

What is a Smart Life?

Many of you have asked me why I started Smart Life. The essence of this brand stems from my overall approach to health and how my family and I live. Each component is represented in the vibrant, energetic colors of the Smart Life logo, as well as the entire design process behind the brand by TLVD. Hopefully, you'll feel as vibrant and energetic when living this way, too. Follow the link above to see The Smart Life journey unfold conceptually, much like it will in your own life.

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Fresh + Healthy + Nourishing

The Smart Life logo is shown through primary colors. Their vividness represents the energy found in naturally bright, antioxidant-filled foods that produce those same effects in your body: bold, colorful and high-energy. The soft gradients remind us that the nourishing food plays into other areas in our life, keeping us strong, focused, powerful and happy. Whether it's fresh organic foods from a variety of food groups, exercise that makes you sweat, or relationships that bring you joy, pursue what feeds you. That's a Smart Life.

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Natural transformation

Natural and whole foods as they appear in nature, superfoods that change your mind and body, workouts that actually work. No chemicals, gimmicks, tricks, false promises or fads. When you nourish your body with real whole foods, support it with vitamins and minerals found in nature, and stay active every day, change happens gradually and proportionally allowing you to achieve balance.

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Balance

The Smart Life refers to the simple math behind balancing all areas of your life. When all the components of your health – food, fitness and lifestyle – work together in harmony and unison, the result is strength, energy, and vibrancy in perfect proportions. When life is in balance, change happens naturally.

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Cycle of Life

The Cycle of Life is the perfect symbol for our core 6 Months to a Smart Life program. Like the Cycle of Life, you become more vibrant and energetic the longer you stay in the program. We've used each month as a milestone, represented in the six golden ratio spirals in a circular arrangement. These reflect the changes you will go through as we work together each week over the course of 6 months, or 24 weeks. And like in nature,

you will see your body flourish in response to your efforts.

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Smart + Active + Engaged

When you actively take charge of your health, your mind and body respond. Whether this is upping your workouts, cooking more at home, organizing your kitchen or involving your family in healthy activities, being proactive about health means success. For all of you. This concept is represented in our logo through dimension and depth with abstract highlighting and shadowing. The circular motion and 24 segments show that a Smart Life is about staying engaged and active, not just on the surface, but by making good choices all the time.

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Smart Life's commitment is to be your personal health champion, showing you exactly what good choices look like and how to make them moment by moment. Whether teaching you proven diet strategies, arming you with new fitness tools, or sharing secrets for balancing work and play, my 6 Months to a Smart

Life program will help you learn to live a life you love. Book a FREE one-hour consultation with me today and see how one call can change your life.

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