

# VITALITY NUTRITION SYSTEM



## OVERVIEW

Understand the nutrients we eat, how the body uses them, and how they can impact health, disease, and performance.

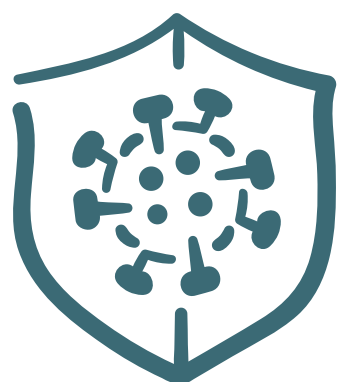
## WHY DOES IT MATTER?



Fewer than 1 in 10 children and adults eat the recommended daily amount of vegetables.



The average percentage of total daily calories from added sugars is 13 % for men and women aged 20 and up (16% for boys and girls aged 2-19).



Poor nutrition contributes to many costly diseases, including obesity, heart disease, and some cancers.

Sources: Centers for Disease Control and Prevention and U.S. Department of Health and Human Services.

## BENEFITS

- Educate yourself on the macro and micro nutrients that are made by the body and consumed.
- Explore the various ways the body uses and creates these nutrients.
- Understand how nutrition can effect your overall health and longevity.
- Discover the best nutrition path for you.
- Improve performance, reduce disease risk, and live a healthier life.

## SO WHAT'S NEXT?

- Write out your strengths and weaknesses when it comes to nutrition.
- Clean out all foods you don't want to eat, and make a grocery list of the ones you do want to eat.
- Track your daily food intake to understand your starting point.
- Use the 3P method to prioritize, plan, and pursue your nutrition goals.

[thevitalitysystem.co](http://thevitalitysystem.co)

## EXPLORE YOUR PATH TO VITALITY