

## The 2024 Daybreak Summer Nutrition Seminar Series

### Lesson 14- THE FINAL SEMINAR! Bringing Everything Together!

#### Part 1- The Rules of the Course/Review Last Week's Lesson

- 1) I am the all-knowing nutrition wizard-guru-ninja, I'm always right (Eye roll).
- 2) "The goal is to keep the goal the goal".... So, what's yours?
- 3) YOU are in charge of your health. Do NOT outsource it to someone else.
- 4) Understand the principles and make them fit into YOUR life.
- 5) Have fun!

#### Part 2- Eating and NOT Eating- Intermittent Fasting!



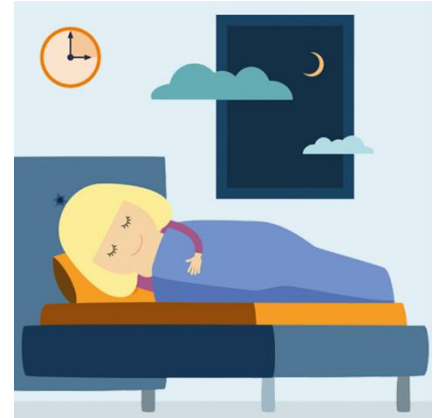
#### Part 3- Movement and Exercise!



#### Part 4- Maximizing Strength Training!



## Part 4- The Importance of Quality Sleep!



## Part 5- Dealing with CHRONIC Stress!



## Homework- Build Healthy Habits for a Happy Life!

### Resources-

Boundless Body Radio- Fast. Feast. Repeat. with NY Times Bestselling Author Gin Stephens! 48

<https://www.buzzsprout.com/1244183/7401532>

Boundless Body Radio- 15 Minutes to FITNESS: SMaRT Training with the Legendary Dr. Ben Bocchicchio!  
686

<https://www.buzzsprout.com/1244183/15477620>

Boundless Body Radio- Sleep Is A Skill with Sleep Expert Mollie Eastman! 635

<https://www.buzzsprout.com/1244183/14860520>

Boundless Body Radio- Body Confident with Returning Guest Bronson Dant! 687

<https://www.buzzsprout.com/1244183/15565794>