

# Your Guide to Long-Term Vitality: The Sustain Phase

## What is the Sustain Phase?

The "Sustain" phase is the bridge between your intensive healing program and your long-term healthy life. It is the time when you move from "repairing" your body to "protecting" your health. Instead of following a strict plan, you are learning how to be the CEO of your own well-being.

## Why This Matters For You

- **Confidence:** You will realize that your progress comes from your own hard work, not just a coach's instructions.
- **Freedom:** You'll move away from "perfect" dieting and toward a flexible lifestyle that actually fits your busy schedule.
- **Safety:** By identifying your "Anchor Habits," you create a safety net that prevents you from sliding back into old patterns, even during stressful weeks.
- **Resilience:** You will learn how to "bounce back" quickly if you have a bad day or a busy weekend.

## What You Can Do Today

1. **Identify Your 3 "Anchor Habits":** These are your non-negotiables—the three simple things that keep you feeling good even when life gets chaotic. (Example: A protein-rich breakfast, a 7-minute morning walk, and a set bedtime).
2. **Practice the 80/20 Rule:** Aim to follow your health plan 80% of the time. Use the other 20% for flexibility, social events, and enjoying life. This prevents "burnout" and makes your habits stick for years, not just weeks.
3. **Shift Your Mindset:** Remind yourself: *"I am the expert on my own body."* Start noticing how your body feels when you stick to your anchors versus when you skip them. This "predictive power" is your new superpower.

## Questions to Discuss with Your Practitioner

- If my schedule gets 100% crazy next week, which **one** habit is my absolute baseline for safety?
- What are my biggest "graduation jitters" or fears about having fewer check-ins?

- How can we adjust my plan to fit the current season of my life (e.g., school year vs. summer)?
  - What does a "maintenance" version of my supplement or movement routine look like?
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