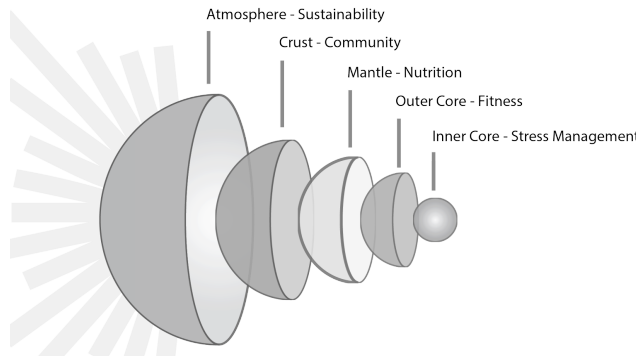


THE SKYTERRA WAY



STRESS MANAGEMENT

UNPLUG / SELF CARE

- Disconnect from technology daily. (30 minutes)
- Get out in nature. (10 minutes)
- Get 7-9 consecutive hours of sleep.

BREATHE EASY

- Apply one breathe easy technique daily. (5 minutes)

POSITIVE PERCEPTION

- Apply one positive perception strategy for resilience.
(Mindfulness, Walking, Talking, Practicing Gratitude, Professional Support)

FITNESS

CONSISTENT MOVEMENT

- Work towards < 4 hours of sitting / day.
- Application of the “30 min. rule”.
- 10 minutes of mobility / day.

MAINTAIN MUSCLE / STRENGTH

TRAIN

- 2-4 days per week.
- 30 minutes each.
- Functional / compound movements.

MOTIVATE MIND / CARDIO

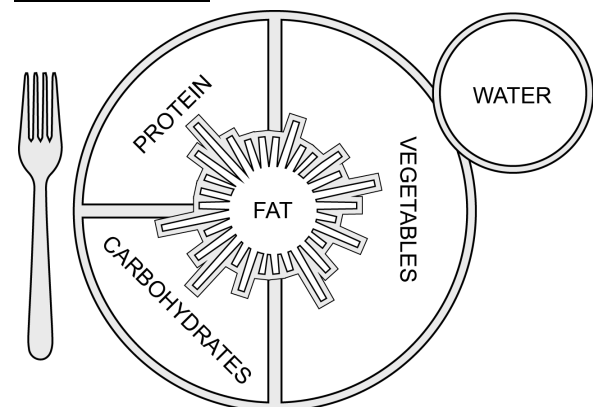
- 2-5 days low intensity activity.
- 1-2 high intensity activity.
- 30 minutes.

NUTRITION

REAL FOOD

- Whole.
- Quality.
- Nourishing.

EMPOWERED PORTIONS / INSULIN SENSITIVITY



GUT HEALTH

- Weed
- Seed
- Feed

COMMUNITY

EXPERIENCE CONNECTION

- This is the “WE” in wellness.
- Create connections, share your story.
- Be a role model, inspire wellness.

ESTABLISH SUPPORT

- We support you.
- You support others.
- Healthier environments.

ENVIRONMENTAL AWARENESS

- Reduce. Reuse. Recycle.
- Outdoor Adventure.
- Non-toxic home.

SUSTAINABILITY

INTUITIVE EATING

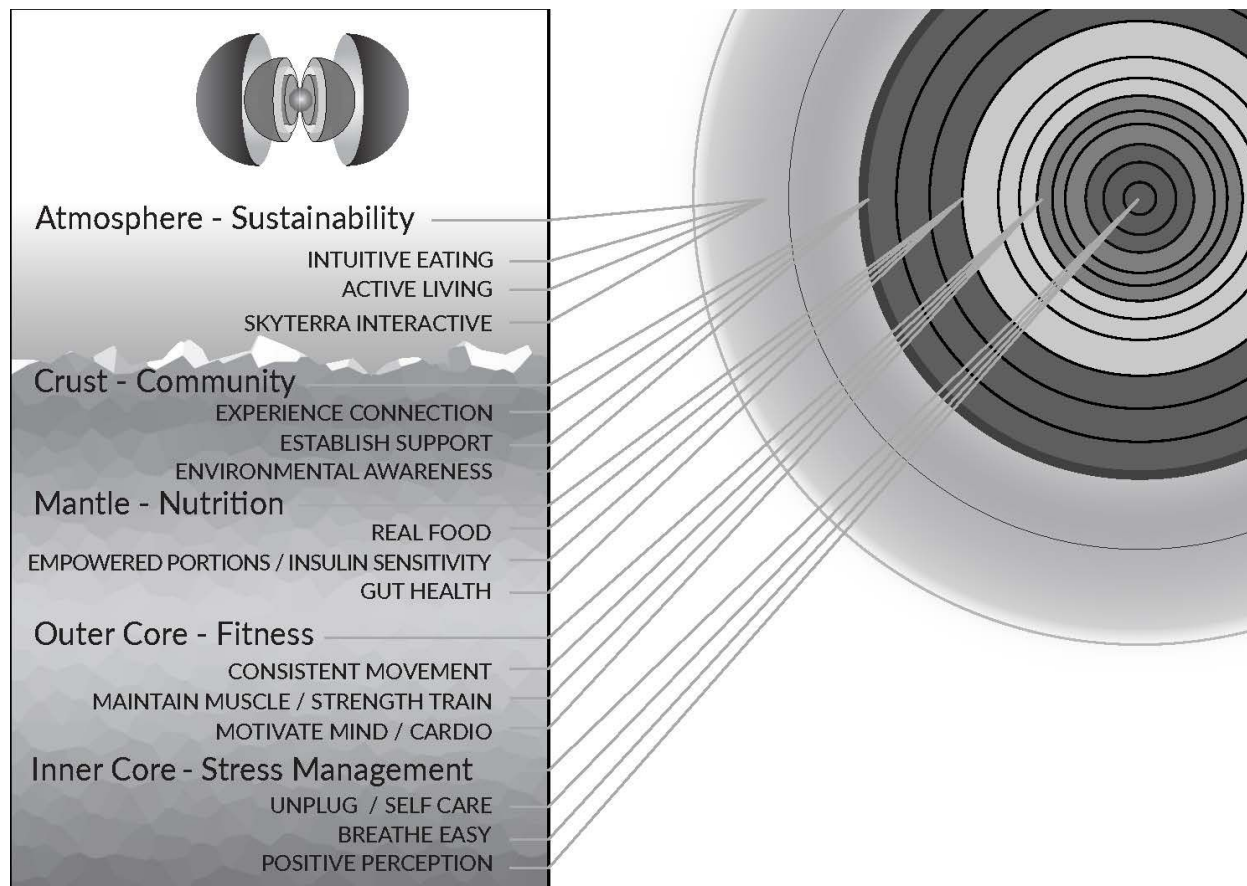
- Reject the diet mentality.
- Slow down.
- Honor your hunger, honor your fullness.

ACTIVE LIVING

- Move more, sit less.
- Breathe, stretch and mobilize daily.
- Get outside, explore more, embrace adventure and connect.

SKYTERRA AT HOME

- Sign Up.
- Sign In.
- Utilize resources for sustainable living.



*“Go forth under the open sky and listen to the Earth’s Teaching’s”
– Empowered by Skyterra.*