

DAWN HALL FIT

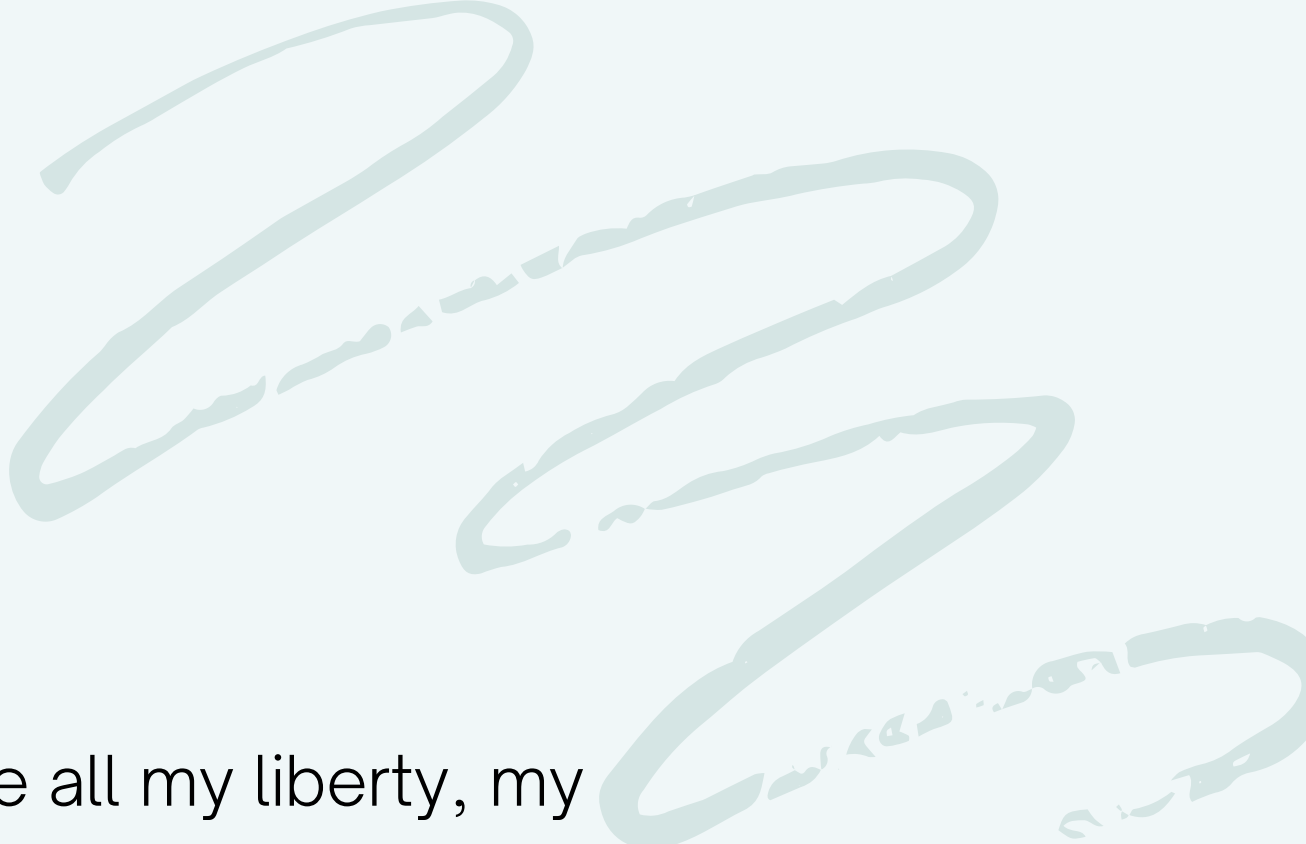
HEALTH AND FITNESS PROFESSIONAL

Personal Trainer
Nutritional Supplements - Skincare
Author - Speaker - Coach





FIRST, Prayer



Take, Lord, and receive all my liberty, my
memory, my understanding and my entire will.
All I own and all I have.

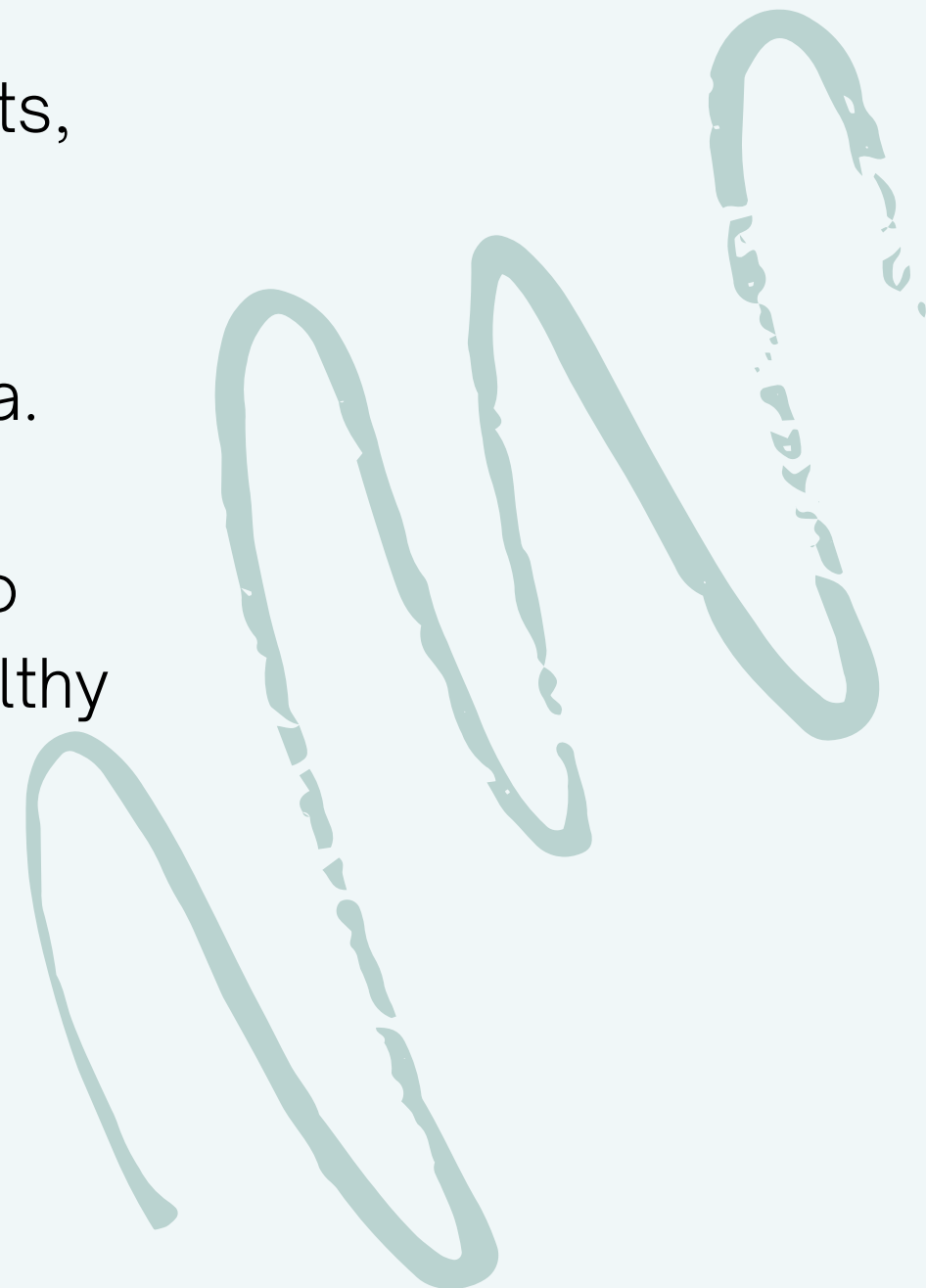
You gave to me, to You, Lord - I return it.
Everything is Yours, dispose of it according to
Your will.

Give me Your love and grace, that is enough for
me.

St. Ignatius of Loyola

My Story

- 30 Years Experience in Health and Fitness
- Certified Personal Trainer, Coach, Nutritionist, Fitness Competitor, Owner Operator 2 Gym Studios, Creator Simply Pure Fitness Nutritional Supplements, Author, Speaker, Founder Avva Rose Skincare.
- Worked with 100's of clients worldwide, including Australia, Russia and Asia.
- I am leading the way in helping people let go of worldly, temporary ways to discover their own, natural, inner fitness path that leads to an effortless, healthy lifestyle for a lifetime of prevention and longevity on earth as it is in heaven.





Simple Smarter Fitness

Lifestyle that Works FOR You

Increase Energy

Reduce Stress

Pain Relief

Healthy Sleep Patterns

Improve Balance

Increase Strength, Flexibility, Range of Motion

Manage Weight Loss/Gain

www.dawnhallfit.com

FOUNDATION

Lifestyle Priority – Self Care

MIND

New Thoughts

BODY

New Effort

Soul

New Way



M



Mind Change

Change your mind, change your old habitual reactions to new thoughtful responses.

Simple Smarter Fitness

Stress reduction is weight reduction.

Turning my "have to" perspective
into a "want to" lifestyle.

It's not about doing something different -
It's thinking about everything differently.

New Thoughts
**Simple
Thoughts**

Simple Smarter Fitness



Body

Everyone's body is different.
Each person's schedule is
different. Getting to know your
own body and it's rhythm is
important for realistic
expectations and
long term success.



B

Simple Smarter Fitness

MOVEMENT

Exercise Daily

NUTRITION

Everything in Moderation

SLEEP

Sundown - Wind Down
Arise before Dawn

New Effort

Smarter

Simple Smarter Fitness

Movement

Exercise Daily



Stretching - Daily

Flexibility, alignment and range of motion.
STRETCH MORE - PAIN LESS

Core Care - Daily

Core is the center source of energy (oxygen) for healing, detoxification and circulation for a strong body. Core Care 5-10 minutes daily.

Strength Training

Lifting weights 2 days per week with proper form to prevent injury. Beginning around age 50 adults lose 3% muscle strength every year.

Cardiovascular

Heart Smart: walking, dancing, laughing 20 minutes per day. Track heart rate/steps.

Nutrition

Everything in Moderation



Whole Foods

Home cooking with whole food, no preservatives or additives.

Supplement Basics

Multi-Mineral, Vitamins C & D, Collagen.

Hydration

8 oz x 8 = 64 oz per day

Portion Size

Small: Carbohydrates

Medium: Fruit

Large: Vegetables and Protein

Sleep

Sundown – Wind Down



Healing

Sundown begins recovery and repair. Driving, working and eating after sundown shortens recovery time.

Alcohol Consumption 3 Hours Prior to Wind Down

When alcohol wears off the body wakes up.

Cool, Dark Room with Background Noise

Background noise helps the mind stay in constant state of rest. Set thermostat at 68 degrees. Run a fan or peaceful sounds (trickling water, fireplace crackle etc.)

Arise Before Dawn

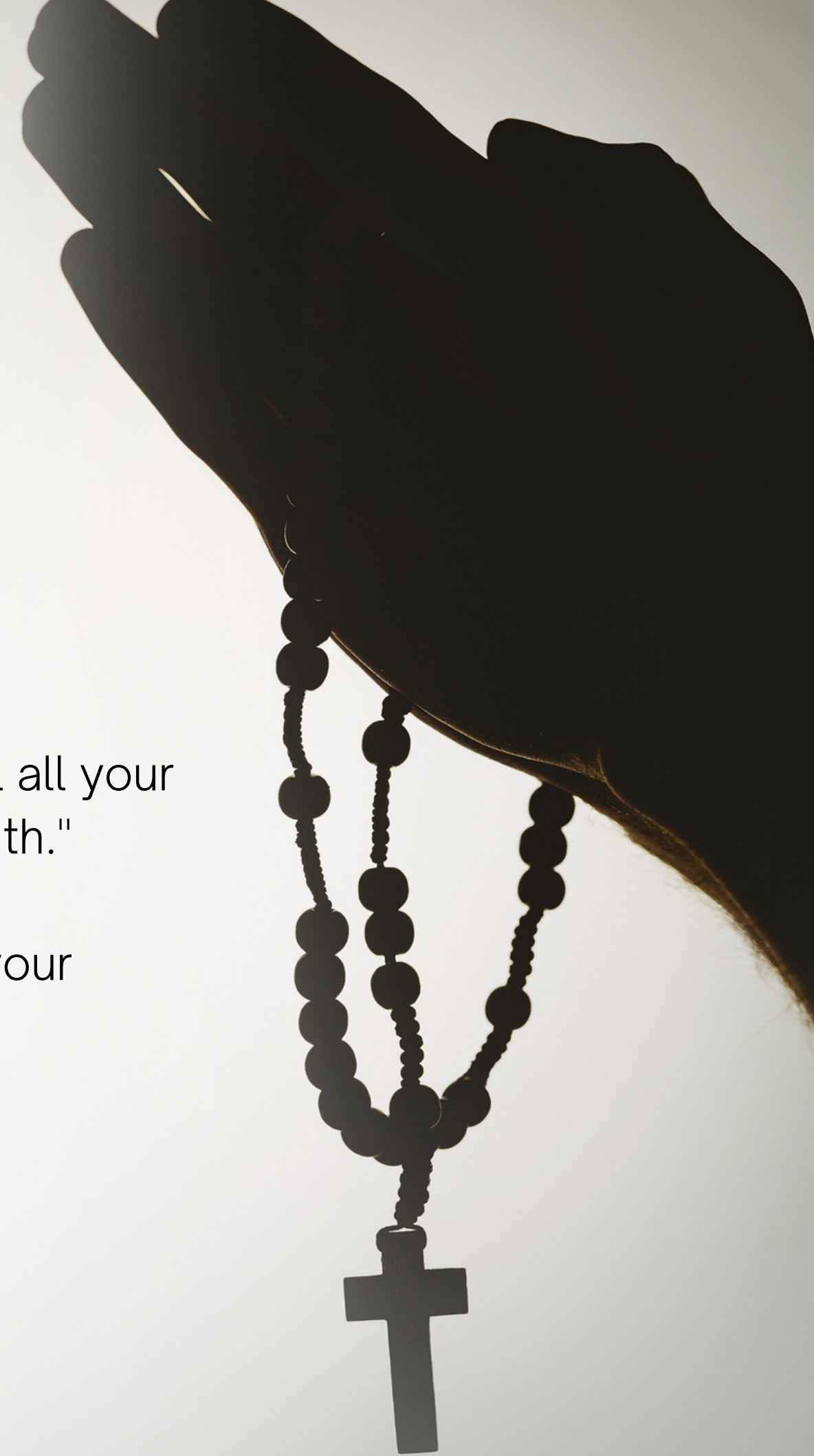
Waking up early encourages winding down early.

S

Soul

"Love the Lord your God with all your heart, mind, soul and strength."

"Where your heart is there your treasure will be also."



PRAYER

God's thoughts and ways.

Listen. Hear. Believe.

NEW THOUGHTS

ROSARY

Not by your might or power, by Holy Spirit.

NEW EFFORT

PROMISE REST

One narrow path leads to your life.

God's Grace

NEW WAY

How you will do it.

New Way

**Inner
Fitness
Path**

Simple Smarter Fitness

FAITH BELIEF TRUTH GRACE

Be Still Know God

PROMISE REST - GOD IS NOW

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FAITH BELIEF TRUTH GRACE

We don't get better.
We remember more often.
DEPEND UPON GOD

PROMISE REST - GOD IS NOW

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FAITH BELIEF TRUTH GRACE

One Narrow Path to Life
Many Gates to Distraction
CHOOSE LIFE

PROMISE REST - GOD IS NOW

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Soul

Present is Perfect



Accept

Accept who God created you to be.

Pure Heart

Hear God's thoughts and ways.

Faith - Belief

Begin where you are. Have the courage to believe God's thoughts and ways.

Truth - Grace

Truth and Grace cannot be separated.

ONE Day at a Time

Your Choice:

Your thoughts and ways or
God's thoughts and ways?

Your challenging struggle
or Thy effortless grace?



ONE Priority

Awareness for 7 Days

What will you do?

Show up for ONE.

ONE Week at a Time

Discover what you will do,

Goal Oriented - Temporary
Lifestyle - Everlasting



ONE TO ONE

Complimentary Consultation

I will help you discover a lifestyle that works FOR you.

Self Care Gift Bag

Thank You

Where your heart is, there your lifestyle treasure of fitness will be also.



Simple Smarter Fitness