

WP WENDIE PETT

Mind + Body + Spirit

THE
VITAL
DISCOVERY
PROCESS™

SK 1

WP WENDIE PETT

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The Steps

I assist people in achieving their full potential.

I created something special for busy people called
The Vital Discovery Process™.

It helps you **rediscover, strengthen** and take full advantage of your personal **vitality** each and every day.

Within **The Vital Discovery Process™**, you'll learn how to become **Visibly Fit™**, the process empowers you to thrive in your career, nurture your family, and improve your quality of life.

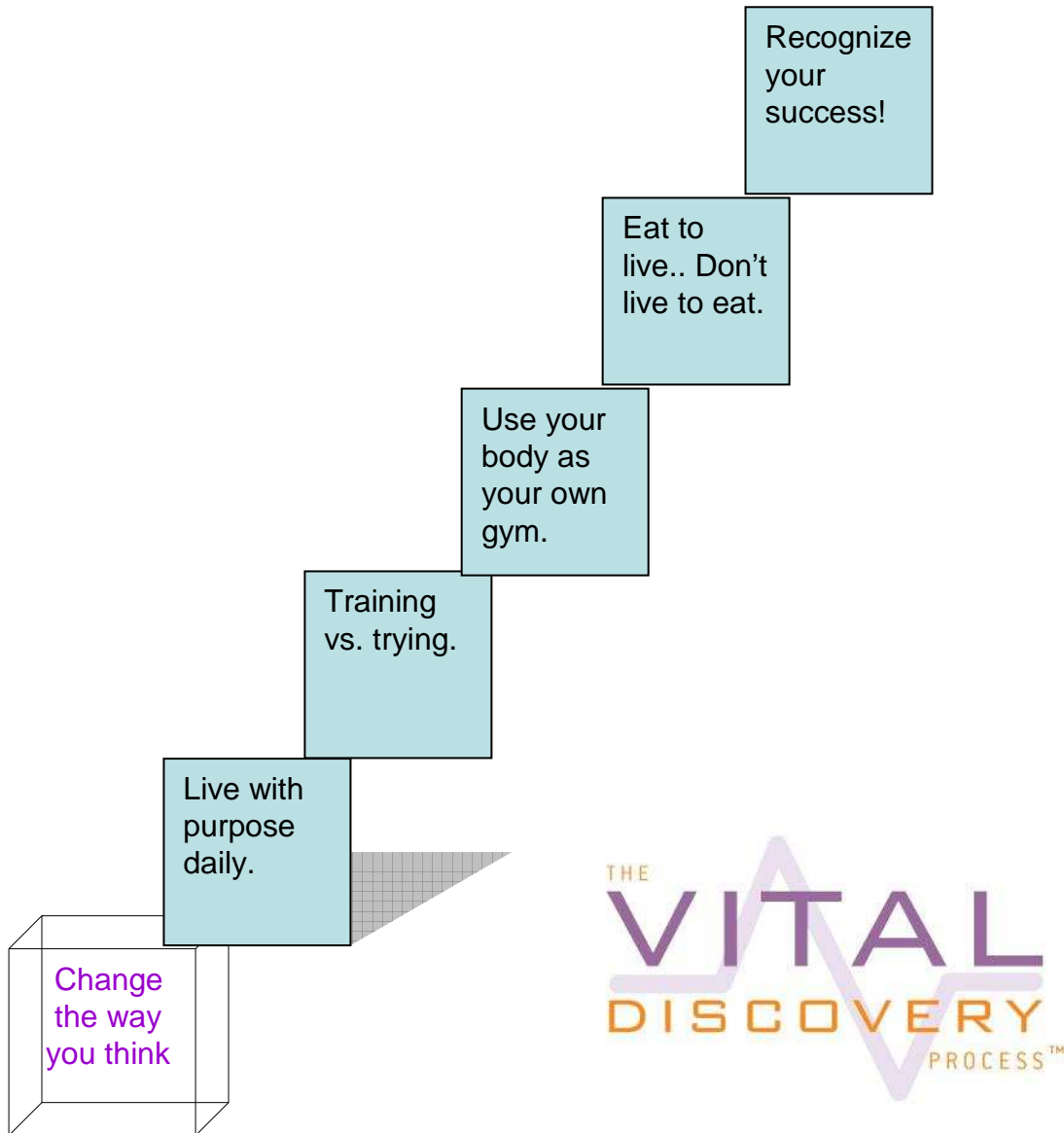
Health and Wellnes? What does it mean to YOU?

- Obesity in America
 - 64% of adults are overweight or obese
 - Rising 1% every year
- Costs in Healthcare
 - Annual costs will rise from \$9.3 billion in 2005 to \$22.9 billion by 2020. (This is only in the state of Minnesota)

Thrive...

- Career
- Family
- Health
- Purpose

Building Blocks in the Vital Discovery Process™



Change the way you think!

1. The Power of the Mind
2. Old Dogs Can Learn New Tricks/Habits

<http://www.youtube.com/watch?v=hyB8zQSNzLc>

3. Mental, Physical, and Spiritual



Live with Purpose Daily

1. What is your purpose?
2. Intentions? Actions?
3. Are you present?



Training Vs. Trying

1. Training is DOING...Trying is NOT

- You train for a marathon you don't try for one
- Training involves a coach – trying does not.

- Training = Accountability
- Trying = Do what you want

Your Body is Your GYM – Visibly Fit™ 7X11

- Use my 7 daily exercises to slim, sculpt and shape your body without ever needing equipment.

- Practice these 7 simple steps twice daily. Once before 11:00 am and once before 11:00 pm.

- Use your body as your gym. No need for expensive gym memberships or equipment.



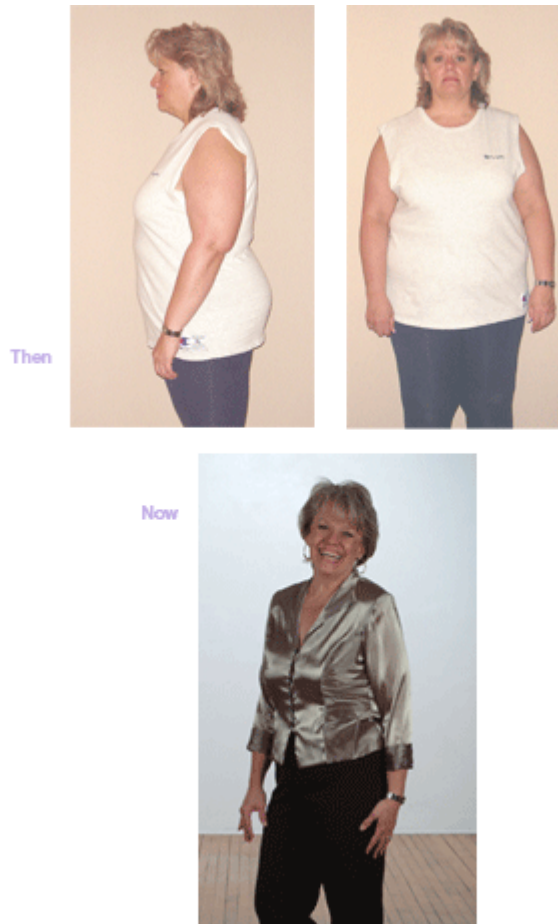
Eat to Live ... Don't Live to Eat!

- What to eat?
- How often?
- The Skinny (or fat, rather) on Diets?
- Food in the workplace



RECOGNIZE YOUR SUCCESS

Results – Pam’s Success Story



The picture says it all! In less than 12 month Pam has lost 101 pounds and more than 46 inches following The Vital Discovery Process™ and practicing my Visibly Fit™ program.

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Fitness at the office



Don't bore them – empower them!

5 KEYS TO A SUCCESSFUL WELLNESS PROGRAM

*Motivation

*Education

*Make it Fun

*Rewarding

*Try Something New

Thank you for attending today's Webinar!

Contact Wendie Pett to schedule a wellness seminar at 888-592-4796 or visit her website at www.wendiepett.com.

Learn how the #1 LLMS (Lifelong Learning Management System) can enhance and improve your continuing education and community education programs.

For more information about Augusoft or Augusoft Lumens, visit www.augusoft.net.

Download a copy of today's presentation at <http://u.augusoft.net>