

Your Journey to Lasting Health: The 'Sustain' Phase

What is the Sustain Phase?

The Sustain Phase is the most exciting part of your health journey. It is the transition from "fixing a problem" to "building a stronger you." Now that the initial "fire" is out and you are feeling better, we shift our focus from reacting to symptoms to proactively building a body that can bounce back from anything.

Why This Matters For You

- **Keep Your Progress:** Instead of the "yo-yo" effect where symptoms come and go, we create a plan that keeps you feeling good for the long haul.
- **Track Your "Future Self":** We stop looking only at what's wrong (like inflammation) and start looking at what's right—like how well your heart handles stress and how strong your body is becoming.
- **Gain True Independence:** The goal is for you to become the expert on your own body, so you feel confident making healthy choices every single day without needing a strict "rescue" plan.

What You Can Do Today

1. **Check Your Confidence:** Look at your current health habits (like your diet or sleep routine). On a scale of 1 to 10, how confident are you that you can keep this up for a whole year? If your answer is less than an 8, let's talk about how to make it simpler and easier for you.
2. **Focus on "Resilience" Wins:** Start noticing the small signs that your body is getting stronger. Are you recovering faster from a busy workday? Is your energy more stable throughout the afternoon? Do you feel physically stronger during your daily activities?
3. **Define Your "Why":** Think about what you want your life to look like five years from now. Whether it's traveling, playing with grandkids, or excelling in your career, your health is the engine that will get you there.

Questions to Discuss with Your Coach

- "Now that I'm feeling better, what are the best ways to track my long-term health and longevity?"

- "Which of my current habits feel the most sustainable, and which ones feel like a struggle?"
- "How can we adjust my plan so I feel like a partner in this process rather than just following a list of rules?"

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