



THE HEALTH PROJECT MANIFESTO

1. WE ACKNOWLEDGE COMPLETE HEALTH INCLUDES PHYSICAL, EMOTIONAL, MENTAL AND SPIRITUAL WELLNESS.

Healthy people prioritize personal health and lifestyle choices and therefore grow and develop in all areas of life. It is not necessary to separate or value one over the other. This awareness, combined with an action plan, provides opportunity to approach health in the full sense of wellbeing and as a lifelong journey.

2. WE USE HABIT FORMATION AS THE OPTIMAL PATHWAY TO LASTING CHANGE.

Developing healthy lifestyle habits is an incremental and lifelong pursuit. When we intentionally add healthy habits or eliminate unhealthy habits from our everyday rhythm we experience the best version of ourselves. Over time, new habits become sustainable and automatic. Therefore, we identify, develop and incorporate new practices until they become a habit.

3. WE CHOOSE NOT TO JOURNEY ALONE.

We change, grow and implement a healthy lifestyle more effectively when we invite someone to join us on our journey. Having one or two others that walk alongside us and help us take meaningful action improves our overall development. We support them and they support us.

4. WE CHOOSE WHOLE FOOD AS OUR PRIMARY SOURCE OF NUTRITION.

Our bodies respond optimally to whole foods. You can experience increased health by decreasing and eliminating processed “food like” products in favour of real food. Most of our nutrition comes from fruit, vegetables, nuts, seeds, legumes and on occasion, lean meat.

5. WE INTENTIONALLY INCLUDE DAILY EXERCISE.

Our bodies were designed to move! Our culture, and often our lifestyle choices, can keep us inactive and in a steady state of physical decline. Therefore, we incorporate daily activity into things we already do.

6. WE AVOID STRIVING FOR PERFECTION, WHICH IS THE ENEMY OF GOOD HEALTH.

We avoid striving for perfection in our pursuit of being healthy. Perfection can be the enemy of good health. Often, trying too hard can lead to stress and anxiety, which works against our personal vision for health.

Consult a physician before starting any nutrition or exercise program.