

LETTING GO OF 2021 EMBRACING 2022



WHAT'S IN YOUR "MUSCLE MEMORY BANK"?

What is the "Muscle Memory Bank"?
~ "the ability to reproduce a particular movement (or movement pattern) without conscious thought. Acquired as a result of frequent repetition of that movement."

Understanding that YOU have a unique memory bank of movement and how to access it at any time to IMPROVE the way you MOVE makes all the difference!

IMPROVE your cognition, multi-tasking, confidence and quality of life!

INCREASE your emotional resilience
EXPERIENCE pain free movement and range of motion

BOOK A 15 FREE VIDEO VISIT HERE

Which season of life are you in?

YOU can Change the Way You Age AT ANY AGE!

Join me every Wednesday morning at 9am PST on my Facebook Group:
#MovementMotivationAndMore

Increase your functional strength and quality of life now!



CONSCIOUS CREATING AND INTENTION SETTING

In your 2022 Journal: Answer any or all of the following questions, taking time to connect with your inner self and asking for your clarity and truth

Completing and Remembering 2021

1. What was your biggest triumph in 2021?
2. What was the smartest decision you made in 2021?
3. What one word best sums up and describes your 2021 experience?
4. What was the greatest lesson you learned in 2021?
5. What was the most loving service you performed in 2021?
6. What is your biggest piece of unfinished business in 2021?
7. What are you most happy about completing in 2021?
8. Who were the three people that had the greatest impact on your life in 2021?
9. What was the biggest risk you took in 2021?
10. What was your biggest surprise in 2021?
11. What important relationship improved the most in 2021?
12. What compliment would you liked to have received in 2021?
13. What compliment would you liked to have given in 2021?
14. What else do you need to do or say to be complete with 2021?

Creating 2022... Your Best Year Yet!

1. What would you like to be your biggest triumph in 2022?
2. What advice would you like to give yourself in 2022?
3. What major actions will you implement to improve your financial results in 2022?
4. What would you be most happy about completing in 2022?
5. What major indulgence are you willing to experience in 2022?
6. What would you most like to change about yourself in 2022?
7. What are you looking forward to learning in 2022?
8. What do you think your biggest risk will be in 2022?
9. What about your work, are you most committed to changing and improving in 2022?
10. What is one as yet undeveloped talent you are willing to explore in 2022?
11. How are you going to create more of what you LOVE 2022?
12. Who or what, other than yourself, are you will you love and serve in 2022?
13. What one word would you like to have as your theme in 2022?

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MAKE 2022 YOUR YEAR! ~ WORK WITH ME ONLINE OR IN PERSON!

WHAT PEOPLE ARE SAYING ABOUT THE 90 DAY JOURNEY TO CHANGE THE WAY YOU AGE:

"When I first met Ann (at the dog park) and learned about the "90 Day Journey", I had trouble believing that any program could give results in such a short period of time. Ann's sincerity, honesty and caring that made me take a leap of faith and sign up.

I was 201 pounds on a 5' 6" frame, and couldn't walk around the local park without becoming exhausted. I was panting harder than the 16 year old Labrador I was walking. At 68 years old and now 60 days into the 90 day program: Without changing my eating habits I have lost 20 pounds. I walk faster and farther. I have a range of motion that I have not experienced in years. I am more alert during the day and sleep better at night.

The techniques I am learning from Ann have made me happier, healthier and added years to my life.

I will never be able to thank Ann enough for all she has done and continues to do for me.

I am truly blessed to have Ann in my life" DENNIS C ~ Oceanside CA

90 Day Journey to

"It's never too late ~ or too early to
Change The Way You Age!"
"MOVING SINCE 1961" *Ann Heizer*





with Ann Heizer

Empower yourself to move better, manage
stress, enhance your Quality of Life
and so much more by 2022!
ONLINE OR IN PERSON
<https://calendly.com/changethewayyouage/get-to-know-you>

GET RESULTS in 90 days ~ Call now:

760.612.5557

SIGNUP by 2/2/22 and BRING A BUDDY FOR FREE

GOT PAIN?

Over 83 million people are affected by pain to the degree it limits their Quality of Life! Many of them believe there is no solution ~ many more self-medicate... Are you one of them?

Experience drug-free pain relief at home with the WellnessPro+

FDA cleared for pain, portable and easy to use with a 30 day money back guarantee and a 3 year warranty.

CALL 760.612.5557



Special Promotion for 2022 \$222 off purchase*

*must be paid in full for discount VALID UNTIL 2/2/22

A screenshot of an Amazon Prime search results page. The search bar at the top contains the text "ann heizer, leverage method". Below the search bar, the book "LeverAge: Changing the Paradigm of Aging" by Ann Heizer is displayed. The book cover features a green circular design on a wooden stump. The text "Look inside" is visible next to the book title. Below the book title, it says "#1 New Release in 90-Minute Self-Help Short Reads". At the bottom of the screenshot, the URL "www.bitly.com/leveragemethod" is shown.



Thank you!

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LEVERAGE
METHOD BOOK

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Conservation Force Fundraiser ...

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