

STELLAR *Life*

Hosted By *Orion*

A New Approach to Fitness and Longevity

10 Point Checklist

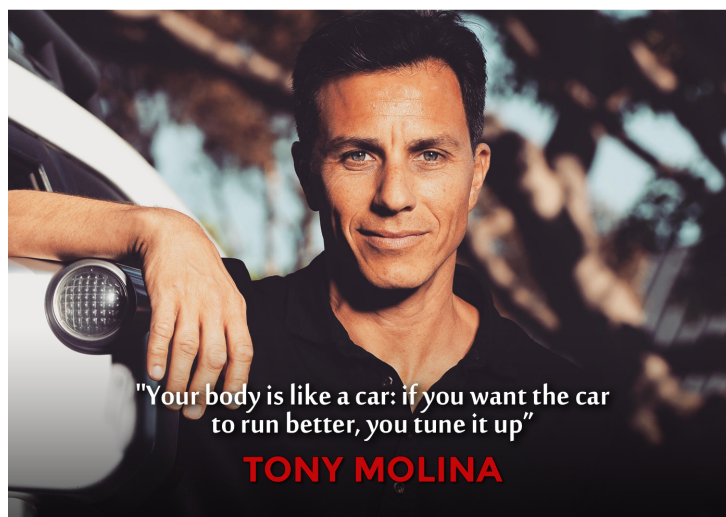
Tony Molina

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take

TODAY to start living a Stellar Life!

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"Your body is like a car: if you want the car to run better, you tune it up"

TONY MOLINA

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Ditch stretching and use the Muscle Activation Technique instead. Your body isn't looking for mobility; it's looking for stability that brings mobility.
- Instead of overloading your body with traditional fitness, do a body tune up with the technique that Tony Molina offers on www.rewireproject.com/.
- Try a bioDensity machine and get the benefit of high-intensity exercise without the risk of injury. Denser bone structure increases strength output.
- Avoid resistance training. It is accelerated degradation of your body and ultimately leads to injury.
- Think long term with your health and fitness. What you're doing now could be increasing your body's deterioration.
- Work with a Power Plate to consistently promote acceleration in your body. Power Plates also increase productivity and decrease the need for stimulants.
- Make your body a priority. The old paradigm is that your mind and body are separate, but modern research is finding they are more connected.
- Try cryotherapy. Boost your immune system and energy levels immediately with this nitrogen-gas treatment.
- Design a compelling future. By setting the right goals, you can motivate yourself to achieve. Follow through to ensure success.
- Find out more about Tony Molina and his work to transform the health industry at www.rewireproject.com