

Type equation here. **ROSANNA JENKINS** / #AGING BACKWARDS



**“WOW! YOU LOOK SO HEALTHY”...“YOU’RE IN GREAT SHAPE”.....“YOU MAKE IT LOOK SO EASY”.....“I WANT WHATEVER YOU ARE HAVING?” “I GAVE UP IN THE 90’S WHEN THE KIDS LEFT THE HOUSE.” “YOU HAVE GREAT ENERGY..I WISH I DID..”.**

These are **REAL** comments from people I see everyday while working out, walking, running, shopping or golfing. One of the people who says this has bad knees, bad shoulders, is overweight, lethargic and **KNOWS she should take action...but, is stuck in paralysis** trying to figure out exactly **what to do first!**

Well, the answer is not quite as mysterious as you might think ... it **DOES** take **focus, work, commitment, daily effort** and **support** to start a brand new set of **healthy habits and goals!** That's where I come in with **actionable tactics AND support** to get you going.

**HOW DID I GET HERE – WHY CREATE THIS PROGRAM?** You wonder...well, it's a story you can relate to, I am sure. I have been a serial-entrepreneur for many years. The idea of creating new concepts thrills me! So, the more I worked with clients (both coaching and PR & Marketing), the more I would hear about their concerns and challenges. Now, you might think these concerns centered around their new concepts, business launches, gallery openings, growth, etc. Surprise! Almost everyone had health concerns....they didn't realize it .....but, definitely health and wellness concerns. Maybe it was stress, not sleeping or not feeling as though they could put aside time for self care. Sometimes it was something more concise: "I don't feel like I can get to the gym regularly. I always try to cram it into my weekends. I really need to get this organized so that I can play with my grandkids on the weekend..." They were looking for something or someone who could listen to them and tell them how to get started working on their goals. **AND, they needed simple, clear actionable strategies they could put right into their current lifestyle and work schedule.**

There it is – the method is born. Sports and physical activity have always been a stress-reliever for me so, the idea of weaving it into what I was already for clients doing was a natural. As I mentioned above, I hear comments from people every day who are looking for a way to get healthy and fit. I began to learn more about food and it's impact on health and energy. And, I created a **simple program** that provides **results** you can see, sustain and be excited about!

## I THINK CHANGE IS THE HOTTEST TOPIC OF OUR TIME.

So, **let's get to work**....do any of these points resonate with you?

- Have you experienced a life-changing event? An **extra drain** on your energy? An **illness? Divorce? Being a new caregiver?**

- Do you **work lots of hours** and **eat poorly**?
- Does your issue concern **health, fitness** or something you cannot put your finger on?
- Maybe it's just **time....hey, hubby....you too**, right?
- A little concerned about what might happen if you leave your bad habits in charge?
- Don't have a **strong support** circle to help you get started?

Creating some **small tweaks** that result in **big results** in a **short period of time** sounds good to you...

Yaaaasssss! YOU ARE IN THE RIGHT PLACE!

Just click the red link below and let's chat about how to get you where you want to be...

**[I AM READY TO TAKE CHARGE OF MY LIFE NOW!](#)**

**90 DAYS....CONSTANT SUPPORT AND MOTIVATION...NUTRITION IDEAS AND RECIPES TO HELP YOU ALONG...ACCOUNTABILITY...SOME LAUGHS....NEW FRIENDSHIP.**

**YOU ARE NOT ALONE! YOU CAN HAVE EVERYTHING YOU WANT.**

**ALL YOU HAVE TO DO IS START! I'm here to help you.**

**BONUS:**

Plus, if you visit our site (check everything out but, peek at **"Worklife"** and **"one on one Coaching"** you know that we have a **daily blog** and **videos** that support

you every step of the way. We are still developing our “workout” gym or no gym video packages and will launch in the next couple of weeks. So you can sweat at your own pace in the privacy of your own home or at the gym! It’s all GOOD.

And, if you join our tribe and get the daily dose blog...you will know exactly when new goodies hit the streets for our new programs, videos, etc.

Jump in.....it’s time.

*XO, Rosanna*

