

Allen Spindel - Virtual LifeTime Coach Beyond Age 50

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4-Week Jump Start

Purpose

The great appeal of lifetime fitness beyond age 50 makes a ready motivation learn. Lifetime fitness beyond age 50 has grown to be one of the largest growth populations in the world.

It is expected that our population beyond age 50 will not only learn how to get fit, they will stay fit, lose weight by eating plant based food with no dieting or caloric restrictions and learn a breathing exercise to practice first thing in the morning.

General Goals

- Develop the basic understanding of the plant based food groups.
- Create simple and effective plant based meal plans.
- Learn to organize and digitize your weekly activities and successes.
- Learn about additional health benefits from your weekly activities.
- Incorporate a daily 10-minute routine for extraordinary fitness using breathing movements.
- Completion of the first 4-week jump start program and continue it independently.

Motivation

- Improve your overall heart health and other vital organs.
- Revitalize your sex life.
- Become 150% more productive.
- Permanent weight loss by eating plant based food.

Rationale

This is a requirement for those age 50 and over to insure good health and designed to provide a way of living a vibrant, productive healthy long life.

Prerequisites: a genuine desire to learn and internet connection.

Each week will include: Digitized instructional objectives, incorporating commonly used language to make it easy to communicate efficiently and effectively. And by devoting a portion of the lesson to reviewing online, this virtual lifetime coaching beyond age 50 program is helping to reinforce what you need to do.

WEEK ONE: Introduction to plant based food groups and how to create a weekly meal plan. Learn the 10 daily breathing exercises while sitting in a chair. These tasks will positively affect the rest of your life. One of the most noticeable benefits is slow and steady weight loss and improved internal health.

Instructional Objectives:

Upon completion of week one, you will have incorporated 50% of your daily intake with plant based food, while continuing to eat what you have been eating. You will also have performed the 10-minute breathing exercises at least 3 times. Finally, you should have read at least 3 blogs and watched at least 3 short video messages.