

Stress Less. Live More.™

**If you knew you'd live to be 100,
how would you change your life?**

**It's time to Stress Less and adjust your lifestyle. If not now, when?
Calculate your M-PYR™, Minimum Potential Years Remaining.**

1. Your oldest grandparent ever _____
2. Your current age _____
3. Your M-PYR™ (Line 1 minus Line 2) _____

Don't wait for a crisis! Here are The Life Three Changing Principles of The 100 Year Lifestyle:

1. Change is easy. Thinking about change is hard.
2. Change happens one choice at a time. Think progress, not perfection.
3. Approach change with your ideal 100 Year Lifestyle in mind.

List the immediate goals and changes that you know deep down in your heart you want to make:

1. _____
2. _____
3. _____
4. _____
5. _____

What are the long-term and lasting goals and changes you want to make?

1. _____
2. _____
3. _____
4. _____
5. _____



adjust your lifestyle™

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