

Ultrahealth Lifestyle:

Dietary Optimization

Movement Enhancement

Brain Optimization

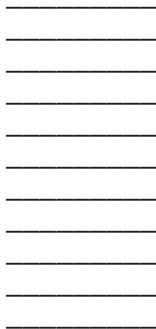
Secondary Choices

1. Reduced daily calories 15%
2. Added 15% increase in EE
3. Brain exercises daily
4. Brain food intake daily

5. _____
6. _____
7. _____
8. _____
9. _____



Timeline



Optimal Health > 6 months

Current Reality