



VITALITY LIFE MAP

The Vitality Life Map was created for women's unique challenges as they step into their 30s and beyond. My mission is to guide you through a transformative experience that addresses weight management, muscle retention, stress reduction, and more.

Designed specifically for women, Vitality Life Map is a unique program that focuses on what you need most—healthy eating, strength, meditation, and precision nutrition. Each program element intertwines to create a holistic approach to wellness that resonates with your life stage.



COACH:

**WENDY
HARMON, PHD**

www.vitalitylifemap.com





RECLAIM YOUR HEALTH & VITALITY

5 THINGS EVERY WOMAN NEEDS FOR OPTIMAL HEALTH & WELLNESS



Transform Your Health With WILDFIT

- Say goodbye to the fear of food and hello to a life where you can relish every bite guilt-free
- Imagine a life where you have the knowledge and tools to navigate your health journey with confidence



Unleash The Strength Within - 10X Fitness For Women

- Strength is your foundation for a vibrant, active life as you age
- Designed for women over 40, our 30 minute a week program offers personalized strength training at home or in a gym



6-Phase Meditation & Holobody For Profound Personal Growth

- **6-Phase Meditation:** A transformative meditation technique that guides individuals through six distinct phases, to enhance mental clarity, emotional balance, and personal growth
- **Holobody:** A holistic approach to fitness that empowers women to achieve optimal health and well-being from the inside out



Unlock Health and Vitality: The Fasting Advantage

- Discover personalized fasting methods, nutritional insights, and long-term health benefits designed to transform your life
- No prior experience is necessary. The Fasting Advantage is designed to cater to both beginners and those with some knowledge of fasting



Discover The Power Of Precision Nutrition With Viome

- Tailored Nutrition for Holistic Health
- The Viome Full Body Intelligence Test is more than just a health assessment; it's a window into your unique biological makeup, offering insights that guide you towards optimal health



YOUR HEALTH AND VITALITY PLAN

Empower yourself with sustainable strategies that last a lifetime. Our 4 month program is designed to fit effortlessly into your busy schedule, making healthy living an achievable and enjoyable part of your everyday life. From expert nutritional advice to effective exercise routines, we provide all the tools you need to succeed.

Program Highlights

- **Your gut influences everything:** Did you know your gut influences everything from aging to disease to emotions - discover how to fuel your unique gut microbiome with the Viome Full Body Intelligence Test.
- **Intermittent fasting for hormonal balance:** How can intermittent fasting help achieve hormonal balance? With Coach Wendy and our Fasting Advantage course, you'll craft your own journey where you discover a personalized path that works best for you.
- **Think muscles are just for show?** Learn the best way to maintain the perfect muscle mass as you age to keep you fit, healthy, and functional without joining a gym or lifting heavy weights.

Program Curriculum

STEP 1

- Master your nutrition, food mindset, metabolism, and release unnecessary weight

STEP 2

- Healing your gut, personalized nutrition, intermittent fasting

STEP 3

- Building a strong and healthy body and combat muscle loss to boost your overall vitality

What You'll Learn

1. **Create a lasting body transformation in 4 months:** By the end of the program, you can expect a dramatic mindset and body transformation.
2. **Reprogram your subconscious for effortless healthy habits:** Let go of the patterns that sabotage your discipline and relationship with food and exercise.
3. **Heal your body and reverse aging:** Using science-based protocols, you'll accelerate healing, improve sleep quality, and turn back the clock on premature aging.

1. **Gut microbiome and precision nutrition:** Discover your unique dietary requirements with your personalized precision nutrition plan.
2. **Optimized weight and metabolism:** You'll get a customized step-by-step solution for keeping your body in its optimal weight range without struggling with yo-yo diets.
3. **Rapid strength and muscle-building protocols:** With two 15-minute weekly workouts, you'll feel stronger almost instantly, with or without a gym.

LET'S TALK ABOUT MACRONUTRIENTS

As women enter their 40s, their nutritional needs change. Understanding how to adapt your diet to support your body's evolving requirements is essential. In addition to eating a balanced diet to help prevent age-related health issues and provide the necessary nutrients for a healthy life, there is only one macronutrient that matters and is often overlooked: **Protein!**

Why is it crucial for women over 40 to get the right amount of protein? Recommended Dietary Allowance (RDA) is too low!

- **Muscle Maintenance:** As women age, they naturally lose muscle mass, a process known as sarcopenia. Adequate protein intake helps to slow down this muscle loss, maintaining strength and mobility.
 - **Bone Health:** Protein plays a vital role in bone health. Adequate protein intake supports bone density and reduces the risk of osteoporosis, which is particularly important for women over 40.
 - **Weight Management:** Protein has a higher thermic effect than fats or carbohydrates, requiring more digestion energy. This can help in weight management by boosting metabolism and reducing appetite, making it easier to maintain a healthy weight.
 - **Hormonal Balance:** Protein provides essential amino acids crucial for hormone production and regulation, particularly during perimenopause and menopause when hormonal fluctuations are common.
 - **Overall Health:** Adequate protein intake supports immune function, wound healing, and overall health, helping women over 40 maintain vitality and well-being.
- **Minimum Amount:** For active women with normal kidney function, one gram per pound of body weight per day (or 2.2g/kg/day) is a good place to start.
 - **Example:** If a woman weighs 180 pounds, she needs to consume a minimum of 180 grams of protein per day, ideally consuming 180 grams if she is trying to increase muscle mass.
 - **Recommendations:** Consume 4 servings of protein per day each at 0.25g/lb. A six-ounce serving of chicken, fish or meat will provide about 40-45 grams.
 - **Alternative protein sources:** Sip a warm cup of bone broth or add collagen powder to your hot beverage or smoothie.
 - **Too much protein:** Most women don't need to worry about getting too much protein. However, individual protein needs can vary, so it's best to consult with a healthcare professional or registered dietitian to determine the most appropriate intake for your specific needs.
 - **Summary:** The right amount of protein is essential for women over 40 to support muscle and bone health, manage weight, balance hormones, and maintain overall health.

TRACKING APPS

Cronometer: Cronometer is a revolutionary tracking app with a large data base of foods and ease of use. Use [this link](#) for a 10% discount.

STRENGTH TRAINING

THE MOST POWERFUL LONGEVITY & VITALITY DRUG

As women enter their 40s, they face unique physical and hormonal changes that can impact their health. Strength training, often overlooked, is a powerful tool to combat these changes and enhance quality of life.

Benefits of Strength Training

- **Bone Health:** Strength training increases bone density, reducing the risk of osteoporosis, a common concern for women post-menopause.
- **Muscle Mass Maintenance:** After 40, women naturally lose muscle mass. Strength training helps preserve and build muscle, keeping you strong and functional.
- **Metabolic Rate and Weight Management:** Building muscle boosts your metabolism, aiding in weight management and reducing the risk of obesity-related diseases.

Hormonal Changes & Strength Training

- **Impact of Menopause:** Menopause leads to a decline in estrogen, affecting muscle and bone density. Strength training helps counteract these effects.
- **Role in Hormonal Balance:** Regular strength training can help balance hormones and improve mood and energy levels.

Nutrition & Recovery

- **Importance of Protein:** Adequate protein intake is essential for muscle repair and growth.
- **Hydration:** Staying hydrated is crucial for optimal performance and recovery.
- **Rest and Recovery:** Allow sufficient rest between workouts to for muscle recovery and growth.

Mental Health Benefits

- **Stress Reduction:** Strength training can be a great stress reliever, promoting mental well-being.
- **Improved Self-Esteem:** Seeing progress in your strength and physique can boost confidence and self-esteem.
- **Cognitive Benefits:** Regular exercise, including strength training, has been linked to improved cognitive function.

Common Myths Debunked

- **Strength training is only for the young:** Age is just a number. Women can significantly benefit from strength training, improving muscle mass, bone density, and overall health.
- **Lifting weights will make women bulky:** Women naturally have lower testosterone levels than men, making it difficult to bulk up. Strength training will instead help tone and define muscles, leading to a leaner and more muscular physique.
- **Cardio is better for weight loss than strength training:** While cardio is effective for burning calories, strength training helps build muscle, which in turn increases metabolism and aids in long-term weight management.
- **Strength training isn't practical for fat loss:** Strength training is highly effective for fat loss as it increases muscle mass, which boosts metabolic rate and helps burn more calories even at rest.

TRACKING
APPS

Strong: The Strong App comes with popular routine templates and also let's you customize your exercises to easily track and share your progress.

VITALITY LIFE MAP



WHAT'S INCLUDED

DR. WENDY HARMON
COACH

Welcome to the Vitality Life Map Program, where your journey to optimal health and wellness begins. Our comprehensive program empowers you to customize your path to vitality, ensuring a personalized experience that caters to your unique needs and goals. Here's what's included in your membership:

- **WILDFIT:** Embark on a transformative journey with WILDFIT, a revolutionary program that will guide you toward a healthier relationship with food, helping you achieve lasting weight management and energy levels.
- **10X Fitness:** Experience the power of 10X Fitness, a cutting-edge program designed to enhance your physical performance, endurance, and overall fitness in a fraction of the time.
- **Viome Precision Nutrition:** Unlock the secrets of your body with Viome Precision Nutrition, a personalized nutrition plan based on your unique gut microbiome, ensuring optimal nutrition for your body's specific needs.
- **The Fasting Advantage:** Discover the benefits of intermittent fasting with The Fasting Advantage, a program designed to help you harness the power of fasting for improved health, longevity, and mental clarity.
- **6-Phase Meditation:** Elevate your mental and emotional well-being with the 6-Phase Meditation, a comprehensive meditation program that guides you through six transformative phases for a balanced and peaceful mind.
- **1:1 Coaching:** Receive personalized support and guidance with 1:1 coaching sessions tailored to your individual needs and goals, ensuring a customized and supportive journey.
- **Customized Journey:** With the Vitality Life Map Program, you have the freedom to customize your journey, choosing the programs and tools that resonate most with you.

LIMITED TIME
ONLY!

COMPLEMENTARY 45 MINUTE CUSTOM VITALITY ROADMAP

Receive a tailored roadmap utilizing the three pillars of health, wellness, and fitness to guide you toward improved overall vitality and well-being

[>>>>>Schedule your complementary call](#)

WILDERBODY

RESET YOUR BODY

RESET YOUR LIFE

EAT THE WAY NATURE INTENDED



WILDFIT.



"Through my WILDFIT journey, I was able to get off ALL my medications - blood pressure pills, acid reflux pills and allergy pills. I sleep better. My knee replacement has no inflammation. I have energy! My relationship with food has totally changed. I feel fantastic every day!"

DONNA NIKIFORUK

EMBRACE YOUR TRANSFORMATION

This is a food methodology that works for women who want to release weight, live longer and with greater vitality. WILDERBODY will teach you how to train your brain to stop wanting foods that aren't good for you, and to start wanting foods that truly nourish and energize you.

PROGRAM HIGHLIGHTS

Food Freedom

Holistic Wellness

Mindful Eating

Expert Guidance

Community Support

Sustainable Results

ACHIEVE LASTING WELLNESS & VIBRANT HEALTH

By embracing WILDERBODY, you'll not only transform your own life but also contribute to a healthier world. It's a journey of self-discovery, empowerment, and making choices that resonate with your body's needs

WILDFIT.



"This is not just a challenge that transforms your physical being, it is an emotional journey that is everlasting."

CAROLINE

THE WILDFIT DIFFERENCE

A HOLISTIC APPROACH TO HEALTH

The WILDERBODY Difference lies in its holistic approach to wellness. It empowers women to achieve food freedom, optimal health, and lasting vitality through mindful eating and sustainable lifestyle changes.

WHAT YOU'LL DISCOVER

Discover a new way of thinking about food that empowers you to make choices that align with your body's needs.

Explore the connection between what you eat and how you feel, uncovering the keys to lasting energy and vitality.

Learn how to break free from unhealthy eating habits and develop a positive relationship with food that nourishes both body and soul.

Gain insights into the impact of nutrition on your overall well-being, and unlock the secrets to a healthier, happier you.



AT A GLANCE BENEFITS

- Achieve food freedom
- Develop a positive relationship with food
- Boost energy levels
- Improve overall well-being
- Break free from unhealthy eating habits
- Sustainable weight management
- Enhance mental clarity and focus
- Support optimal health and vitality



10X FITNESS

RESET YOUR BODY

RESET YOUR LIFE

EAT THE WAY NATURE INTENDED



EMPOWER YOUR FITNESS JOURNEY

Strength is your foundation for a vibrant, active life as you age. Our revolutionary 30-minute-a-week program is designed exclusively for women over 40, offering personalized strength training that helps you unlock vitality, maintain independence, and enhance longevity.



PROGRAM HIGHLIGHTS

Personalized Coaching

Home Workouts

12 Week Program

Expert Guidance

Time-Efficient

Total Transformation

ACHIEVE LASTING FITNESS RESULTS

Transform your body and revitalize your health in 12 weeks with 10X Fitness. Achieve unparalleled results with personalized coaching, expert guidance, and convenient home workouts designed to help you reach your fitness goals efficiently and effectively.



THE 10X FITNESS DIFFERENCE

Experience a fitness revolution with 10X, where personalized coaching meets innovative home workouts for unparalleled results. Discover the power of our 10-week program, designed to transform your body and elevate your health in just minutes a week.

WHAT YOU'LL DISCOVER

- **Personalized Coaching:** Receive expert guidance tailored to your fitness level and goals.
- **Innovative Home Workouts:** Master core exercises and proper form from the comfort of your own home.
- **Convenient and Efficient:** You can achieve remarkable results with just 30 minutes a week.
- **Total Body Transformation:** Unlock a stronger, healthier you with our comprehensive program.



AT A GLANCE

BENEFITS

- Increased strength and endurance
- Improved overall health and well-being
- Enhanced body confidence
- Convenient, time-efficient workouts
- Personalized coaching for optimal results



THE FASTING ADVANTAGE

UNLOCK THE POWER OF INTERMITTENT FASTING AND EMBRACE A HEALTHIER, MORE VIBRANT YOU!



TRANSFORM YOUR HEALTH

Join us in "The Fasting Advantage," an online program designed to guide you through the transformative world of intermittent fasting. Led by Wendy Harmon, PhD, this comprehensive program offers a deep dive into the science, benefits, and practical application of fasting to enhance your health and well-being.



PROGRAM HIGHLIGHTS

Personalized Plans

Expert Guidance

Nutritional Insights

Flexible Learning

Community Support

Lifetime Access

THE PATH TO TRUE WELLNESS

"The Fasting Advantage" is more than a program; it's a gateway to a new way of living. By embracing intermittent fasting, you're choosing a path of self-discovery, empowerment, and profound health transformation. Join us on this journey and experience the difference for yourself.



THE FASTING DIFFERENCE

UNVEIL THE POWER OF INTERMITTENT FASTING

Embark on a transformative journey with "The Fasting Difference" and unlock the secrets to a healthier, more vibrant you through the practice of intermittent fasting. This holistic approach goes beyond traditional dieting to offer a sustainable path to wellness that harmonizes with your body's natural rhythms.

WHAT YOU'LL DISCOVER

- **The Science of Fasting:** Understand the biological mechanisms behind fasting and how it can catalyze your health.
- **Personalized Fasting Strategies:** Learn to tailor fasting methods to your unique lifestyle and wellness goals.
- **Nutritional Optimization:** Uncover the keys to nourishing your body effectively during your eating windows.
- **Mindful Eating Techniques:** Cultivate a deeper connection with your food for a more satisfying and healthful experience.
- **Lifestyle Integration:** Seamlessly incorporate fasting into your daily routine for lasting benefits.



AT A GLANCE

BENEFITS

- Tap into your body's natural fat-burning capabilities to achieve and maintain a healthy weight.
- Improve insulin sensitivity and support your body's metabolic processes for overall vitality
- Experience sustained energy throughout the day without the crashes associated with traditional diets
- Enjoy improved focus and cognitive function as your body adapts to a cleaner, more efficient fuel source
- Harness the potential of fasting to reduce the risk of chronic diseases and promote a longer, healthier life



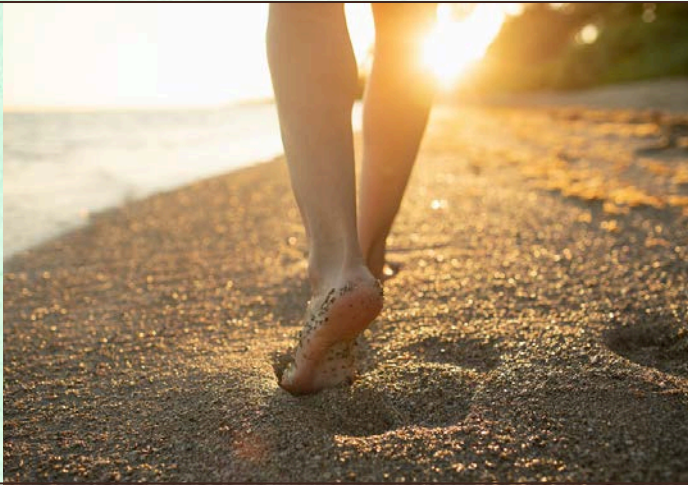
6-PHASE MEDITATION

EMBRACE THE POWER OF MEDITATION
LIKE NEVER BEFORE



UNLOCK YOUR POTENTIAL

The 6-phase meditation is designed to guide you through a journey of self-discovery and growth. This unique meditation technique focuses on key aspects of your well-being, including compassion, gratitude, and emotional balance. Experience a profound shift in your mindset and unlock your true potential.



PROGRAM HIGHLIGHTS

Deep Compassion

Gratitude Practice

Forgiveness

Mental Clarity

Emotional Balance

Daily Integration

A LIFE OF CLARITY & BALANCE

Embark on a journey to achieve mental clarity and emotional equilibrium with our 6-Phase Meditation program. Each phase addresses different facets of your life, helping you cultivate inner peace and resilience. Join us and embrace a life of clarity, balance, and fulfillment.



6-PHASE MEDITATION

TRANSFORM YOUR LIFE

Our program stands apart with its unique, structured approach to meditation. Unlike traditional methods, the 6-Phase Meditation is designed for the modern individual, focusing on specific areas of personal growth to ensure a holistic transformation.

WHAT YOU'LL DISCOVER

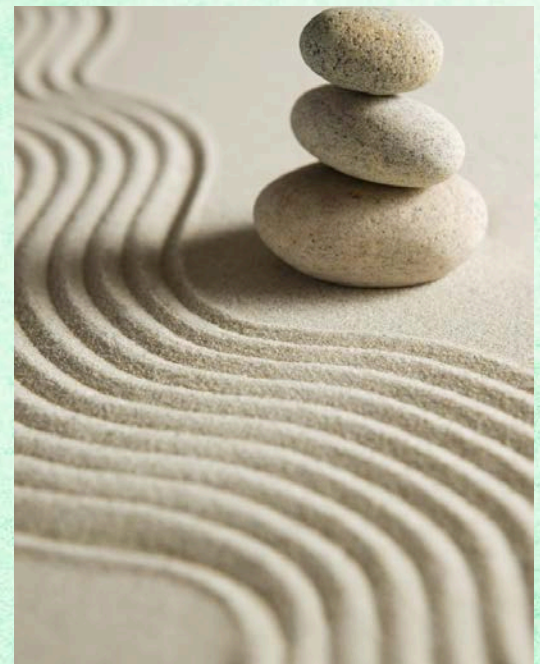
- **Connection With Others:** Uncover the power of deep compassion to strengthen your connections with others.
- **Impact of Gratitude:** Explore the transformative effect of gratitude on your outlook and well-being.
- **Embrace Peace:** Learn the art of forgiveness to release emotional baggage and embrace peace.
- **Mental Clarity:** Cultivate a deeper connection with your food for a more satisfying and healthful experience.
- **Seamless Integration:** Discover practical techniques to seamlessly integrate meditation into your daily life.



AT A GLANCE

BENEFITS

- Navigate life's ups and downs with greater ease
- Make decisions with confidence and clear-mindedness
- Cultivate a sense of empathy and connection with others
- Shift your perspective to appreciate the abundance in your life
- Let go of past grievances for a lighter, more accessible existence
- Incorporate meditation effortlessly into your daily routine



PRECISION NUTRITION

EMPOWER YOUR HEALTH PLAN



UNLOCK YOUR POTENTIAL

The Viome Full Body Intelligence Test is more than just a health assessment; it's a window into your unique biological makeup, offering insights that guide you toward optimal health. With Viome you're stepping into a world of personalized health data that empowers you to make informed decisions about your nutrition, lifestyle, and overall well-being.

PROGRAM HIGHLIGHTS

Personalized Insights

Gut Health

Nutrition Plans

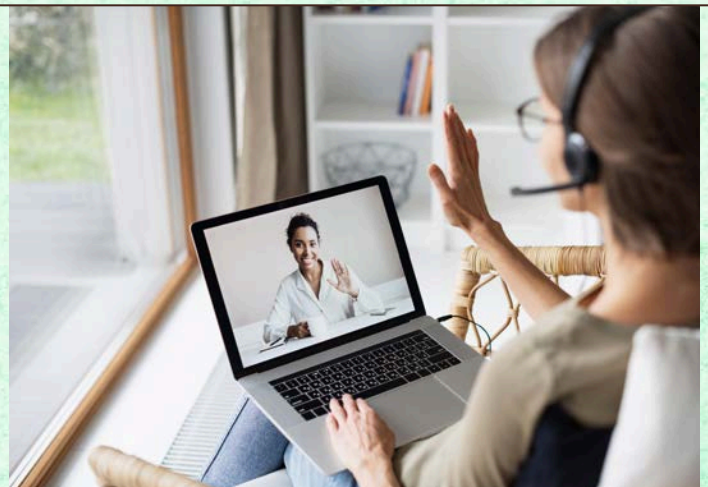
Expert Coaching

Optimized Health

Wellness support

PERSONALIZED INSIGHTS

Each Viome test is a journey of discovery. You'll uncover details about your body's microbiome, receive personalized nutrition advice, and gain actionable insights tailored to your needs. This isn't just a path to better health—it's a journey tailored to your unique body.



THE PRECISION NUTRITION DIFFERENCE

YOUR PATH TO PERSONALIZED HEALTH

Take the first step towards unlocking your health potential. This is your opportunity to explore the depths of your health in ways you've never imagined while enjoying the benefits of 1:1 Coaching. Join us on this journey to wellness, and let the Viome Full Body Intelligence Test illuminate your path to optimal health.

WHAT YOU'LL DISCOVER

Personalized Health Insights: You'll receive the Viome Full Body Intelligence Test as a member. This advanced test offers a detailed analysis of your body's unique needs, revealing crucial information about your gut microbiome, metabolic health, and overall well-being

Tailored Nutrition & Lifestyle

Recommendations: You'll receive personalized nutrition and lifestyle recommendations based on your test results. These insights are tailored to your body's specific requirements, helping you make informed diet, exercise, and lifestyle decisions.

Ongoing Expert Coaching: Your journey continues after the test results. You'll have access to 1:1 coaching sessions with certified health experts as a member.



AT A GLANCE

BENEFITS

- Receive dietary recommendations customized to your body's unique needs
- Enhance gut health and overall digestion with precision nutrition
- Experience increased energy levels through optimized nutrient intake
- Build sustainable health habits for lifelong well-being
- [Does Viome ship to my country?](#)



REFLECTION

HOW'S YOUR HEALTH RIGHT NOW? ARE YOU FEELING ENERGIZED OR MORE ON THE SLUGGISH SIDE? DO YOU NEED TO RELEASE SOME WEIGHT OR IMPROVE YOUR STRENGTH? HOW ABOUT YOUR MENTAL WELL-BEING? DO YOU GET 8 HOURS OF SLEEP EVERY NIGHT? DO YOU LOSE YOUR TEMPER OFTEN?

WHAT ARE YOUR GOALS? HOW DO YOU WANT TO FEEL 10, 20, OR 40 YEARS FROM NOW? THIS IS WHERE YOU DREAM A BIT!

**START YOUR VITALITY
JOURNEY TODAY!**

CONTACT ME:

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[GIFT YOURSELF A TRANSFORMATIVE HEALTH STRATEGY SESSION](#)