



EMPOWER THE PLANET

best practices that I can implement NOW
that will have an impact on others

leave a star rating and review on Facebook, Yelp, and Google Plus. . .

many of our clients, challengees, and even corporate accounts come to us from the power of heartfelt ratings :)



star rating and review on Facebook. beneficial for anyone who ventures to our page!

Facebook is a great tool for spreading the word through our connections.

www.facebook.com/paulctijerina



star rating and review on Google Plus. if you have a gmail account, we appreciate your rating and review! these star ratings show up in web-based search results, as well as on Android based map systems, and google maps. <http://plus.google.com/+Paulctijerina/>, must be logged into Gmail.



star rating and review on Yelp. the premier place for serious consumers looking for legitimate reviews to help them make purchasing decisions. these star ratings also show up on iPhone Maps, and therefore are crucial because of all the iPhone users.

<http://www.yelp.com/biz/paul-c-tijerina-las-vegas>

**please take the time to share your experience on
each one of these platforms.**

you may also visit <http://www.paulctijerina.com> for a compilation of
all our social media links.



checking in while visiting, meeting, or purchasing



whenever you pay us a visit, CHECK IN! you have no idea how valuable this is in helping us #empowertheplanet! checking in shows others what you're doing and where you're spending some of your valuable time, WITH US! checking in gives you veteran status as a SuperHuman. and checking in helps to validate us as a business. check in on any or all of Facebook, Google Plus and Yelp.



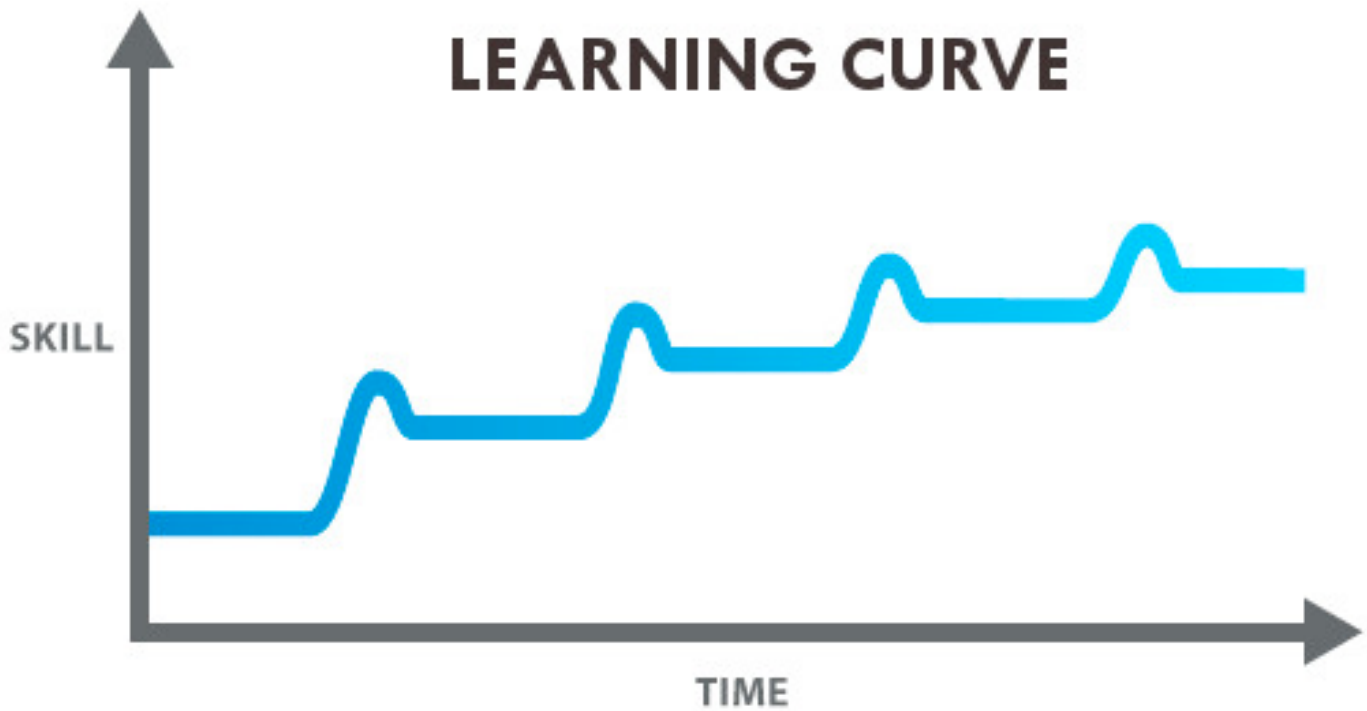
posting on your personal page using hashtags



we LOVE to see activity in our Facebook group SuperHumans United. AND, we'd love to see some of that same activity on your personal feed! understand our group is a "closed group," meaning others cannot see what we post. which is great, we want some things private. AND we probably want to share some of the great things happening with us! when you do, please continue to use our hashtags, and feel free to share our links and pages such as paulctijerina.com superhumantransformation.com and facebook.com/paulctijerina



WHAT IS THIS SHT?! it stands for SuperHuman Transformation. it's a 10-week challenge that teaches you all about real food and lifestyle factors that are crucial for making you look, feel, and perform like a freakin' badass. and it's so much more! it's really hard to explain, you just have to go through it to experience it!



it is absolutely crucial you remain in a state of learning. as often as possible, join us for one of our programs or progressions. even if it's a program you've done before, being involved in **any** program, over time, helps:

- hone your skills.
- keep you diligent.
- keep you learning.
- keep you progressing.
- keep you connected with others.

the SHT is foundational! and then we recommend you joining us for talks, community events, and advanced programs!

ADVANCED PROGRAMS

10-weeks, foundational:

- real food
- natural solutions
- circadian rhythms
- grounding outdoors
- meditation & mindfulness
- cultivating community

6-weeks, optimizing:

- 100% real food only
- experimenting with manipulating macros
- blood sugar testing
- advanced strategic fasting

2-weeks, optimizing:

- 100% real food only
- facilitate your body's natural detox pathways
- strategic supplements
- adjunct and supportive therapies

10-weeks, foundational:

- real food
- natural solutions
- circadian rhythms
- grounding outdoors
- meditation & mindfulness
- cultivating community



★ **ATAVIST** ★
PURIST & FAT LOSS
 rediscover how we were meant to eat

STRATEGIC
DETOX





EMPOWER THE PLANET

THERE IS MUCH LOVE HERE FOR ALL OF US

closing thoughts

congratulations on taking this first heroic, and for many, challenging step, towards optimal health. it has been an honor and pleasure working with you, seeing you commit to workouts, food, and lifestyle factors, and slowly evolve into lifelong, committed SuperHumans.

although we all adapted differently, and had our own unique struggles, we ALL made progress. whether it was learning progress, body composition progress, mental clarity, or performance progress. I want you to understand and remember an extremely important set of crucial points:

- **your progress will always go through phases.** ups & downs, strikes & gutters, good and bad. without the contrast of good vs bad, you'll never know improvement. but if you commit to the food, fitness, and lifestyle factors for a lifetime, *your trend-line will always be moving upwards.* do not get discouraged by periods of strength loss, conditioning changes, symptom changes, or body composition fluctuations. THIS HAPPENS. focus your efforts on the *commitment* to all our SuperHuman principles, for a lifetime.
- **scale weight means NOTHING.** forget the scale. throw your scale away. it's worthless.
- **body fat % can mean *something*.** but it isn't the end-all, be-all.
- **always, always, always measure progress by how you look, feel, perform, and think.**
- **your idea of what you want your body to be, and your body's idea of what it wants to be, may be completely different.** get out of the mentality that you have to have a six-pack and be extra lean to be healthy. some people have the predisposition to look this way. others of us have the predisposition to be a little "thicker" for lack of a better term. over the long-term, we will ALL become lean, strong, and powerful looking, as long as we eat as we were meant to eat, move as we were meant to move, and be conscious of lifestyle factors such as sleep, sun exposure, grounding, and personal development. we will never fully understand how the body prioritizes what changes it will make or in what order. **but it will make these changes.** trust in your body's Innate Intelligence. eat real food, move functionally, be conscious of other lifestyle factors, and it will respond perfectly over time.
- **use us and our private practice services.** we have a wealth of experience and knowledge. if your mind has been even slightly blown with this information, understand we have years more where that came from. this is just the beginning. let us help you down your continued path to being the best SuperHuman you can be.
 - maintenance meetings
 - detoxification protocols
 - ketogenic
 - advanced programs
 - and so much more



remember, you have me, our HQ team,
SuperHumans United, and our community, for life!

WE LOVE YOU ALL!