

StayHealthyNation.Com

Longevity Survey – How to Participate

StayHealthyNation.com is offering a complimentary (FREE) 45-minute survey analysis internet-meeting (\$300 USD Value). This online session will be hosted by Katharine. All you have to do is to complete the Longevity Survey and return it to StayHealthyNation.Com.

Find out how good is your longevity, request your survey today and find out where you score in the wellness index. The attached Longevity Score Analysis describes the different longevity levels. Which one are you? Don't you want to know?

Answer the questions on the three different topics, use the Longevity Survey Report to record your totals. Once you have completed the four pages, please email them back to Katharine@StayHealthyNation.Com. Once we receive your completed survey, we will contact you to schedule a date for the online meeting.

Participate now and as a "Thank you" for completing the survey you will receive the booklet titled: "The Deadliest Foods of the 21st Century Diet." Foods you need to STOP EATING TODAY.

If you are one of the first 10 participants, you will receive 3 FREE Keto Bars. So, don't wait one more minute to request your free longevity survey. Send request to Katharine@KatharineMoreno.Com.

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Longevity Score Analysis

325-375 Optional Longevity

Congratulations! You have been taking care of yourself, and most likely have a firm understanding of the relationship between your health and your mind, body, spirit, and emotions. Continue to learn deeper truths about yourself and address your changing needs as you evolve in life to maintain your optimal health. As an individual with such positive habits and practices, you are a shining example of how to live a great life. Spread your knowledge and keep up the good work!

275-324 Excellent Longevity

You have been working hard to develop a greater understanding of yourself, and it shows. By actively participating in your own health, you have created positive patterns in your life and have left destructive old habits in the past. As you continue to find and correct the hidden sources of your problems, you will find a deeper joy in everyday living and see more benefits in how you feel.

225-274 Healthy Longevity

You have probably started feeling the connection between your body, mind, spirit, and emotions, and can sense when things are going wrong. Continue to make changes in your life that reflect taking an active role in creating your own health. As problems come up, use them as opportunities to discover more about how you function and find positive ways to correct them. Connect with others that have similar views and goals of optimal health as you build up your support network. Avoid starting any bad or unhealthy habits, as you have already worked hard to get this healthy!

175-224 Good Longevity

When it comes to your overall health, there are a few things missing. Start cultivating a stronger connection between your body, mind, spirit, and emotions to encourage better health and wellness. Look inward to find hidden beliefs and behaviors that are preventing you from achieving optimal health. Now is also the time to begin learning positive ways of correcting any negative behaviors and creating more balance in your life. By working to establish a strong foundation now, you will soon be able to build a nourishing lifestyle for your future.

125-174 Average Longevity

Things may not too bad at this time, but you are heading down a dangerous road. If you haven't already, start making changes in your life that will strengthen your body, mind, spirit, and emotions. Look for others that have similar goals of optimal health and establish a good support network. Continue finding positive actions to replace unhealthy or negative habits, and practice them daily. Before long you will be feeling and looking great!

75-124 Poor Longevity

This is definitely the time to start making changes before things get any more difficult. Taking charge and putting your health first is very important for you right now. Knowledge is power, so this is a great time to start learning healthy new habits and use them to replace the negative things in your life. Share your new thoughts and aspirations with others and establish a support network. Focus on your goal of optimal health and make decisions that reflect that goal. Remember to keep asking for help if you need it!

0-75 Very Poor Longevity

Something needs to change, and fast! If the unhealthy patterns in your life are not already creating illness, they soon will. It is vital that you take control of the situation and make several positive changes in how you are living. Start learning new ways to work healthy habits into your life and do them daily! Making improvements is much easier with support, so talk with others about what you are doing. If there are people in your life do not support these changes, find more who will. Don't be afraid to ask for help if you are struggling or feel you need it. Maintaining a positive outlook is extremely important, so start keeping track of the things you are grateful for in life. Things can only go up from here.