

# Your Journey to Lasting Wellness: The Sustain Phase

## What is the Sustain Phase?

Getting healthy is a journey that has two parts. First, we work together to find and "target" the root cause of your health goals. Second, we move into the **Sustain Phase**. This is where we make sure your hard-earned results last a lifetime. Instead of just fixing a temporary problem, we are building a foundation so you can stay vibrant and energetic for years to come.

## Why This Matters For You

- **Prevent the "Yo-Yo" Effect:** Many people feel better and stop their plan too soon, only to have their symptoms return a few months later. Staying committed ensures your body truly heals.
- **Peace of Mind:** You don't have to do this alone. Moving into a long-term wellness plan means you always have a partner to help you navigate life's stresses before they affect your health.
- **See Your Progress:** By checking in regularly and doing simple "tune-up" tests, you get objective proof that your body is getting stronger, which helps you stay motivated.

## What You Can Do Today

1. **Celebrate Your Wins:** Take a moment to write down three positive changes you've noticed since we started. Even small shifts in your energy, sleep, or mood are big steps forward!
2. **Think About Your "Future Self":** Imagine yourself one year from today. What activities do you want to be doing? How do you want to feel when you wake up? Keeping this vision in mind helps you stay on track.
3. **Stay Connected:** Whether it's through our community group or our regular check-ins, stay involved. Health is easier—and more fun—when you are part of a supportive "wellness circle."

## Questions to Discuss with Your Practitioner

- Now that I am feeling better, what are the next steps to make sure I *keep* feeling this way?

- What does a "yearly tune-up" look like for my specific health needs?
  - How can I join the community or alumni program to stay supported by others on a similar path?
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