

THE **AGELESS LIVING** Wellness Club

Join the Wellness Movement

IMAGINE

Imagine for a moment, a day of your life far into the future. You awaken with the early morning sun streaming through your window. You rise out of bed effortlessly. Your body feels pain-free and ready for an energetic day. You're excited about your new day as you take your morning swim or fitness walk. You go over your busy day's schedule:

- *Speaking to the downtown community leaders at lunch*
- *Taking your great grand children inline skating at the park at 2:00pm*
- *Yoga class at 5:00pm*

Tonight, when you have dinner with friends, you are really excited to share a new idea for your latest social entrepreneur business project. Your age is 99.

Does this sound like your future life plans? Does this sound realistic or just wishful thinking?

FANTASY OR REAL POSSIBILITY?

Is it really possible to live to age 120 and beyond? Is it possible to stay fit, healthy and energetic all of our lives? The answer is **Yes!** The above description is not fantasy; there are two real reasons why. First, modern science now tells us that we are **genetically programmed to stay healthy and live to at least age 125**. And there are many worldwide examples of people living, energetically, to these ages in such places as; Japan, Russia, Nepal and South America.

LIFE SPAN vs. LIFE EXPECTANCY

Our **life span** should be 125 and yet our current average **life expectancy** in America is only about 80. Most of us are actually losing up to 45 years of the most productive and enjoyable years of our lives. If you are between the ages of 45 and 65 and are not making healthy lifestyle choices, you have over a 60% chance of contracting either heart disease or cancer by age 70. This is appalling and completely unnecessary! In addition, we are losing the **quality** of our lives as evidence by our

soaring medical costs and overflowing nursing homes. We are the richest most technologically advanced society in the world and yet we are one of the unhealthiest. You must learn to make the right choices in order to reverse this unhealthy, dangerous trend.

THE SAD REALITY

The majority of us are dying much younger, due to degenerative conditions like heart disease, diabetes and cancer. Many are suffering needlessly from arthritis, fatigue, depression, obesity and on and on. These diseases are not the result of natural aging, but are caused by unhealthy lifestyles. The American Medical Association (AMA) states that “approximately 80% of all degenerative diseases are preventable by lifestyle modification”. Think about that. We are not dying from natural causes, but are killing ourselves by poor living habits. **What this means is; you don't have to buy into getting old and sick and dying at an early age.** Isn't it time you take control of your health and your life? Ask yourself these three important questions:

- Do you want to stay healthy and vital so you can enjoy your life and your family for as long as possible?
- Would you like to learn how to avoid disease and old age and to live a long and healthy life?
- Would you like to have a support group of experts and friends who are committed to wellness and longevity?

If you answered yes to any or all of the above questions, read on.

THE CHALLENGE

Most spiritual and religious leaders say we are all spiritual beings, put on this earth in a physical body to master the art of living as human beings. Our calling is to use our unique talents and abilities to help others and make a difference in the world. Your life experiences are lessons to be learned that will enable you to become aware of your spiritual nature and life purpose. You have the opportunity to make a contribution to improve the quality of life for everyone. To be highly successful in every aspect of your life, it requires an abundance of energy and good health.. It's all about you accepting the challenge and learning to make healthy life style choices to create optimal wellness.

AGING WISELY WITHOUT GROWING OLD IN THE PROCESS

At **Ageless Living** we believe that there is a big difference between the terms aging and old. Aging is defined as: Becoming mature and reaching our full potential like fine aged wine. Old means to be worn out, used up, unexcited about living. **Ageless Living** is believing that life can get better as we age. Ageless Living is about applying anti-growing old strategies to give you the best possible opportunity to enjoy a long healthy and vital life.

LIFE MASTERY

At about age 45, we should be moving into what some have called the **Age of Mastery**. This is when we listen to and apply our inner wisdom while moving past our ego-driven, competitive youth. At this stage we can begin to master our lives mentally, physically and spiritually. At approximately age 65, we can move into the age of **Wisdom and Integrity**. This is where we can become a truly wise person and a model for all to follow. This can be the most satisfying and enjoyable time of our lives and should continue to be for the rest of our life.

CHOICES; Ageless Living or Over the Hill Crowd

Wouldn't it be exciting to live in an **Ageless Living** world where everyone looks forward to aging? Where we all expect to become healthier and happier, both mentally and physically, as we age? Do you realize that it is your choice? You can choose to live a lifestyle that can actually create a healthier, fitter, more energetic you as you age. Or you can allow yourself to join the over-the-hill crowd and slowly slide further downhill until life is no longer productive or enjoyable. The choice is clear. **Adopt the Ageless Living Lifestyle** and come and soar with us above and beyond the hill?

The AGELESS LIVING LIFESTYLE

Ageless Living means to transcend age; to let go of the limits society has imposed upon aging. Ageless Living means taking responsibility for your life by developing your own personalized wellness strategy. Ageless Living means living confidently, energetically, masterfully, and joyfully throughout your entire life.

The AGELESS LIVING WELLNESS CLUB

I and my any colleagues in the health and wellness fields have dedicated our lives to the Ageless Living Philosophy. It is our goal and mission to teach the **Ageless Living Lifestyle** to people just like you who share our vision and want to be the best they can be. We also want to create and live in a healthier, happier, peaceful world. With this as our goal, we have created the **Ageless Living Wellness Club**. We will offer information and guidance on all aspects of how to enjoy the **Ageless Living Lifestyle**. We will help you to personally develop lifetime strategies for mental, physical and spiritual wellness.

OUR SUCCESS TEAM

We have put together a team of experts who are established leaders in the field of body-mind healthcare. Our team consists of naturopathic physicians, oriental medicine doctors, chiropractors, psychologists, fitness experts and holistic health practitioners of many types. We are all experienced, successful professionals with the dedication and passion to succeed in our quest of achieving Ageless Living. We are ready to assist you to achieving new heights of real wellness and joyful living.

UNIQUE CLUB FORMAT

As a member, each week you will receive an email link to an exclusive member's page. This page will contain short informative videos articles, recipes and quotes for creating and elevating your mind/body/spiritual **wellness** . That's it, not too much to overwhelm you. We know you are busy and just want timely information you can put into use immediately to improve your life.

You will receive specific instructions on such vital topics as:

- The twelve (12) essentials of healthy living
- The ten (10) mental steps to successful ageless living
- How to recognize and let go of toxic emotions and unproductive beliefs
- How to develop a positive, productive belief system
- How to eat for optimum health and energy

- How to prepare healthy, fast food

There will be many more unique, life changing on many important topics.
to list.

The following topics are some on the list.

- How to go beyond weight loss
- Alternative healthcare healing methods and remedies that work
- Ancient oriental methods of longevity and spirituality
- How to develop a practical exercise program that is right for you
- How to stay strong and flexible your entire life
- Healthy ageless skin care
- Medication, Yoga, mind-body medicine and much, much more!

These proven techniques, strategies and products will guide and power you towards creating your personal lifestyle of Ageless Living.

You also have access to our exclusive Member's Website 24/7.

Your member's website will have a library of:

- Short videos and brief info letters.
- Articles of current interest
- A question and answer section
- Healthy recipes and menus
- Workout and rehab programs
- Alternative health care modalities
- An online daily workout program
- Great products and services at a discount, that we feel will greatly support you on your journey. These are all products we have either created or used successfully with our clients and patients.

MEMBER PROFILE: Are You Ready to Join Us?

Who should join the Ageless Living Wellness Club? It has been our collective experience that we can only help those who are ready to help themselves. The **Ageless Wellness Health Club** is for progressive, passionate individuals who realize that their life is a journey of personal growth. It is for those who realize that staying healthy, fit and energetic not only adds to the enjoyment of their life journey, but allows them to take it to the highest possible level. The more individuals who create a long, energetic, purposeful life for themselves, the more the world will become a healthier, more peaceful and enjoyable place to live.

MEMBER Empowering BENEFITS

- Access to the best information on real wellness for you to make informed choices, so you can enjoy the most healthy and energetic life possible
- Connection to a team of dedicated professional and individuals who are committed to staying energetic and enjoying life more each year.
- A concise guide through the overwhelming amount of often conflicting health, wellness and environmental information available today.
- Words of wisdom on progressing on your spiritual path.
- Ideas on how to have more fun in your life.
- Access to some of the finest health-building products and supplements available at a discounted price
- Discounts on the services offered by our team of healthcare practitioners
- Discounts on future workshops, seminars and fitness vacations.

YOUR INVITATION

I invite you to join the Ageless Living Wellness Club today. Begin to enjoy the freedom of Ageless Living. You will receive my personal guarantee that if you are not completely satisfied with all that your membership offers, you may cancel online at any time.

Based on my experience of working with clients for over 29 years, I know that everyone achieves significant results physically, mentally and spiritually, when they consistently increase their amount of physical activity, create better eating habits and improve their mental attitude.

Our lives are full of choices; choices that manifest our life experiences. We have the power to create the life we desire by making healthy, productive choices. By joining our team, you will have access to all the vital information you need to make empowering choices to live the Ageless Living Lifestyle. In so doing, you will position yourself to take your life to the highest possible level imaginable.

I look forward to welcoming you aboard as you begin your exciting journey of Ageless Living!

Rico Caveglia

Creator of the Ageless Living Lifestyle