

Program Details

Program Kickoff – Monday, May 9th, 7:00 PM

Location: TBD

Program Director: Dr. Fred J. Roberto
plus Additional On-Site Coaches

- Meetings Held Weekly
- Easy to Follow Guide
- Day by Day Coaching
- Great Support
- Track your Progress
- Prizes

What is the Extreme Makeover –God’s Way Program?

The Extreme Makeover Program Is NOT:

- A “fad diet”
- A long, grueling exercise regimen that you can never stick to or fit into your schedule
- Just a stress management system to teach self-improvement or just give you a more positive attitude
- Just plugging in your current daily tasks into a calendar hoping there is enough time in the day

The Extreme Makeover Program IS:

- A progressive, easy-to-do program
- Designed to permanently change nutritional, exercise, emotional, spiritual, and time management habits

- Will create real life, long-term results

The Extreme Makeover - God's Way 40-Day plan involves getting 1% better every day for 40 days. This plan is not extreme because it is hard, it is extreme because it is ***thorough*** and covers all of the important, God areas of life.

Getting Started

You can choose to focus in one area of lifestyle or all of them. You can implement it at your own pace or even follow the "Overnight Success Plans" to see more instant, dramatic results in less than 40 days.

Get 40% Better for God In 40 Days By Improving:

- Your relationship with God
- Your relationship with your family
- Your body
- Your brain
- Your business
- Your skills
- Your time management
- Your outlook on life
...for God

The Transforming Power of 40 Days

Science shows us that habits change over approximately 40 days (six weeks) and that good habits are as difficult to break as bad ones. While most people look for quick fixes and instant change, the truth is that these things never, ever work long term.

Genesis 6-8: Noah saw the world revolutionized by 40 days and 40 nights of rain.

Exodus 34:28: Moses was with the Lord for 40 days and 40 nights when he received the Ten Commandments.

1 Kings 19:8: Elijah ate one meal and did not eat again for 40 days and 40 nights, yet he had all the strength he needed to do God's work and fulfill his destiny.

Numbers 13:25: The spies returned inspired and renewed after 40 days in the Promised Land.

Jonah 3:4: Jonah foretold that Nineveh would be overturned (completely transformed) in 40 days.

Matthew 4:2: Jesus fasted 40 days and 40 nights before being tempted by the devil. His holy ability to withstand the temptations of evil launched a spiritual message that would last for all eternity.

Acts 1:3: Jesus presented Himself to the disciples for 40 days following His resurrection. This revealed to us that 40 days literally means full and total transformation; the death of the old and the rebirth of the new.

Key Program Points

Inspiration – How can you be inspired, not just motivated to change?

Nutrition

- Food by God versus Food by Man list (eating the foods God intended)
- Food Combining
- Food Timing: Discover which foods to eat at what time of day to recover from pain and illness and to more easily have the body you want for the long-term.
- Planning meals and shopping for food

Exercise

- Learn how to get in the best shape of your life-during the commercials-using three-minute body-part routines and workouts that last as little as 10 minutes.
- Maximize your fat burning in the least amount of time during aerobic exercise.

Stress Management

- Discover how to prevent stress and completely reprogram the way you look at it

Time Management

- Double or Triple the amount of productive time you have in a week in order to find more time for God, your family, your health, and your work.