



Healthy Change with Amy

Make the rest of your life the best of your life.

Congratulations on taking this step on your health journey! My mission is to help you create positive habits for ageless vitality because nothing is more important than the rest of your life.

If you have any questions, feel free to contact me.

Amy Magner



The Top 4 Strategies to Look Younger, Feel More Vibrant And Reclaim Your Vitality!

We tend to look at Health as a term that describes the absence of disease.

Vitality, on the other hand, **ups the ante** considerably. It suggests living from a more energetic, and more fulfilling place. To achieve it requires a bigger, deeper commitment than settling for a lukewarm sense of health.

It's making a **healthy lifestyle** a **lifelong commitment**. Going on a diet is a strategy for a particular end. Choosing vitality **and** a healthy, vibrant life is a personal value. You get to choose your life and values.

What does **VITALITY** mean to you?

- The state of being in great health?
- Full of life - vigorous and energetic?
- The continuation of a meaningful or purposeful existence?
- The capacity to endure?

Take stock of where you are now. Do you:

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- Feel guilt and shame for letting your health and body decline?
- Fail to keep your pledges to lose weight, eat healthy, fit in fitness, get more sleep manage stress, etc?
- Settle for less than you deserve?
- Procrastinate and have excuses?
- Beat yourself up because you think you aren't strong enough, smart enough, capable enough or whatever enough?

How do you want to look, feel and perform 1 year from now, 5 years from now, 10 or 20 years from now?

Do you want to:

- Elevate your health and VITALITY?
- Gain confidence in your choices to have better control over your life?
- Enjoy life to the fullest, have boundless energy, stamina and outlook?

Do you have a plan to thrive for a lifetime - so it becomes a way of life?

You too can have this – I do at age 67. When I turned 60 I had a turning point I call my “smacked upside the head moment”.

I had a sense of urgency to activate my full potential and to live my life's purpose...at that stage of my life!

Up until then I prided myself on being fit and eating healthy. As the saying goes-“if you have your health you have everything”. But now the universe was nudging me, prodding and poking me to do a complete reassessment of other factors in my life like Spirituality, Creativity, Relationships, Happiness and Joy.

All these questions came up

- Where have the last 20 years gone?
- Are my best years behind me?
- What did I want to do with my remaining time?
- Is it too late to really live a life overflowing with passion and purpose?

I knew I didn't want to be asking myself those questions on my next birthday or fast forward 20 years to when I would be 80!

At that moment my motto was born: **Make the rest of your life the BEST of your life!**

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Now for the disclaimer: this doesn't happen overnight. It's a daily practice—a way of life, not a magic bullet.

However, I will promise you this: if you follow these 4 top strategies you will start building a solid foundation in your life for ageless vitality.

Change takes Action. Let's get Going!

STRATEGY #1. EXERCISE

"Those who think they have no time for exercise will sooner or later have to find time for illness." ~Edward Stanley

Move Your Beautiful Body.

- Your body is designed to **move and work**.
- Fatigue and low energy are often your body's way of calling out for more movement.
- Research shows that the best treatment for depression is exercise.
- Exercise has a major impact on your cardiovascular system, blood sugar, and even your brain.
- When you exercise, you're also shaping your mind and moving your emotions.
- Find something you love to do, whether it's dance, gardening, sports, or hiking, and do it at least four times a week.
- Be as active as possible.
- Life is movement—when you stop the problems begin.
- Best of all, exercise pays you back by giving you **more energy**.

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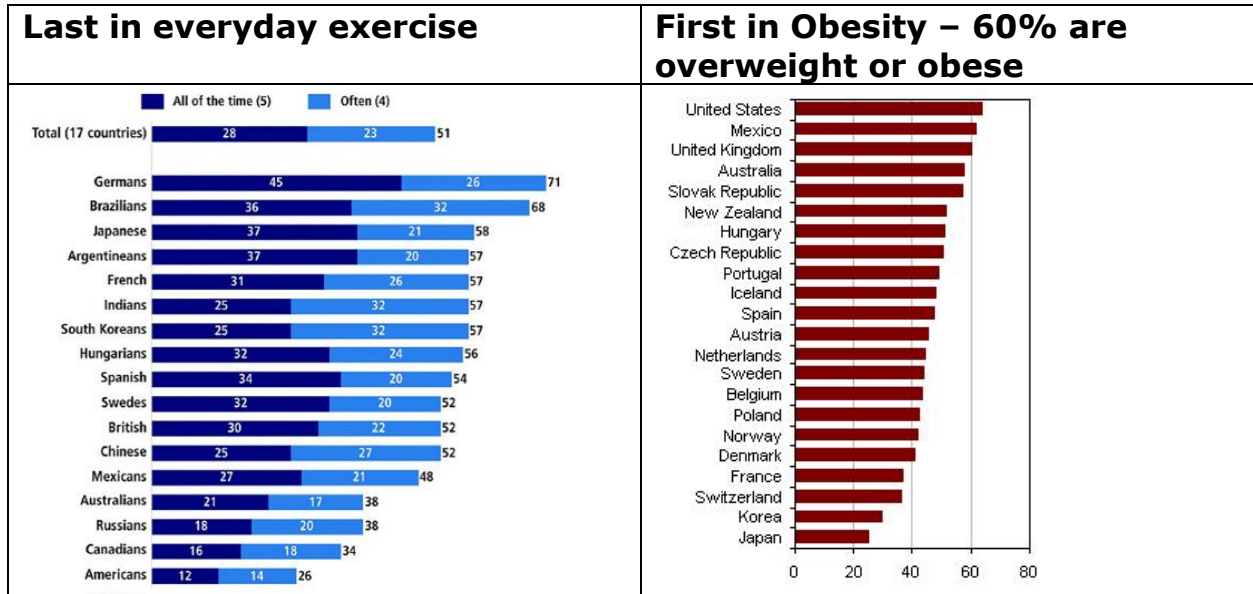
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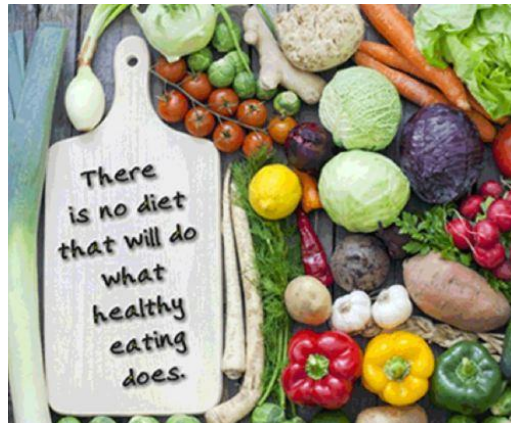
Here are some staggering statistics:



Exercise and Diet go hand in hand but - But you can't out train a bad diet.

STRATEGY #2. DIET

Skip the Diet – Eat Healthy!



Healthy eating is important because it keeps you from being overweight and obese, from getting the major chronic illnesses of our time like heart disease, high blood pressure, diabetes, cancer and stroke. But more than

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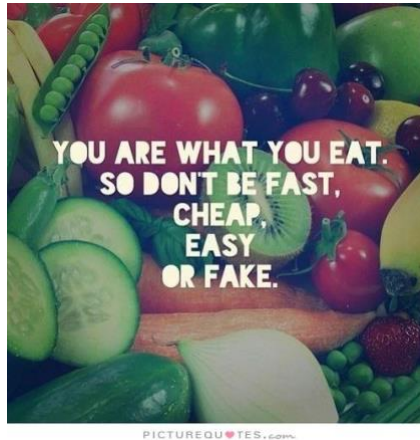


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that it makes you feel much more alive, happy, and energetic so you can really live the **vibrant life you deserve!**

Manufactured Foods Cause Many Problems



Scientists have studied healthy diets all over the world, and the only thing they have in common is that the healthiest people eat very little processed food.

Healthy eating is an important component of vitality because it gives you energy throughout the day, which impacts the other three components of vitality: physical activity, sleep and mindset/self-concept. All the dots are connected.

By eating well, you give your body more energy to be physically active. You will feel better about yourself, knowing you are taking care of your body, by making sure you're getting all the nutrients you need.

"Those who think they have no time for healthy eating will sooner or later have to find time for illness."

~Edward Stanley

STRATEGY #3. SLEEP

Adults Need 8 Hours Per Night.

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- Lack of sleep is a public health epidemic.
- 40% of Americans are sleep deprived.
- We now get 1-2 hours less sleep each night, compared to 60 years ago due to the proliferation of electronics, which also allows us to work (and play) later than ever before.
- Sleep has massive importance for overall health and longevity.
- Insufficient sleep has been linked to a wide variety of health problems.

Health problems from lack of sleep

- Weight Gain
- Depression
- Diabetes
- Decreased Immune function
- Heart disease and stroke
- Alzheimer's
- Cancer

12 ways to optimize sleep

1. Get bright sun exposure every day to help your circadian system to reset itself. 10-15 minutes in the morning and 30-60 minutes at noon
2. No TV or Computer 1 hour before bed
3. Sleep schedule should be the same every day
4. Beware of electromagnetic fields from your electrical and wireless devices. Move them at least three feet from your bed
5. Don't go to bed hungry or stuffed
6. Sleep in darkness
7. Temperature-optimal room temperature for sleep is between 60 to 68° F
8. Create a bedtime ritual-take a warm bath, read a book, or listen to soothing music, preferably with the lights dimmed

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9. Get comfortable-create a room that's ideal for sleeping
10. Limit naps
11. Get physical activity
12. Manage stress

Sleep is the time that our body repairs itself. If you don't allow that really important restorative process to happen you'll experience more stress in your waking lives.

STRATEGY #4. MINDSET

Negative Self-Talk is Just Mean



"The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years."

~Deepak Chopra

What you say to yourself in your own head actually hinders healthy function. **Thinking demeaning or harsh thoughts** about yourself is like **junk food for your psyche**. Mind, body and spirit are intimately connected.

Give yourself a freakin' break and recoup self-love. The power of loving yourself on the body and mind is the highest medicine you can offer yourself.

What does fostering a **vitality mindset** look like? Take a moment to write this down.



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- Making a **healthy lifestyle** your **lifelong commitment**. Longevity is about achieving a higher age. **Vitality** fixes your focus on the **here and now**.
- What would it mean to experience vitality today? Ask yourself what you're willing to commit to today.
- Vitality will only be a pipe dream if you don't invest yourself in it. What do you want out of this investment? What do you want to see happen? How do you **ultimately want to live?**
- To accept genuine change into your life, you have to be willing to receive it. You have to feel it's your birthright-and it is! Appreciate that you have a right to **celebrate your path** and the accomplishments along the way.
- Going on a diet is a strategy for a particular end. Choosing a vitality mindset (and healthy, vibrant life) is a personal value. Cultivating a vitality mindset means accepting that health is more than an interest. It's part of your inner fabric. Compromising your health means compromising who you are and what you hold dear.

Are you ready to commit?

What's commitment? I define it as "All in" no matter what.... 100%.... staying solid until the very end. Give it everything that you have inside, even when it challenges you most. Make no apology. Have no regret. Realize you will gain much more than you could ever lose.

By committing you bind yourself to a course of action-a rock solid plan. Unless commitment is made, there are only promises and hopes-but no plans.

Here is an example of a basic plan to begin a Vitality Goddess lifestyle.

1. Make sure you eat breakfast and enjoy it outside to get some morning sunshine.
2. Eat one whole food salad every day.
3. If you are inactive ramp up your movement starting with slow walks and stretching every day.
4. Do at least one self-care practice every day-meditate, read a good book, go for a run, eat leafy greens, make a phone call to someone you love, listen to great music, do some creative work that inspires you.
5. Before going to bed review all the things in your day that went well.

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When you go all in, you find the answers. They're in us. Whatever you can do, or dream you can do, **begin it now**. And you will never have to withstand the sting of regret when looking back over the landscape of your life and seeing it littered with unrealized dreams or the best of intentions.

Cultivate relationships that support your commitment-don't live life on the defense. You deserve support and affirmation for your choices. Give yourself the chance to be enriched by **supportive connections**. You don't have to do this alone. Don't lose sight of the chance to craft your own life.

Commitment and action create change.

From that change new possibilities are created. Nothing is more important than the rest of your life.

Where will you be 12 months from now? SAY YES TO YOUR BIGGER FUTURE.

Give yourself the gift of health and vitality. You are the gift. Be you. Be a Vitality Goddess.

Are you ready to make sustainable changes that improve your health and happiness? My offering to you is a personalized, confidential 45-minute "Taste of vitality" consultation.

- This free session will help you get clear on what your ideal life looks like when everything is in balance.
- Identify the challenges that are getting in the way of you having it.
- Give you a clear plan for what needs to change to get results.

[Let's do this - Click here](#)



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Amy Magner is a Certified Integrative Nutrition Health Coach and Speaker.

As a health counselor, she supports and motivates women to improve their health, energy and vitality, self esteem, happiness, balance, relationships, overall wellbeing, to look and feel younger and to live a vibrant life with a body that will keep going for the long haul.

Amy offers individual and group coaching, leads workshops and speaks on a variety of nutrition and lifestyle topics.

Her approach to coaching and speaking is filled with energy and creativity.

TRAINING AND EDUCATION

The Institute for Integrative Nutrition in New York City

During her training, she studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts. Her education has equipped her with extensive knowledge in holistic nutrition, health coaching, and preventive health. Drawing on these skills and her knowledge of different dietary theories, she works with clients to help them make lifestyle changes that produce real and lasting results.

ACCREDITATION - ORGANIZATIONS

American Association of Drugless Practitioners (AADP)

Sandy Springs Perimeter Chamber of Commerce–Health and Well-being Council

Women's professional Development Network

Atlanta Women's Network

The International Women's Leadership Association

Free Speaker Bureau

eSpeakers

National Wellness Institute

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