Evolution Of Health and Fitness

with Eric Edmeades
YOUR OFFICIAL MASTERCLASS GUIDEBOOK

4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.

2. Review the topic outline so you know what to listen out for. Make sure you’ve set aside private time for this session so you’ll be able to focus and fully receive the benefits of the session.

3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won’t lose the information most relevant to you.

4. Think of how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position.

- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.

Thank you for joining our online class. We hope you enjoy it!
The next part is for you to take notes while you listen to the masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. Diet = _____________________________________________________________________

2. When you exercise __________________________, or exercises with the wrong _________________________________ you create a lot of problems.

3. Once the diet and body __________________________ is solid then the _________________________________ can be part of the scenario.

4. Changing your diet ______________________________ you.

5. 95% of you body shape has to do with ________________________________.

6. There is a _________________________________ human diet and it can _________________________________ you.

7. Retrain your _________________________________ to start changing your _________________________________.
8. When you start eating well:

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9. Key principles of WildFit:

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10. Sugar makes you ____________________________ - be aware of sugar.

11. The bigger problem is not getting ________________________________.

12. Boost up your ________________________________ of what you know ________________________________.

13. Deal with ________________________________ by eating enough of the good.

14. Boost your intake of ________________________________.
15. Low blood sugar sends a signal of “__________________________”.

16. Look what your _______________________________ needs are and find more ______________________________ ways to satisfy those needs.

Use this space for any additional notes you have:
“In 90 days I released 46 lbs., 89 inches, and 4 dress sizes!”

My earliest memory of starting to ‘diet’ or having issues with my eating was 7 years old. Over the course of the next 20+ years I completed every diet, pill, product, program, that you could imagine, and each time thought I was doing the right thing, or what was 'healthy' for my body ... until I learned the truth from WildFit.

I was immediately attracted to the program on the basis that it was more than a ‘diet; program but a how to get back to the basics of what the 'human' diet is supposed to be. It went in depth to explain the food choices that are best for our bodies from an evolutionary perspective, how the food industry has influenced us so greatly, how to break old habits and beliefs, and how to take small steps to reach massive results in just 13 weeks.

My goal was to become a Mom, and to have a healthy family I needed to start with myself.

In 90 days I released 46 lbs., 89 inches, and 4 dress sizes! The groups, the coaching, the camaraderie, the support, all were bonuses in helping us to reach success.

Now I am proud to say that WildFit is a guiding principle in our lifestyle now ... and we had the very first WildFit baby!!! (Now 18 months and loves her WildFit smoothies! :) )

If our family can do it - you can too!

~ Jacqueline Giurleo
“The WildFit program changed my life”

The WildFit program changed my life. Knowing what we should eat to be healthy is one thing being able to put it into daily practice is another. WildFit gave me the tools to easily make the changes to living a healthier life which has led to increased joy, energy and amazing changes. In releasing the weight I regained my self-confidence and self-esteem which was hidden under fat gained over the years.

Since then I have joined the WildFit Team and became a Certified WildFit Coach to help others transform their lives.

~ April Antonia, Coach

“A year later and I feel 10 years younger”

In the first picture, taken the summer before I did WildFit, I was a different woman. Not fat, but not thin. And not as healthy as I could be.

A year later and I feel 10 years younger. The WildFit Challenge has taught me so much about myself, food and my relationship with food that I will never go back to the way things were. It is not difficult at all. I did very little exercise through the program and I could not be more thrilled with the results.

I have since joined the WildFit team as a Certified Coach and specialize in bringing the WildFit message to women everywhere.

~ Eli Sæterhaug Løvaas
“It’s 3 months of your life that will change your life forever”

My partner, Mike, my 16 year old son, River, and I decided to take the WildFit Challenge after we heard Eric speak. Eric’s passion for the food revolution he is creating spoke to each of our hearts. Interestingly, the reason we each committed to the program was different. Mike is an athlete that no matter what eating program or exercise program he followed, he could never reach his goal in terms of muscle mass. River was a high performing athlete that ate as he was instructed. When he succumbed to an injury, he gained a lot of weight which was hard on his emotional psyche. For myself, I have felt for years that I didn’t know what to eat as I’ve had digestive issues for most of my life. Food was my enemy.

Mike had little fat to lose as he only wanted to drop 4 pounds. In two months, he dropped 10 pounds and gained incredible definition in his abs and his arms. This was the first program that produced the results he’d been working towards for years. He’s super excited for his soccer season to start so he can put his new found energy to work!

River has lost 25 pounds! His face is totally clear and he’s looking pretty broad across the chest. As he’s 16, he hasn’t been able to do the most restrictive part of the program perfectly, and yet he’s had these amazing results. Beyond that, he understands conscious decision making around food choices…how many adults can say that?

I’ve also counted calories for as long as I can remember and flirted with anorexic tendencies since adolescence; hence, the option to starve myself is more of a reality than choosing a lesser healthy option. Thanks to WildFit, I now understand how to eat, that food can be amazingly delicious and that I never have to count calories again! Oh and I’ve not had a single, digestive issue since the second week of the program.
I don’t think of any of us would say this journey has been easy, but when you put it into perspective, it’s 3 months of your life that will change your life forever. Within two months, we’ve had results that we haven’t experienced in years. And further to that, our other children are making fruit smoothies and asking for the healthy chicken nuggets on a weekly basis. Yes…that’s right, healthy chicken nuggets!

Thank you to Eric and his amazing team — for putting this program together and helping us to be successful through the coaching, the education, and the community support that is built in to the programming.

~ Amber Scotchburn, Author & Speaker at Parenting…With A Twist

time EVER I can work with food and it does not rule me at all.”

“Today I am more flexible than I have been in years”

I always knew the importance of eating well and taking care of my body but for some reason I simply wasn’t doing it. I tried various diets and programs but it was not until WildFit that I really turned things around.

Today I am more flexible than I have been in years, I feel much younger and the WildFit made the process really easy and long-lasting; I will never go back to the way things were.

~ Sabine Rosen

“It was easy and effective.”
It was easy. At first I thought it was too easy and couldn’t really see the changes in the mirror. But then, when I looked at an image from a webinar I did just before the program I got a shock; the picture tells the whole story.
Like most people, I knew what to eat and what to avoid to be healthier but, again like most people, I wasn’t doing it consistently. WildFit didn’t just provide me with more rules, it changed my thinking. It was easy and effective.

~ Paul Scheele, Founder of Learning Strategies and CEO of Scheele Learning Systems.
“I have released 21 lbs. so far”

I was introduced to Eric Edmeades and the WildFit Challenge in June, 2016 and after just 8 weeks of this program, all I can say is WOW! I have released 21 lbs. so far and have no doubt in my mind that this journey will continue over the coming months until I achieve my optimum weight of 205 (I'm 6'4" and weighed in on June 7th at 261).

This is NOT a diet ... but rather a complete health and lifestyle change. My attitude towards food has radically changed and it is so wonderful to be feeling healthier day by day. I would strongly encourage anyone who is struggling with weight control or simply wants to break free from the bondage of unhealthy eating habits to check out WildFit.

... to be continued.

~ Norman Lihaven

“WildFit changed the way I think.”

Wildfit is a very effective health program that can help you not only to become fit; it is a program to recover your energy and joy. I did it and loved it. Above all it gave me something that is very precious to me: “freedom”. Freedom to choose health and to live according to the way my body really needs. Other things work in the short term, but WildFit changed the way I think and gave me the tools to stay healthy, happy and fit for the rest of my life.

~ Veronica de Andres, Dame of Grace of the Order of St John, international speaker and bestselling author of Confianza Total

“I have experienced an amazing increase in energy and aliveness.”

I continue to have remarkable success even after the WildFit program has ended. That for me was the true test of the effectiveness of this program. Eric Edmeades and his dedicated team have created an easy and very thorough journey to sustainable healthy eating and living practices. Not only did I lose and keep off unwanted weight, I have experienced an amazing increase in energy and aliveness. This is not just a program, it is a welcome and satisfying approach to living.

~ Phyllis Haynes, Media Specialist and Founder of Studio1Network

“I've released 20 lbs in the past 3 weeks.”

I cannot say enough about this program. I've been struggling with weight gain for 8 years, since weaning myself off 10 high dose medications. I've done so many diets and programs, taken supplements, done detoxes and cleanses all with varied results. Nothing has come clean we to this. I've finally gotten off of dairy, I've released 20 lbs in the past 3 weeks, have absolutely no cravings for chips, ice cream or chocolate ( all of which I used to binge on regularly ). I finally understand why I've struggled so much, and I have developed a more natural and healthy relationship with food. I feel no desire to overeat or to have snacks. It's shocking how much my psychology around food has changed. I look at junk food items and think, yeah I doubt I'll ever want that gain. I think this should be taught in schools. My level of gratitude is so high that my eyes are tearing up as I type this. Take this program, it is the most comprehensive way of getting rid of unhealthy eating habits. Period.

~ Dawn Carson
SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself... 

What would it be like if I finally live my life without the fear of starving or being hungry?

How would it feel if my beliefs about food were supporting me and I could achieve the optimal weight and health I wanted easily and effortlessly?

What can I do today to start making changes to my diet that would help me have a better relationship with food?

Thank you, hope to see you in the course.