

3 Step Process to the Healthier You





**FROM THE DESK OF
MARCO AUGUSTO**

Newcastle, Australia

**FOLLOW US ON
FACEBOOK**



Dear Friend,

Want to finally get your health to where you know it should be?

Are you feeling like you're living a life of unfulfilled potential?

Operating at 50% in your health, career and relationships?

I know the feeling, I was in the same position as well...

12 years ago I battled depression and felt like I had no direction and no control...

I genuinely contemplated suicide because I couldn't see a way out

It's hard to see a way out when you feel like you don't even have control of your own life...

But through a focus on my physical health and fitness

I was able to improve my mental health

Looking back though, I realise now that it could have been quicker

Like a lot of people starting to train, I made mistakes and made it up as I went along

But those mistakes are helping me help people today, by teaching them what to do...and what not to do

Maybe you've felt a bit like I did...

It's hard to explain, but you just have this feeling inside that you could achieve more...live that life you see others live.

But each day just seems like groundhog day...

The same thing over and over

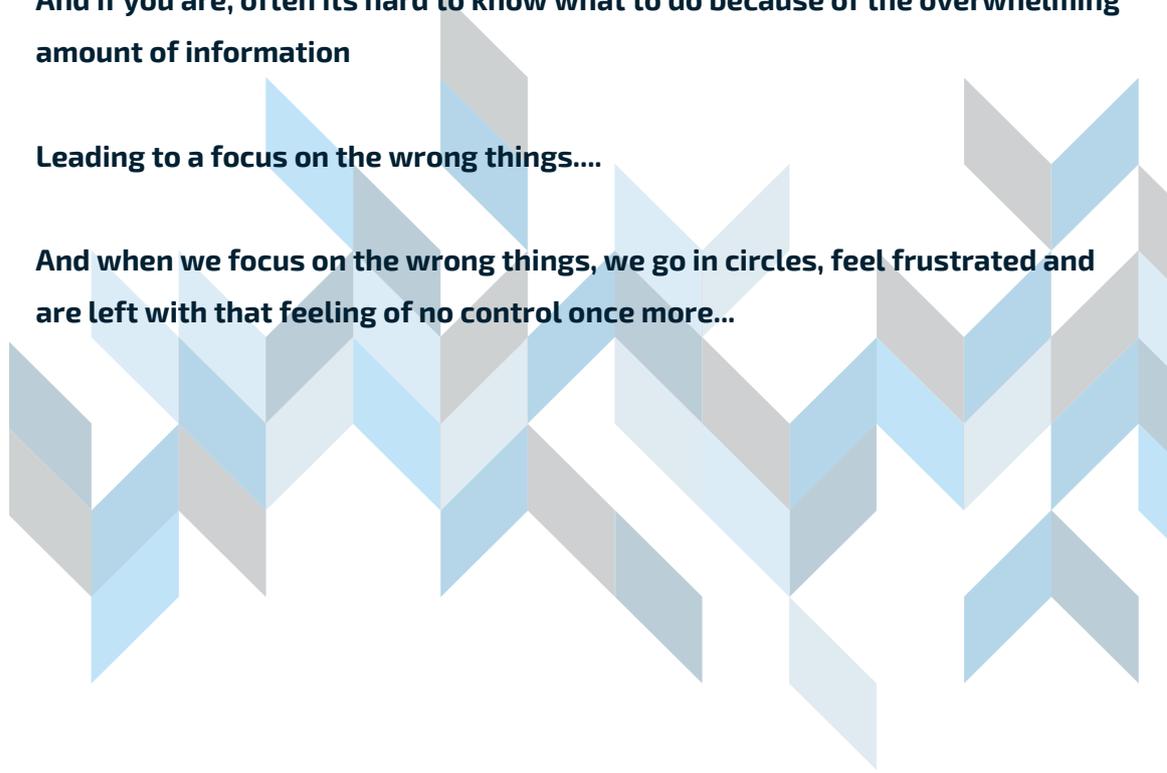
Like I did, maybe you feel like you have no control of your own life....

The problem is, you're not doing anything proactive to help you take back that control

And if you are, often its hard to know what to do because of the overwhelming amount of information

Leading to a focus on the wrong things....

And when we focus on the wrong things, we go in circles, feel frustrated and are left with that feeling of no control once more...



Welcome to the PEAK Strength Society from PEAK Strength & Nutrition

This isn't anything new. It's not like other people can't help you get healthy...

The difference is, this system has been developed through experience and setbacks...

From personal experience, I learned how to overcome adversity to not only survive, but thrive and be healthy

And after years of slowly learning and testing, investing thousands of dollars in training, nutrition and coaching programs, not to mention the hundreds on self learning like books and articles,

I finally understood a system that would lead to a healthier, more fulfilling life...

The key is focusing on the principles

Because the principles aren't a fad, or a quick go to trick when you're in trouble...

No, principles are those things that stay true despite the time and the place

So to help you take back control and also feel healthier physically and mentally, here are 3 of those principles

Read on...



FOCUS NUMBER 1: SLEEP

Everything in our life nowadays is set up for us NOT to have a good sleep.

There are screens everywhere and we barely see the sun.

The effect is restless sleeps that never leave us feeling rested.

So you need to combat that. Prepare for your sleep. An hour before, switch off the screens, including the TV, and down regulate.

Stretch, read a fiction novel, talk to your partner/housemates.

If you take anything from this, let it be a new focus on your sleep.

Action Steps (focus on each sequentially for 2 weeks before moving onto the next):

1. Have a regular waking time.
2. Have a regular sleeping time.
3. 1 hour before sleep, switch off all screens

Another way to get better sleep is to....



FOCUS NUMBER 2: GET SOME SUN

This ties in very nicely with our sleep patterns. Our bodies, it turns out, quite likes the sun.

Not the "sleeping on the beach for 4 hours and getting lobster red" kind of sun.

More the "spending 15-30 minutes outside" kind of sun.

Our circadian rhythms are dictated by light and dark.

The problem is, light is never real light any more, and dark is usually light.

Vitamin D from the sun has been shown to help us get more restful sleep at night, meaning more energy for the rest of the day.

So each day, spend 15-30 minutes outside to ensure great energy levels.

Action Steps (focus on each sequentially for 2 weeks before moving onto the next):

- 1. At lunch time each day (depending on weather), go outside for 15 minutes.**
- 2. If you don't get sun, take a Vitamin D supplement; aim for 600 IU per day.**

FOCUS NUMBER 3: NUTRITION

Ever noticed how a lot of diets tell you what to eat, before quickly highlighting what not to eat.

This is a problem, because ice cream is often on the list of what not to eat.

But ice cream tastes good.

And when we can't have something, we crave it!

So instead, think about adding 1 healthy, nutritious meal to your diet each day.

Yep, that's right, just start at 1.

Use breakfast as an example: make sure your breakfast is high in protein and low in processed carbohydrates.

And nail that breakfast everyday until a healthy breakfast is all you know.

And then work on getting lunch healthy and so on and so forth.

Don't remove anything, just add goodness.

Action Steps (focus on each sequentially for 2 weeks before moving onto the next):

1. Focus on breakfast: aim for a meal of 30 grams of protein within 30 minutes of waking up.
2. Focus on getting 5 servings of vegetables each day.

But what about exercise?

Aren't we a fitness business?

Exercise helps a lot, but exercise plus poor sleep, still leaves you stressed and lacking energy (although not as bad as if you didn't exercise).

So sleep and it's sister the sun, will have a greater effect for your health overall.

Exercise plus poor nutrition also leads to some results, but nowhere near as good as it could be.

Looking awesome is actually 80% nutrition, so focus on that first.

BUT...

If you have all of those things in order, add in exercise as the final piece of the physical health puzzle!



YOUR GET HEALTHY STRATEGY GUIDE

Week 1: Aim to wake up at the same time every day

Week 2: Aim to wake up at the same time every day

Week 3: Aim to go to sleep at the same time every day

Week 4: Aim to go to sleep at the same time every day

Week 5: Aim to get 15 minutes of sun at lunch time each day (depending on weather)

Week 6: Aim to get 15 minutes of sun at lunch time each day (depending on weather)

Note: If you don't get sun, take a Vitamin D supplement; aim for 600 IU per day.

Week 7: Aim to get 30 grams of protein within 30 minutes of waking up

Week 8: Aim to get 30 grams of protein within 30 minutes of waking up

Week 9: Aim to get 5 servings of vegetables each day

Week 10: Aim to get 5 servings of vegetables each day

HOW WE HELP CLIENTS GET RESULTS

There are a few key words we use here at PEAK that we use and follow to help clients. These are:

- **PROCESS:** we follow a process, not focusing too heavily on the end goal. Why? Because while we would like to think we have 100% control of everything we do, sometimes life throws us a curve ball. The key is to keep focusing on the process, and the results will come.
- **CONSISTENCY:** doing anything once, twice or for a few months is actually pretty easy. But long term goals and long term health, often takes a long time! So, we need to stay consistent in following the process.
- **HABITS:** consistently following a process general leads to habits being formed. Habits put us so what on auto pilot. Therefore good habits can make it easier for us to stay consistent! This is also why we follow Precision Nutrition's ProCoach coaching program for clients; it's all about habit based nutrition!
- **PRINCIPLES:** as mentioned above, the principles are those things that work no matter what. So they make up a large portion of the process. If we try to get fancy and follow things that aren't principles or only work for a short time, it makes it harder to be consistent, and habits never get formed.

SEE WHAT REAL PEOPLE ARE SAYING ABOUT THE RESULTS THEY HAVE ACHIEVED BY FOLLOWING THE PRINCIPLES HERE AT PEAK STRENGTH & NUTRITION

Melissa reviewed PEAK Strength & Nutrition – 5★
11 September 2017 · 🌐

Marco is amazing... he is motivating and non judgmental 💎 am looking forward to my next sesh 💎💎

Like Comment Share

Write a comment...

Ruth reviewed PEAK Strength & Nutrition – 5★
11 March 2016 · 🌐

Legends. I can't think of a better word for them.

Like Comment Share

Write a comment...

Mark reviewed PEAK Strength & Nutrition – 5★
20 February 2016 · 🌐

Marco and Nick are very dedicated to give everyone they train and work with the best results for the goals they have set. They are some of the leading trainers in the industry and you should definitely look at these guys before you look anywhere else.

Like Comment Share

Write a comment...

Amy reviewed PEAK Strength & Nutrition – 5★
4 June 2016 · 🌐

Marco and Nick are a serious force to be reckoned with. Watch out because these two professionals are on their way to big things. I have been training with them for 3 months and I look forward to every session with Marco. I have complete trust in their teaching, and know I will smash the goals I have set. If you are looking for a trainer, hit these guys up - you will not regret it!!!!

Like Comment Share

Write a comment...

David reviewed PEAK Strength & Nutrition – 5★
16 December 2015 · 🌐

If you're after results book in for a consultation. Nick and Marco take the time to understand your goals and then work with you to push your physical and mental boundaries. Safety is paramount and you need to trust your trainer. Big thumbs up from me.

Like Comment Share

Write a comment...

Chris reviewed PEAK Strength & Nutrition – 5★
21 July 2017 · 🌐

Great training from Marco, knows what he is talking about, always keeps it interesting and makes you work for it.

Like Comment Share

Write a comment...

Brianna reviewed PEAK Strength & Nutrition – 5★
21 December 2015 · 🌐

I'm honoured to be one of the first people to go through Nick and Marco's PT training seminars. So educating and inspiring!! Thank you for the hard work you guys put in to make that course awesome!! I can honestly say that I have come out of it very satisfied, motivated and educated on how to start my own business, nutrition, fitness, programming for clients and mindset. You two guys are truly amazing and I can't wait to see you change the lives of so many other people!!

Like Comment Share

1

PEAK Strength & Nutrition A MASSIVE thanks to you Bri, you truly will go anywhere you want to within this industry. So glad that you enjoyed the seminar 😊

If you ever need anything you know where to find us 🙌

1

Like · Reply · 2y

Write a comment...



So if you want to take control of your health by following the principles that get results, giving you the energy, motivation and confidence to take control of and improve other areas of your life...

Click the button below to watch the video series on **How to Apply the Principles from PEAK Strength & Nutrition**

In the video you'll discover how to apply what we teach to the PEAK Strength Society crew to your health and fitness and start living the life you've always wanted (while getting lean and strong)



LEARN NOW

