

MARCH SHIFT 2020

Support Sessions are 30 Minutes

MONDAY

Community Coaching
7 PM (EST) via Zoom

EXTENDED
INTERMITTENT FASTS

1 Day:

Wednesdays 3/4 and 3/18

3 Day:

Tuesday 3/10 - Thursday 3/12

5 Day:

Monday 3/23 - Friday 3/27

Fast Support

12PM (EST) via Zoom
20 Minutes

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 7 PM <u>Fast Focused</u>	3 6 PM Pre-Fast Essentials	4 ✓ 12 PM Fast Support	5 4 PM Pre-Fast Essentials	6 11 AM SHIFT Support	7 11 AM Pre-Fast Essentials
8	9 7 PM <u>Weight Loss The (T) Factor</u>	10 ✓ 12 PM Fast Support 6 PM CHANCE 	11 ✓ 12 PM Fast Support	12 ✓ 12 PM Fast Support 4 PM PLUCK	13 11 AM SHIFT Support 	14 11 AM SHIFT Mindset
15	16 7 PM <u>Health Luck</u>	17  6 PM LUCK	18 ✓ 12 PM Fast Support	19 4 PM Pre-Fast Essentials 	20 11 AM SHIFT Support 	21 11 AM Pre-Fast Essentials
22	23 ✓ 12 PM Fast Support 7 PM <u>Weight Boss</u>	24 ✓ 12 PM Fast Support 6 PM PEACE 	25 ✓ 12 PM Fast Support	26 ✓ 12 PM Fast Support 4 PM PLUCK	27 ✓ 12 PM Fast Support	28 11 AM SHIFT Mindset
29	30 7 PM <u>Exercise Smart</u>	31 6 PM April FOOLS 				

MARCH CLASSES

SHIFTing sharpens both physical and mental edge.

Weekly SHIFT Community Coaching

Fast Focused

Insulin is not limited to the diabetes community. Obesity, chronic pain, cardiovascular disease, neuropathy, degenerative brain and mood, stubborn belly fat, even cancer all share the common thread of insulin. And each of us develops some degree of insulin resistance as we age. Fasting in any form is the solution. Learn exactly what insulin resistance is, and more importantly, learn exactly how to break it.

Weight Loss: The (T) Factor

Food choice, fasting, movement, muscle work and mindset collectively propel you forward. Why does your goal still seem so far down the path? The critical (T) Factor. Understand it. Expect it. Embrace it.

Health Luck

SHIFT Insiders know. Avoiding Alzheimer's, Heart Disease, Cancer, Neuropathy, etc....resolving Diabetes, Obesity, Depression, etc...isn't about luck. It's pluck. People make their own luck. Here's to the world commenting about you...."He/she's the luckiest person I know!" And it'll be true.

Weight Boss

SHIFTing is all about developing your metabolic edge. Food choice is a big part. But four other actions can significantly tip the odds in your favor. Learn how a few extra SHIFTS can accelerate your efforts and keep YOU in charge.

Exercise Smart

It's true. People who exercise have a health advantage over those who do not exercise. But how, exactly, does exercise benefit you? And is it the domineering health action it's claimed to be? Learn the whole truth and the best way to make exercise work for you rather than against you.

MARCH CLASSES

SHIFTing sharpens both physical and mental edge.

March Theme: Chance, Luck, Peace, Fools

Tuesday Sessions dive deep into these concepts. Learn what each one means and how you can use them to your advantage. You are in the place of power when you choose to be.

Mindset

You are a dual-energy being. Physical and spiritual. Learn the basics of your innate power. Knowing you are the sole driver of your reality, it's imperative you take the controls.

SHIFT Support

The world is full of naysayers and tire kickers, distraction and doubt. Keeping company with those living the solution is one of the most self-supporting actions you can take. Ask questions. Be supported.

Pre-Fast Essentials

For both novice and seasoned Fasters, this class discusses simple, streamlined strategies guaranteed to set yourself up for success. Knowledge is key. So is having the right mindset... and the right fats at your fingertips. Makes your fasts pleasant and powerful!

1 Day Extended Intermittent or Complete Fasting

Our one day fasting is an opportunity to discover what you're capable of. SHIFTing comes with reduced cravings and heightened satiety. Ride those 'not hungry' stretches to their fullest. Excellent weekly practice.

3 Day Extended Intermittent Fasting

Perfect practice period for those new to SHIFT or new to fasting. Three day focus on dialed in SHIFTEd eating serves to further fortify your natural ability to 'dine in'. Use up body fat. Reduce insulin. Win.

5 Day Extended Intermittent Fasting

Ready to take your SHIFT to the next level? Now that you're naturally not hungry as often, it's time to extend those already established fasting periods. Learn the power of fasting and autophagy during these daily support sessions. Our once-a-month fasting weeks have become a popular SHIFT tradition. Join us! By day five you'll be slimmer and smarter.

Your SHIFT Membership Benefits

SHIFTing is a complete body, mind, spirit overhaul. This is why your membership offers extensive opportunity to engage and experience your SHIFT via various instruction modalities. We all learn differently. But we learn best when we put new information into practice within a supportive and forward-thinking community.

Every month you receive our SHIFT Life Classroom Coaching Calendar loaded with topics that go beyond the physical benefits and into the mental and spiritual SHIFTS that are vital to overall health and happiness.



Daily Classroom Sessions

These are 30-minute virtual classroom sessions accessed via Zoom. Use the monthly calendar to choose classes of interest to you and register for your choice via the emailed Classroom Registration Link. You may attend as many classes as you'd like.

Once you register for a class, you'll receive an email reminder the day of the session with your login details/link. Log in 3 minutes prior to the start time.

We recommend allowing your computer video camera function to facilitate engagement and communication with the teacher and other participants. This is, however, not mandatory.

Lastly, be sure you've printed out the handout/worksheet for the session. This way you will be actively involved and can compile your completed lessons into an at-the-ready growing resource accessible whenever you need. For your convenience, we've included all the worksheets for the month in this PDF packet.

Monday Community Coaching



Keep your head in the game and your motivation up with these community-wide, 30-45 minute coaching sessions. Led by Charlie and Barb, sharing their collective life expertise, they teach to hot topics, simplify complex concepts, and demystify health hoopla and fanfare.

Winning is everything. Winners have coaches. Doing everything on your own is difficult, confusing, boring, and destined to fail.

Join us for these sessions on Monday evenings at 7 PM ET.