

FIT TO LIVE TODAY


# 6 STEPS TO HEALTH

**TAKE THE FIRST STEP**

REMOVE TOXINS FROM YOUR  
HOME

Create a big Impact with minimal effort





# How Healthy and Energetic Would You Like to Be?

*Would you like to be more proactive in preventing disease and enjoy greater health and energy?*


Here are some areas to improving your health and creating a healthy home.


Select 1-2 actions from each area to improve on in the next 3 months!

Reduce you & your family's exposure to toxic chemicals & toxins in your home:

1. Do you use non-toxic cleaning products in your home? Email [info@fittolivetoday.com](mailto:info@fittolivetoday.com) for easy recipes and how to save \$300/year in cleaning supplies.

2. Do you use non-toxic personal care products, i.e. shampoo, tooth paste, lotions etc.?






3. Do you use non-toxic skin care and cosmetics? Most of these products have many toxic ingredients.

4. Do you use pure, therapeutic grade essential oils instead of artificial fragrances in perfume, room sprays or plug-ins? Contact [info@fittolivetoday.com](mailto:info@fittolivetoday.com) for diffuser recipes.


5. Do use non-toxic baby or children products?


6. Do you use common health products? Many of these have toxic ingredients.



7. If you have pets, do the products you use have toxic ingredients?


8. Do you do internal cleansing to get rid of toxic chemicals already stored in your body?






9. 1 out of 2 homes have mold which is toxic to your health. Do you do have mold in your home or experience mold symptoms?

10. Have you had your home tested for radon? (2nd leading cause for lung cancer) Contact Radone at 612-900-7455 or email [samuel@radonetoday.com](mailto:samuel@radonetoday.com).



**Ready to go deeper or move to the next steps on your path to health? Visit [www.fittolivetoday.com](http://www.fittolivetoday.com) to get started.**



# MEET LINDA



I am passionate about educating others so no one else has to go through a cancer experience to learn what I did. I'm also fortunate enough my mom is healthy enough to swim with the dolphins at 92 years old.

There are no magic bullets to health. I have 6 steps to enjoying great health and wellbeing that I would like to share with you which incorporates what I have learned through owning a health and fitness business for 30 years.

I am a nuts and bolts kind of person. I need things to be practical. I am busy. We are all busy. My goal is to provide practical solutions to enjoy a healthy life & reduce toxic chemicals in your home. I will share products I use myself that meet my quality standards. Not only will this make a difference in your own health, but in health of the environment too.

Ready to create a healthy life and non-toxic home?

Life is supposed to be fun! Let's create a lifestyle that gives the health and energy to enjoy it!

Let's begin!