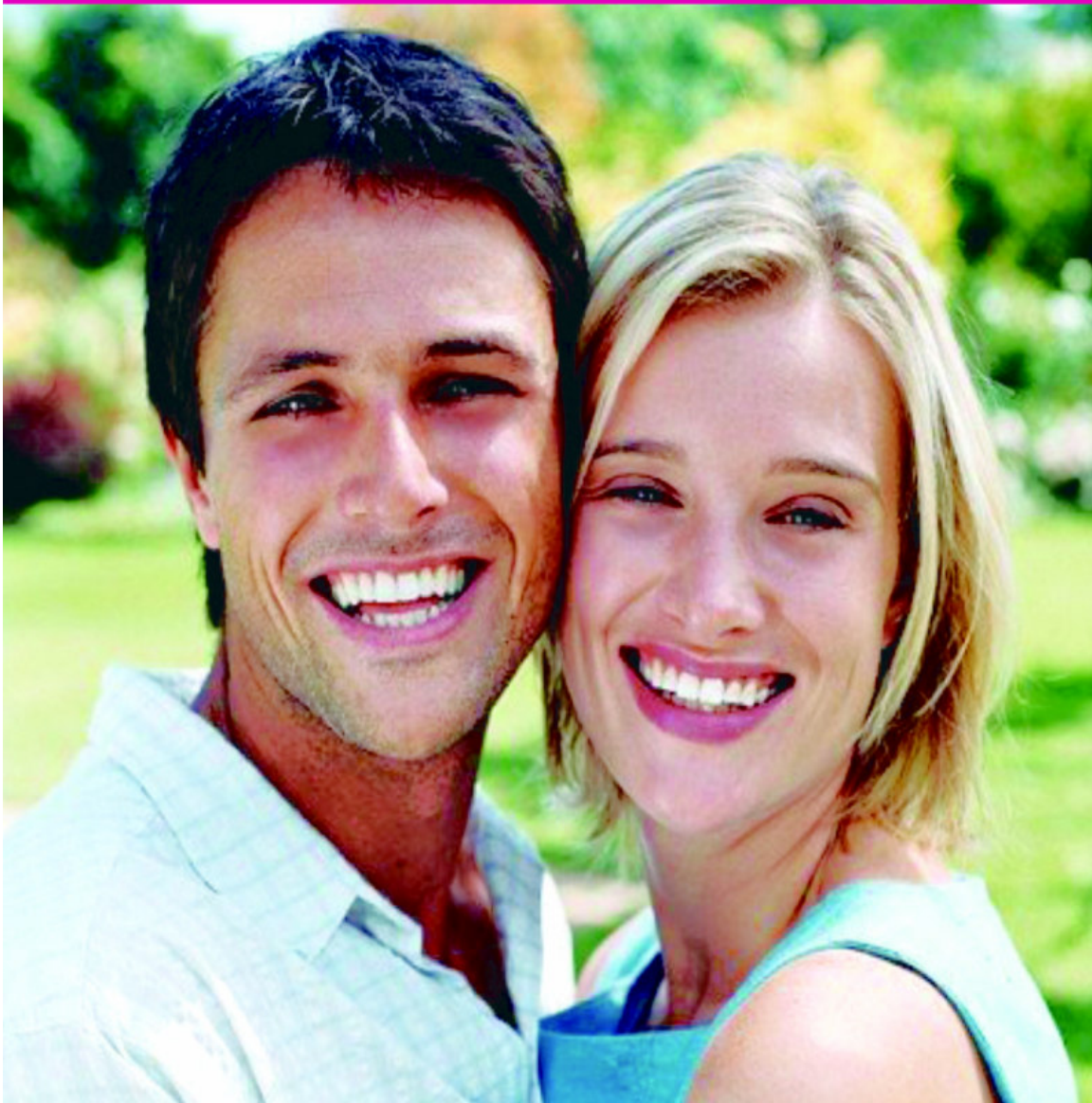


Perpetual Wellbeing



4 Steps to Ageless Sex Appeal

Dave Osh

Disclaimer

Perpetual Wellbeing is intended for healthy adults. This program is solely for informational and educational purposes and is not to be construed as medical advice. Please consult a medical or health professional before you begin any exercise, nutrition, or supplementation program or if you have questions about your health. The individuals featured in this program are examples of what can be accomplished through an integrated system of exercise, nutrition, and supplementation. As individuals differ, their results will differ, even when using the same program. If you use any of the information in this program for yourself, the author and the publisher assume no responsibility for your actions.

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A Wealth of Wellness and Well-Being

Welcome to the fascinating world of wellness and well-being. Did you know that 90% of people don't really know how the concepts of health, well-being and wellness differ? You've made the right decision in choosing to be part of the fortunate 10%.

Wellness is a dimension of health beyond the absence of disease or infirmity. This includes social, emotional and spiritual health with a focus on the promotion or maintenance of good health, rather than correction of poor health. Wellness is a physical state related to building endurance, flexibility, physical strength, immunity and includes an understanding of how dietary habits and food choices influence health.

Well being is much more than just the physical state of the body. It is literally a state of mind, of being happy, healthy, contented and prosperous. Well being is about the choices and decisions one makes to achieve a more successful and balanced life. Simply put, well being embraces a lifestyle that strives toward the highest potential one can achieve.

The first step to physical, mental, social and emotional well being is to know yourself completely. When you do, you have the power within yourself to develop a strong mind that governs the physical transformation. Once you've set out on this journey, you're well on your way to developing your best lifestyle...one that that creates a 'wellness reality' that guarantees "Perpetual Well Being".

The good news is, we've done the difficult legwork for you! We've gathered all of the top wellness and well being resources and we will literally *blow your mind* with the most up-to-date, expert wellness and well being secrets, tips, and breakthroughs.

Discover how to:

- ✓ Boost your energy!
- ✓ Skyrocket your sex drive!
- ✓ Lose weight without dieting!
- ✓ Get fit!
- ✓ Sculpt your body!
- ✓ Sharpen your brain!
- ✓ Look and feel years younger!
- ✓ Attract anyone you want!

The Law of Attraction

The most exciting principle I've learned in my life is when I discovered the Law of Attraction. I've read many variations of this law, and lately, people are buzzing about in social networks, forums, blogs and just about anywhere successful people gather.

To put it simply, about the Law of Attractions says, "Give Before You Receive".

Have you ever given...of your time, your emotional support, your money, or other materials things, and felt the sensational feeling of giving without expecting anything in return? If you have, then you know what I'm talking about. It can be a gift without expecting reciprocation, like a donation, or other contribution. Many times, you're the one surprised by an unexpected windfall without even connecting it to your giving action. It's so powerful.

The most exciting gifts you'll ever give to your loved ones are not tangible. The most rewarding gifts are those that come from your heart. Amazingly, most people appreciate inspirational, motivational and empowering intangible gifts far more than gifts of money or other tangible items.

This is the main topic of discussion for my book, 'Perpetual Well Being.' And, according to those who have read, enjoyed and used the principles outlined, 'Perpetual Well Being' can change the path of your life. Packed with ideas designed to inspire you, teach you, and help you grow and develop spiritually, emotionally, and socially, 'Perpetual Well Being' is the first book of its kind to bring together all of the principles of the Law of Attraction into once convenient and pleasurable reading experience you won't be able to put down.

How much time or money would you give to be in the position to motivate, inspire, instruct and support your friends, colleagues, loved ones, neighbors?

You can be in this position right now.

Send this ebook to those you care about as a personal message of help and hope... and you will receive lifelong rewards for caring enough to make such a positive impact on your social group.

Guess what? You've just inspired, motivated, and changed the lives of your friends, colleagues or family members forever. Talk about the gift that keeps on giving! They will keep it in mind and appreciate it always.

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Get Rid of Your Weight Scale

Do you dream about losing weight... being healthier and sexier... but you've never been able to achieve this dream??

Are you ready for BIG news? Are you ready for a tremendous change in your life?

Your time has come. You will find a way to **look** and **feel *great at any age***. You will have the tools and the knowledge to overcome any obstacles you have faced before. You will clearly see the way to succeed where others before you have failed.

To begin, you must **take ownership** of **Perpetual Wellbeing** lifestyle.

Listen. Here's what really happens:

As you reach middle age, it gets more and more difficult to look and feel great. Your energy production drops. Your metabolic rate slows down. Your fat storage accelerates.

In fact, what's the first thing that comes to mind when you think about how to stop this vicious fat storing? Dieting...right? **Wrong!**

Diets won't do you any good . No matter what diet you start, 95% of all diets are doomed to fail. Why? Because they are too hard to follow, and simply cut calories for fast results without really teaching you a new way to eat that you can stick with forever.

No wonder so many people fail. They're hungry! And they haven't been shown the right way to achieve long term weight goals in a meaningful way that works over the long haul.

And an even bigger problem is, not just the fat, but your overall health. Have you ever seen someone who lost weight but didn't look well? Sure, they shrank. But they haven't improved their 'body composition' (the ration of body fat to lean body mass).

The truth is, fat is not all you have to be concerned about. Of course, you already know that body fat is the total amount of fat in your body. But lean body mass is your body weight without the body fat. Simple, right?

Here's the secret: Body fat percentage is the only way you should ever measure your shape. Stop watching your weight and pay attention only to your body fat percentage, and you WILL lose weight. That's it! That's the big secret millions of struggling dieters don't know.

Your muscles are the main variable in your lean body mass. The rest of your organs hopefully don't change :-). Therefore lean body mass is a good estimate for your lean muscle mass. That's the theory, anyway.

Now, what does it mean for you?

During a typical weight-loss diet, you lose about 65% fat and 35% lean mass. When you stop the diet, which most people do because it's so unsatisfying, you gain the weight back. This is called yo-yo dieting. Perhaps you've been there.

But listen carefully. When you gain the weight back, you don't revert to your original body composition. You gain back 80% fat but and only 20% lean mass. Evidently, every diet makes you fatter because it worsens your body composition by increasing your fat and decreasing your muscles.

But wait a minute! Isn't muscle loss and fat gain one of the indicators of aging? They sure are!

So here's the bottom line: Diets speed up muscle loss. Muscle loss speeds up aging.

So how do you offset the aging process?

Muscle gain and fat loss, the exact opposite of the aging process (muscle loss and fat gain).

This is where many women object. They want to lose fat but they don't want to 'bulk up'. That is a mistake in thinking, and here's why:.

When women gain muscle, they don't get "bulky" because they have different hormone combinations than men.

Don't believe it? How many times do you think Angelina Jolie, Madonna or Halle Berry went to Weight Watchers meetings to vent about their weight loss struggles? No...the truth is, celebrities get their great figures at the gym.

They understand that muscle gain makes women more feminine and men more virile. This is the beauty of our body's nature.

And this is how you can *reverse your age*.

So to recap:

1. Work your body composition!
2. No more dieting!
3. Gain muscle and lose fat!

Step 1 - Unleash the Power of Your Mind

The power of your own mind is the single most important, most powerful prerequisite to achieving any change you want in your life.

The life changing practice of mind power has been applied by the most successful people in the world. Not only can positive mind power help you transform into a great looking, physically fit person, but. it also can help you to change many other aspects of your life.

Let's look at how the human mind works. Scientists have proven that your mind has 2 parts: the **conscious mind—the part that is aware--** and the **subconscious mind** - the part that is unaware. Your subconscious is working hard, even though you don't know it. And it is in the subconscious where the untapped power of your mind lies. You see, your subconscious mind has no filter. It lets in anything and everything, recording everything it 'sees', 'hears' and 'feels'. It is the basis for your beliefs, because the thoughts, impressions, and sights you are exposed to are implanted into your subconscious mind and become your core beliefs.

Mysteriously, beliefs originating in your subconscious mind convert themselves into your reality. In other words, you grow to *be* what you *believe you are*.

If you believe that you look young, sexy, sleek, and healthy, you will be those things.

If you believe that you are fat, lazy and unsuccessful, then that is who you will be.

Study after study proves this concept. Napoleon Hill dedicated half of his life to proving this formula for wealth creation. He published his findings in his best seller book "Think and Grow Rich." This book was so incredibly influential; it has remained a top ten best

seller for more than **50 years!** The same principles outlined in 'Think and Grow Rich' can be adapted to help you "**Think and Grow Fit**".

What does all of this really mean to you?

You can change your reality by "programming" your subconscious mind.

Think about that for a minute. That's an incredible statement.

And yet, it is the most simple and most effective process you will have ever take part in. And the results are nothing short of mind-blowing.

Here are some of the steps you can take to "reprogram" your subconscious mind:

Define your goals

Define clearly what you want to achieve without limiting yourself to your current reality. If you want to be a millionaire, and you're not even employed right now, you might blow off this wish by telling yourself it can never happen. In reality, it can... through goal setting. Goal setting is a very precise and specific process. Goal setting allows you to translate your wishes to measurable objectives. If you want to have a great body, for instance, set your "body composition" target. Let's say you want to achieve 15% body fat. This is your target. Reprogramming your subconscious mind can get you there.

Read your goals loudly twice a day

By reading your goals out loud, you actually "burn" them into your subconscious mind. Since your subconscious mind doesn't distinguish between reality and imagination, it will accept your goals as your subconscious truth.

Visualize your success

If you want to win an attractive, athletic body, find a photo of the person you want to look like, and add it to your goals. Look at the photo and imagine yourself with the same body.

You may laugh at these 3 techniques, but too many people became drop-dead gorgeous, successful professionals, rich business people or self-made millionaires, following these techniques. Try them in any aspect of your life. The results of using positive thinking to reach your goals will be completely surprising.

These 3 techniques are part of the 12 power-mind-motivators, excerpted from the [Anti-Aging Fitness Program](#) "Change Your Body and Be Admired".

Most people fail to change themselves because they follow fad diets, popular-for-the-minute gurus, or unproven trends, without engaging the most powerful force in the world to help them: The power of their mind.

Don't repeat their mistakes. Learn how to successfully convert your dreams to reality in a way completely different from anything you've ever tried before.

Step 2 – Nourish Your Body to Become Younger

So what is the 'secret' formula to getting into your best shape ever? Unfortunately for many, it's hidden behind health scams and misinformation. The more health foods we find on the supermarket shelves, the more obesity spreads.

Have you ever stopped to ask why?

The truth is we're educated to eat a low fat diet to stay healthy. So, most "health" foods contain very low fat or no fat at all. But, on the other hand, so-called "health" products, like fat-free fruit yogurt, energy bars, granola bars, and "light" cereal, are packed with sugar. Even fitness products such as protein bars are loaded with sugar.

Most "light" or "fat-free" products make you fat and sick because the products usually contain lots of sugar or even worse, High Fructose Corn Syrup. You can hardly find processed foods that don't contain High-Fructose Corn Syrup.

Your blood sugar jumps to the sky immediately after eating foods that contain sugar or high-fructose corn syrup. Your pancreas exhausts itself secreting insulin in "emergency" mode, trying to lower your blood sugar to a normal level in reaction to the high-sugar food you just consumed. In this "panic" mode, your pancreas secretes more insulin than your body actually needs...just in case.

And what happens to all of this sugar? It's converted to fat in your body. But that's not all. The sudden drop in your blood sugar makes you crave more. You're not just hungry, but you're hungry for foods that elevate your blood sugar again. So you eat something sweet again to make yourself feel better. And the cycle continues.

This over-secretion of insulin also makes you very tired. Many people feel tired after lunch and think it's because they eat meat. Wrong!

You don't feel tired because you eat meat. The simple sugars and carbs in your food steal your energy. What a vicious cycle!

How can you get out of the sugar trap and begin to reclaim your health? First, balance your blood sugar. How do you do that? Substitute all sugar and high fructose corn syrup products with Xylitol or other natural sweeteners. Replace simple carbs with complex carbs.

Start slowly so you don't feel deprived. For example, make cheesecake with Xylitol instead of sugar. Eat a sweet potato instead of a regular potato, or try brown rice in place of white rice. Substitute whole grain bread for white bread.

Try it for a while. You won't believe the results! And wasn't that easy?

Of course, the first week will be the most difficult. An addictive mechanism will cause you to crave sugar or other simple carbohydrates. But the combination of the "4 Steps to Ageless Sex-Appeal" – mind, exercise, food and supplements - guarantees your success.

The Perpetual Well Being eating program beats any diet you've ever heard of. No hypes. No gimmicks. It's the whole truth nobody has ever dared to tell you. But with such amazing results, you're sure to be telling everyone else when they ask, "What have you done? You look great!"

Let's dig a little deeper now and find out more about how to truly eat for health:

There are 4 components to the eating lifestyle. These 4 components will transform your body into a fat burning machine:

How Much to Eat?

You need an abundance of food to manipulate your homeostasis mechanism. Eat as much as you want of the right foods. You have plenty of delicious foods that you can eat as much as you want. You'll never feel hungry.

How Often to Eat?

3 meals a day guarantees fat storage. If you want to lose fat faster, eat 6 times a day to avoid unstable blood sugar levels and prolonged periods of amino-acid deficiency.

The blood sugar "rollercoaster" makes you feel tired between meals, and tells your body to store more fat to overcome this feeling.

Eating six times a day stabilizes blood sugar level and ensures a constant supply of amino acids and energy to your body. Low and stable blood sugar level reduce the risk of diabetes. You feel much more vibrant and alert. Over-secretion of insulin by the pancreas causes dizziness and tiredness after high-carb meals. But eating six times a day will keep this over-secretion from happening. You'll feel better almost right away.

How to Eat?

Every meal contains a combination of protein and carbs. Protein synthesis requires energy. Eating protein and carbs together converts carbs to energy rather than to fat.

So here's the secret:

- ✓ Don't count calories.
- ✓ Don't weigh your food (yes, there are people that weigh their food!).
- ✓ Don't count quantities.
- ✓ Don't measure portion sizes.

The secret is to eat when you're hungry. Hardly anyone does that nowadays, at least not in the U.S. Here, we eat a lot and often, more for social or emotional reasons; rarely out of real hunger.

Enjoy your food, have fun, and let the right mix of the right foods do the job for you. Your mind will take care of helping you to feel full, because it sends a signal to your body to shut down fat storage and tells you you've had enough.

What to eat?

I want you to unlearn right now everything you think you know about all-protein and no/low-carbohydrate diets.

Low/no carb diets create 'ketosis' which affects your urinary frequency and your heart health. You feel lethargic. You're energy less because you've blocked your fuel source. Without carbs for energy, you're in trouble. But carbs...the right carbs...don't make you fat.

The full version of the [Anti-Aging Fitness Program](#) contains 3 food lists:

1. White - fat burning foods you can eat as much as you want and burn fat 24/7
2. Grey - foods for which you must control their quantity
3. Black - foods you rarely eat

To learn more about these food lists and how to use them correctly, get the full lists at the [Anti-Aging Fitness Program](#) "Change Your Body and Be Admired".

Step 3 – Spice Up Your Life With Supplements

Supplements can make a difference in your health if you know what to take and avoid fad supplement trends, commercials or the health shop sales person's advice. Regardless of what you've been told, you don't need to spend fortune on powerful supplements.

The following offers the fundamentals of powerful supplementation. These fundamentals have two functions: fighting free radicals and boosting energy.

How Can You Neutralize Free Radicals?

The effective way to fight free radicals is to significantly increase the antioxidants in your body. Your body produces antioxidants naturally or gets them from food like fruit and vegetables.

Antioxidants attack free radicals by attaching to the unpaired electrons and neutralizing them.

There are 2 kinds of antioxidants:

1. The type that patrol the body, blocking the formation of free radicals.
2. The type that disarms the already-existing free radicals before they bind with healthy molecules.

Studies show that fruit and vegetables are not as rich in antioxidants as they were a few decades ago. It's impossible to get adequate levels of antioxidants without supplementing your diet with a multi-vitamin, vitamin C, and vitamin E.

How To Boost Energy Production in Your Cells

You can increase cell energy by supplementing your food with energizers. Energizers are a select group of vitamins and minerals that increase energy production in your cells. The midlife energy slump that is part of the aging process is very much a result of the body's energy system wearing down. The net effect is that, as we age, our bodies are called upon to do the same amount of work with less and less energy. Energizers achieve their effect by restoring the body's energy system and enhancing the body's ability to either produce or utilize energy.

Energizers not only restore flagging pep and endurance, but play a larger role in strengthening every system in your body, including your immune system, your cardiovascular system and your nervous system. Energizers work together to rev up metabolism so you lose fat, gain lean body mass and achieve a trimmer, sleeker body. Operating in tandem with age-loss cuisine and exercise, energizers have a dramatic impact on how you look and feel.

Supplements aggressively fight free-radicals and elevate energy production. For this, you can use inexpensive, over the counter, mainstream supplements.

I developed 4 proprietary shield protection envelopes for you:

1. **Basic Shield** – multi-vitamin and 2 major antioxidants
2. **Enhanced Shield** – Basic Shield + advanced antioxidants for enhanced protection
3. **Super Shield** – Enhanced Shield + energizers and co-enzymes
4. **Ultimate Shield** – Super Shield + insulin management and minerals

The **Basic Shield** consists of 3 components:

1. **High potency multi-vitamin.** This is different from the outmoded A-Z multi-vitamins of the past. High-potency multivitamins contain higher doses of essential vitamins and minerals than are called for in the RDAs.
2. **Vitamin C** - the recommended dosage is 2,000 mg (1,000 in the morning and 1,000 in the evening). You actually need 2,500 mg but should consume 500 mg from other sources.
3. **Vitamin E** – 400 IU in the morning and 400 IU in the evening.

These 3 regimens, taken together twice a day (half dose) morning and evening, form a powerful combination.

Of course, there is so much more to know to achieve optimum health.

For example, do you know how to take antioxidants and energizers so they will perform effectively? Or why it is crucial to know which supplements are water soluble and which are oil soluble? This information, along with the other 3 important shields, is presented in the [Anti-Aging Fitness Program](#) "Change Your Body and Be Admired".

Step 4 – Get Fit and Beat Your Body’s Aging

You've probably heard many times how important exercise is. That's right! But exercise means different things to different people. Some walk a little bit, while others hit the gym hard every day.

But did you know that the most recommended exercise you will find in medical resources is...walking?

How many people changed their bodies and got fit just by walking?

The truth is...it's a lot of bull...

If you want to reverse your age, look great and feel great, you need to do more than just walk.

A good exercise program consists of 2 elements:

1. Resistance Training (or "weight training")
2. Cardio Training (or "aerobics").

Don't repeat the mistakes of 95% of people who walk everyday and wonder why they aren't seeing the results they expected...

You have probably been told repeatedly that cardio is the way to real fitness ("burning your calories"). Recent discoveries in the fitness science, however, have changed this outdated belief. Weight training has become the major age fighter.

"Anti-Aging Fitness" puts the first priority on weight training (about 80%) and the second priority on cardio training (about 20%). Weight training can reverse the signs of aging.

Weight (Resistance) Training

Here are some symptoms of aging that weight training offsets and reverses:

Muscle Loss:

Muscle loss is the most noticeable aging symptom. Muscle loss makes you weaker and dooms you to injuries and an unattractive posture. As a result of muscle loss, your metabolic rate declines because muscles are the biggest fat burner. You start to accumulate body fat, increasing your risk of heart disease, diabetes and stroke.

You *can* offset this vicious cycle of muscle loss... if you rebuild your muscles. The only effective way to gain muscle is weight training, whether you're a man or a woman. Diets don't support muscle gain. Slimming pills and fat burners don't build your muscles either. Even cardio activities such as jogging, biking, and walking don't build muscle.

When you gain muscle, you speed up your metabolic rate. You burn more fat, and you're on your way to that dream body, looking so much younger than your age.

Bone Loss:

The less noticeable symptom of aging is a loss of bone density. Unfortunately, by the time you are diagnosed with bone mass loss (osteoporosis), it can be too late. . Common medical advice says to supplement your diet with calcium and vitamin D. Your doctor will probably recommend that you exercise (not more than walking or...dancing). Usually you get this advice from overweight doctors doomed to develop degenerative diseases faster than you.

Supplementation doesn't solve bone mass loss! Bone mass loss relates to hormonal imbalances. Women are at much greater risk than men, especially if they're post-menopausal. The most effective cure is the least revealed one. What is it?

You guessed it! Weight training. Weight training restores bone mass and dramatically reduces your osteoporosis risk. Don't wait to start when you're already sick. Start now!

Hormone Decline:

The third symptom of aging is the decline in hormone levels. Hormones decrease at a "free-fall" pace when you pass 40. Your sexual hormones are at their peak around 20-30 years of age, declining every year after. Men's testosterone levels decline after puberty, of course, but even more rapidly after 40. Women's estrogen levels drop down before menopause and bottom out after menopause.

Here's another way weight training is incredible: Weight training increases the secretion of hormones. Men and women who exercise regularly with weights look far younger than their age. Many athletes know this secret, but the average person does not.

Weight training makes you look really great. In the past, women were concerned that weight training would make them look "bulky". Today, it's clear-cut that women can change their physique dramatically without increasing testosterone. The reasons are still unknown but it has been proved in many studies.

If you want to change your body and your life, you must weight train. The benefits are enormous. You will look 5, 10, even 15 years younger than your age. Your energy, stamina and vigor will skyrocket. Weight training increases your endorphins and pheromones, stimulating you all day long even when you wake up one hour earlier ...and miss your coffee.

Of course, not all weight training programs are designed equally. To get the hormonal secretion effect that makes you look and feel many years younger, follow the specific techniques revealed in the [Anti-Aging Fitness Program](#), "Change Your Body and Be Admired".

Many of the exercises you remember from your childhood are obsolete. Take sit-ups, for example. Sit-ups are the least effective exercise for abs because your hips take some of the motion and because of the risk of low back injury. Additionally, many people perform sit-ups incorrectly, placing the strain on the hips and back and not doing the abdominal muscles any good at all.

Cardio Training

Most people exercise because they want to "burn calories". This is based on the theory that if you burn more calories than you consume, you will probably lose weight. That's right...partially.

Studies show that there are other factors much more effective than calorie balance like:

- ❑ Managing blood sugar levels
- ❑ Raising metabolic rates
- ❑ Working with your body type
- ❑ Changing your body composition

It's not just calorie consumption. Not all calories are equal. 1000 calories of sugar is not equal to 1000 calories of vegetables. The sugar peaks your blood sugar level, while the same amount of calories consumed as vegetables won't affect your blood sugar at all.

The same thing is true with calorie burning. One hour on the treadmill burns roughly 800 calories. You need many hours to burn all the food you eat if you're following the calorie balance theory. But gaining 20% more muscle burns the same calories, even

without doing any cardio at all. This is how powerful weight training is. You gain muscle, speed up your metabolic rate and get a rush of hormones that make you look and feel much younger than your age.

Should you engage in cardio? Cardio's main goal is to improve your cardio condition. That means improving the strength and efficiency of your heart and lungs while improving your vigor, energy, stamina, and endurance.

Cardio training shouldn't target only calorie burning. Millions jog slowly because they have been told that long duration/low intensity cardio training is the best way to burn fat.

It's definitely not the most effective way.

What's wrong with long duration/low intensity cardio training for fitness purposes?

- It's time consuming.
- It's difficult to commit regularly to such demanding activity.
- It causes you to lose muscle rather than gaining muscle. You achieve the opposite result, slowing down your metabolic rate and accelerating aging.
- It is based on calorie balance of "input" and "output". In an hour, you burn only around 800 calories.
- You stop burning fat when you stop your activity.
- Your cardiovascular capability doesn't improve because the heart rate is low.
- Your lung capacity doesn't improve because you don't train in the anaerobic zone.
- It's b-o-r-i-n-g!

Here's the facts on Cardio Training:

- The right cardio is... *short duration, high intensity training*.
- The optimum time is 20 minutes.
- The intensity of the training should be up to 85% of your maximum heart rate. The first few minutes are below 85% for warm up and the last 1-2 minutes can be even 90% of your maximum heart rate (heart rate over 85% also boosts your free-radical production. Don't stay there for too long!).

You can learn more about using a heart rate monitor, high intensity cardio training and effective interval training, in the [Anti-Aging Fitness Program](#) "Change Your Body and Be Admired".

Short Duration High Intensity cardio training is the most effective fitness routine because:

- It takes a short time and you don't need to do it more than 2-3 times a week.
- It builds muscle. Compare the sprint runner's body to the marathon runner's body.
- It improves your cardiovascular and lung capability
- It burns fat long after you've finished because of the anaerobic features
- It's easy to stick to, because it's short and interesting
- It has a positive mind motivator benefit. Finishing a training session is very rewarding.

Summary

So let's look at what we've got so far.

The way to look great is not through diet or weight loss, but through changing your **body composition**.

You can achieve Perpetual Well Being following these 4 simple steps:

1. Start your route to success with powerful **mind motivators** that put you on track, connecting your mind and body for maximum results in the shortest time possible. **Set Goals, repeat them loudly daily and visualize your end results.**
2. Nourish your body with **high protein, low Glycemic Index carbs** and zero sugar (or high fructose corn syrup) **6 times a day**. Eating as much as you want of the *right foods* will change your body like magic.
3. Supplements will spice up your life. **Antioxidants** fight free radicals and **energizers** boost your cellular energy production.
4. Achieve your desired body with **resistance training** and **short duration high intensity cardio**.

Find your way to Perpetual Well Being! Get your copy of the revolutionary [Anti-Aging Fitness Program](#) "Change Your Body and Be Admired" If you don't buy, you can't follow the plan, and you won't see results. It's that simple.