

“A powerful, 3 day workshop that gives you the real education and training needed to begin achieving truly sustainable health and wellness.” – *B. Abernathy, HTT Sacramento Participant, 2013*

HOW TO THRIVE HTT **SACRAMENTO**

JANUARY 29 – 31, 2016

SUSTAINABLE NUTRITION | TOTAL BODY FITNESS | EMOTIONAL WELL BEING

WHERE YOU BEGIN TO
THRIVE!



thrive
EDUCATE • TRAIN • INSPIRE



Good day!

As a fellow human being I too have struggled with and endured the many health and wellness

challenges of life; over eating, low energy, sugar cravings, sickness, headaches, poor and failed relationships, overwhelming stress and much more.

Only until I became educated and trained in sustainable health and wellness did I truly begin to prosper! Now I enjoy and maintain a life of full of health, wealth, happiness and love.

I have made it my duty to pay it forward to you, my fellow human being. I have gathered the leading experts in nutrition, total body fitness and emotional well being to create an amazing and proven system for sustainable health and wellness. Together we have helped thousands of people just like you live better than they ever dreamed possible.

The "How to Thrive" workshops are designed to provide you with the world class education and training needed to begin attaining truly sustainable health and wellness. I invite you to make the same choice I did, to become properly educated and trained and begin to Thrive.

I look forward to seeing you soon and THRIVING TOGETHER!

In excellent health and wellness,

Alex C. Lara
President, Thrive

3 STEPS TO SUCCESS

FRIDAY / STEP 1 EAT TO THRIVE

Nutritional Enlightenment

Food is a vital part of our daily lives. It can keep us healthy or make us sick. With so many options it can be difficult to know what is good and what is bad. Which foods to eat, when and why. Also, how food and our bodies really work. Today's media only makes it worse with fad diets, gimmicks and misinformation. That is why becoming educated in sustainable nutrition is a must for every human being. Be in the know! Experience nutritional enlightenment and THRIVE!

- Learn the secrets to sustainable healthy eating that Dr. Scott Porter has used to transform the world's elite athletes, entertainers and business leaders.
- Discover how to break the poor nutritional habits that are holding you back.
- Develop a personal plan for improved and sustainable nutrition.

Once you are educated and trained in sustainable nutrition you will begin the journey towards:

- Increased and lasting energy.
- Sustainable body weight management.
- Prevention of disease and illness.
- Increased longevity and vitality.

SATURDAY / STEP 2 MOVE TO THRIVE

True Total Body Fitness

Chiseled abs and big biceps may be esthetically pleasing but they do not define good fitness. Instead, true total body fitness is an evolutionary process that addresses all key aspects; flexibility, cardiovascular conditioning, muscle balance and strength, kinematics, plyometrics and proprioception. Each piece is equally important and required to attain your best and most capable body.

- Discover a level of fitness and well being beyond what you thought possible.
- Learn the proper daily care and maintenance of the body for optimal fitness.
- Begin moving to THRIVE and feeling your best everyday.

Once you are educated and trained in true total body fitness you will begin the journey towards:

- Overcoming and decreasing your daily aches and pains.
- Preventing injuries, joint and soft tissue damage.
- Increasing your energy levels and improving your recovery time.
- Being stronger, more fit and more capable than ever before!

SUNDAY / STEP 3

LIVE GRATEFULLY & THRIVE

The Power of Gratitude, Presence and Optimism

It's no secret that happy people have many things in common; they are grateful for their gift of life, they enjoy every moment possible and they have a generally optimistic view of the world. They also possess certain skills; they don't get upset easily, they handle adversity well and if upset they recover quickly. They also spend more time in a positive state of peace, love and joy. Lastly, they nourish their positive relationships.

So how do you compare? How resistant are you to negative stress? How well do you handle adversity? When upset, how quickly do you recover? Would you like to spend more time in a positive state? Are you bringing those that you love, respect and care for closer to you or pushing them farther away? The choice is yours...

- **Attain and master the skills of being more resistant and resilient to negative stress.**
- **Learn how to recover quickly and spend more time in a peaceful, loving and joyous state.**
- **Enhance your relationships and build a powerful network of positive people that help you Thrive.**
- **Create a plan that helps you to pursue and accomplish your true passions, goals and desires.**

REGISTER TODAY!
COMPLETE THE PROVIDED FORM.



Scott Porter, Ph.D.

THRIVE TOTAL BODY FITNESS and
NUTRITION DIVISION HEAD

Scott "Doc" Porter, is an internationally recognized and acclaimed exercise physiologist, fitness trainer and wellness consultant. He works with the world's elite athletes, entertainers and business leaders to keep them Thriving. He also lectures for the NBA, ATP, many NCAA Division 1 programs and the NYC Road Runners Club.

Personally, Scott lives and breathes sustainable wellness. As a former world class and professional athlete, Scott played professional basketball for 5 years and has completed 50 marathons, 18 full triathlons, plays open level tennis, snowboards and still participates in all activities. At 60 years of age, he is the best example of how to Thrive.

Scott's philosophy is to create a positive, invigorating, intellectual, realistic and proactive understanding of the evolution for improving the quality of life. Fitness and wellness are the enablers to total life harmony: better health, better physical and mental performance, more enjoyment and a positive emotional state.

"I am excited for the opportunity to share my expertise and invaluable life experiences with you so that you may become educated, trained and inspired to live your best life possible and Thrive!"



Anita Ursua, CNHP, NLPP

THRIVE LIFESTYLE COACHING DIVISION HEAD

As a top professional within the health and wellness industry with over 25 years of experience, Anita has helped masses of individuals make the shift to improved emotional well being and success.

- Inductee into Marquis, Who's Who of American Women (Top 100).
- Renowned author and Award Winner: American Authors Association "Gold Book Award" for Best Health Book 2003.
- Certified Master NLP Trainer and Practitioner.

"Education changes attitudes! With improved attitudes come improved actions. With improved actions come improved lives. This is what happens with the power of improved emotional well being. I look forward to meeting with you and helping you Thrive!"

Make the choice to THRIVE

\$0.00

FINANCIAL RISK*

EARLY BIRD SPECIAL:

Register before 12/1/15 and **SAVE \$100... ONLY \$499 PER PERSON!**

Register for 2 before 12/1/15 and **SAVE EVEN MORE...ONLY \$825.00 for 2 people.**

**SPECIAL GROUP RATES ALSO AVAILABLE.

Sign up after 12/1/15: \$599 for 1 person and \$1,050 for 2 people.

****Thousands \$\$\$ worth in giveaways and prizes: Thrive Annual Health Screens, All Natural Supplementation, FitKits, Private Training, Coaching and much more!!**

***MONEY BACK GUARANTEE:** At Thrive we understand the power of our "HOW TO THRIVE" workshop and the positive impact it will have on your life. That is why we offer a money back guarantee. If after the end of the first day of the workshop you are not completely satisfied with the program, simply return all of your provided materials and we will mail you a full and complete refund. **YOUR ONLY RISK IS INACTION.**

ACT NOW AND BEGIN TO THRIVE!

Register Today



Participant(s) Information and Fee Payment

Fee Includes: All "How to Thrive" training materials, Thrive health pre-screen, snacks and lunch provided for all days.

Name(s): _____

Address: _____ City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____

Referred by (Thrive Associate Name): _____

Credit Card Information Payment Type Credit Card Check*

Cardholder Name: _____

Credit Card #: _____ Expiration Date: _____ CWV Code: _____

Cardholder Address: _____ City: _____ State: _____ Zip: _____

I authorize Elite Performance Academy, LLC dba Thrive to charge my account (provided above) immediately for the amount of \$ _____

Signature: _____ Date: _____

* To pay by CHECK, make check payable to THRIVE. Mail completed form and payment to the address below:
Thrive – 7412 Elsie Avenue, Suite 100, Sacramento, CA 95828 (This is also the Thrive HTT Workshop Location).

Make the choice to THRIVE

\$0.00

FINANCIAL RISK*

SPECIAL GROUP RATES:

Register before 12/1/15 and SAVE BIG! **Group of 3** people: **BUY 2 @ \$499.00 each** and **GET 1 FREE!** (that's ONLY **\$332.66 per person**)

SAVE EVEN MORE with a **group of 4** people...ONLY **\$1,260.00** (that's **\$315.00 per person**)!

Sign up after 12/1/15: \$1,198.00 for 3 people (that's \$399.00 per person) and \$1,500.00 for 4 people (that's \$375.00 per person)

****Thousands \$\$\$ worth in giveaways and prizes: Thrive Annual Health Screens, All Natural Supplementation, FitKits, Private Training, Coaching and much more!!**

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Address: _____ City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____

Referred by (Thrive Associate Name): _____

Participant 2 (Name): _____ Email: _____

Participant 3 (Name): _____ Email: _____

Participant 4 (Name): _____ Email: _____

Credit Card Information Payment Type Credit Card Check*

Cardholder Name: _____

Credit Card #: _____ Expiration Date: _____ CVW Code: _____

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