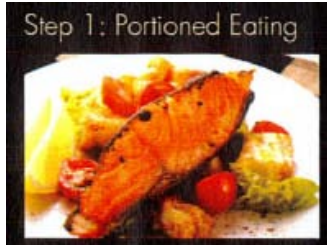


The 7 Step Peak Energy Solution

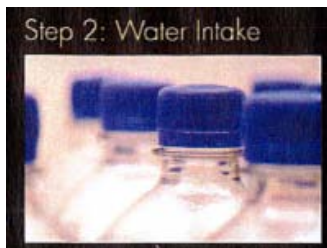
Mosaic Lifecare & Sportscares Institute

Try the Peak Energy Program for 14 days and you will discover how you truly can improve your energy and well-being. - Dr. Pat Graham B.Sc, D.C.



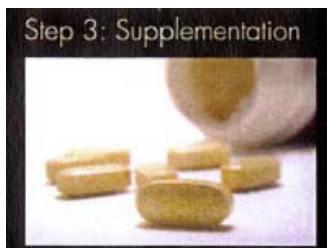
STEP 1. PORTIONED EATING – Attempt to have a minimum of 3 but preferably 5 meals per day in the following portions:

- One portion of PROTEIN
- One portion of CARBOHYDRATE
- 1/10th portion of FAT
- A PORTION is roughly the size of the palm of your hand
- The FAT portion is roughly the tip of your thumb



STEP 2. WATER INTAKE – Rule of thumb is that the average human being should consume at least half of their body weight (pounds) in ounces of water per day

- WATER allows body to cleanse and DETOXIFY
- Helps prevent HEADACHE, FATIGUE, CONSTIPATION
- Involved in controlling BLOOD PRESSURE, CIRCULATION, DIGESTION, KIDNEY and IMMUNE system function



STEP 3. SUPPLEMENTS – Modern day soil conditions, preservatives, cooking processes and FAST FOOD diets has lead to a decrease in the nutritional content of the foods we consume

- ESSENTIAL is taking a high quality MULTI-VIT AMIN
- This should include a high quality MULTI-MINERAL
- Other lifestyle situations may require the addition of other supplements. Talk to your health care professional.



STEP 4. REST – Proper SLEEP and REST are essential for the body to repair and revitalize.

- 7 -9 hours of SLEEP per night is essential
- POWER DOWN during the day
- 2 power down sessions during the day for 2 -5 minutes with some relaxation and deep breathing will boost your energy
- POWERING DOWN in your **GIB-SAN HOT TUB** will assist with achieving a proper sleep

Step 5: Stress Reduction



STEP 5. STRESS REDUCTION – EXERCISE is recognized as the best activity for reducing stress and to perform exercise properly and remain injury free an optimally functioning muscle, skeletal and nervous system are vitally important.

- SWIMMING in your **GIB-SAN pool** is one of the best exercises for full body fitness
- A PRO-ADJUSTER health assessment uses one of the most scientific instruments available today for determining the function of the muscle, skeletal and nervous systems.
- MOSAIC LIFECARE and SPORTSCARE INSTITUTE specialize in the use of the PRO-ADJUSTER technology

Step 6: Stretching



STEP 6. STRETCHING – Considered separately from exercise proper STRETCHING should be done on a daily basis no matter what your occupation.

- Prevents INJURY and OSTEOARTHRITIS
- Improve and maintain RANGES OF MOTION
- Improve POSTURE, COORDINATION, BALANCE
- Reduce MUSCLE SPASM
- Your **GIB-SAN pool** and or hot tub are great places to perform your daily stretching routine

Step 7: Time Management



STEP 7. TIME MANAGEMENT - The least physical but most challenging issue contributing to achieving PEAK ENERGY

- PLAN your day
- Allow time for the previously listed steps
- Make plans for regular use of your **GIB-SAN pool** and spas
- Plan to have your muscle, skeletal and nervous systems checked regularly to achieve optimal health
- Plan to call MOSAIC to assist with your optimal health

Try the PEAK ENERGY PROGRAM for 14 days and you will discover how you truly can improve your energy and well-being.

Mosaic Lifecare & Sportscare Institute

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At Gib-San Pools we have long believed that pools and hot tubs are great contributors to a lifetime of health and enjoyment. We are pleased that the Mosaic Lifecare & Sportscare Institute recognizes this in their 7 Step Peak Energy program. - Ed Gibbs, President, Gib-San Pools Ltd.