

The Evolution of Health & Fitness

Masterclass With Eric Edmeades



Your Private Action Guide
With Eric Edmeades

Welcome To Your Private Action Guide

1. Print out this guide before the class starts so you can write down your notes as you listen.
2. 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. Review the preparation exercises so that you can best set the space and intention to experience this class.
4. Have a glance at the Masterclass Summary so you know what to listen out for.
5. Use the space to be creative, expressive, and honest.

Your Preparation Tips For This Masterclass

- This Masterclass will be best experienced in quiet place where nothing can distract you.
- Before starting, take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during the upcoming teachings.
- Be open to the experience and to the learnings you are about to receive.

“Take Care of Your Body. It’s the Only Place You Have to Live”

- Jim Robin

Pre-Masterclass Exercise

1. What is your intention for attending this Masterclass? What are you hoping to get out of it? Set your positive intentions here.

Masterclass Summary

Part 1 : Beyond Weight Loss, into Health

Part 2 : 5 Key Ideas about Nutrition

Part 3 : The 6 Core Hungers

Part 4 : Self Reflection

Part 1 : Beyond Weight loss, into Health

1. Mainstream medicine lacks...
as a means of prevention.
2. Dieting goes beyond...
3. According to Eric, what is the definition of Diet?
4. We All Have Specific Nutritional Requirements and ...
5. Exercise is not necessarily the best way to lose weight. It is however a great way to enhance...
6. It's not so much about _____ but rather your relationship with _____



95% of Your Bodyweight is dependent not on exercise, but rather on what you EAT

Part 2 : 5 Key Ideas about Nutrition

7. Why is sugar put into our foods? What is the reason behind it?

8. Being obese is 7 times more lethal than...

9. The second Key Idea is to "Avoid..."

10. The idea that "we've evolved to eat in seasons" is based on the fact that different foods trigger different messages. What are the two main things that are triggered by different types of foods?

11. Weight loss is a by-product of...

12. Key Idea Number 4 is to "Get Enough of the

13. Fill in the Blanks:

A. Many of us suffer from starvation. Starvation of
not of calories.

B. The amount of food is not proportionate to the
you feed yourself.

C. You MUST fill yourself with the right amounts of macro and micro-nutrients to
live

Part 3: The 6 Core Hungers

14. According to Eric, the definition of Nutritional hunger is.... "When your body
lacks which triggers
of hunger

15. What is Hunger Type Number Two?

16. Hunger Type Number Three (Variety), helps us meet our big spectrum of

17. What is one way you can mitigate cravings?

18. Low-Blood Sugar Hunger = A feeling of low blood-sugar that

19. A huge amount of the food decisions we make, are really a desire to

20. What is Hunger Type Number Six?

21. An Empty Stomach is nothing more than a...



Diet = Way of Life

Part 4: Self Reflection

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

How do you feel after the Masterclass? What were some of your biggest insights and takeaways?

A Thought To Take Away

Write down a quote or phrase here that you heard in this Masterclass that resonates the most with you.

Additional Notes



To sign up for *WildFit*, Eric's new Quest on Mindvalley Academy, please visit:
http://bit.ly/wildfit_special for more information.

Tip: wait until March 19th to sign up for the course. Near the end of the Masterclass, *WildFit* will be offered at a special price as a thank-you gift for class attendees.

Student Stories

“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.

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

“It’s 3 months of your life that will change your life forever”

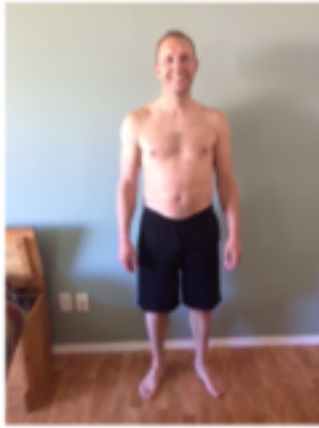


My partner, Mike, my 16 year old son, River, and I decided to take the WildFit Challenge after we heard Eric speak. Eric’s passion for the food revolution he is creating spoke to each of our hearts. Interestingly, the reason we each committed to the program was different. Mike is

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 in 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