

SUPERCHARGE YOUR PERFORMANCE WITH THE 5 PILLARS OF WELLNESS



Reclaim Your Power with Nova Fusion



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DAN'S HEALTH STORY

In 2015, Dan was diagnosed with Ulcerative Colitis, and his entire life flipped upside down. He slipped down a dark path, but those experiences became the spark that launched him into self help and healing.

After two major surgeries, countless ER visits, and 8+ years of trial and error, he is here to share his story and the lessons learned on his journey to help you heal and live life on your terms, not your body's!

In December 2020, Dan rebranded his personal blog to Nova Fusion while taking online classes at Michigan State University due to the ongoing pandemic. Nova Fusion is an icon of inspiration and beacon of hope for those battling adversity to show and provide the tools to overcome your battles and thrive on the other side!



THE 5 PILLARS OF WELLNESS

Supercharge Your Performance with The 5 Pillars of Wellness! This groundbreaking guide to wellness will spark a healthy lifestyle and revolutionize the way you feel, think, and live.

Start with prioritizing your mental health as it's essential to managing stress and cultivating a positive mindset to foster a foundation of unshakeable inner strength. Fuel your transformation with our adaptable approach to nutrition, designed to elevate your energy and sharpen your mental clarity, turning every meal into a step towards optimal health. Heat up with a fitness philosophy that aligns with your passions and celebrates movement in all its forms, ensuring that staying active is not just a chore but an enjoyable experience. Venture boldly into the realm of cold exposure and discover a secret weapon to fortify your physical resilience and rejuvenate your body in ways you never imagined. Mastering time with the art routines is the final pillar to turning these new habits into lasting lifestyle changes that deliver optimized results.

The 5 Pillars of Wellness isn't just a guide; it's the gateway to a life where every day is a peak performance day. More energy? Check. Clearer thinking? You got it. A body that feels and looks fantastic? Absolutely. Embrace these 5 pillars of wellness and witness a transformation that goes beyond health - a journey to the best version of you!

MENTAL HEALTH

Your mental health is the most important aspect of your overall health. Without a strong foundation, you'll be less likely to follow through on what you need to do to improve your overall health.

How motivated are you to exercise when you don't feel well? Do you still cook your meals or do you go for convenience and comfort?

The challenging part is that we can't escape hard times or stress. It's a constant of life that can't be avoided. We're both going to have challenges no matter what we do.

The question becomes, do you want meaningful setbacks that force you to level up and grow or meaningless struggles that stack and become emotionally heavy?

It's much easier to give in and settle but you have to fight the temptation because that doesn't do anything to move you forward in life. You are capable of so much more. The secret to building your self worth is to follow through on the promises you make to yourself. That stacks self respect and momentum as you develop a new identity and relationship with yourself.

Small steps lead to big strides!

MENTAL HEALTH

**So how do you maintain a positive headspace?
The key is stress management!**

Events themselves are neither good, bad, nor stressful. It's our perceptions about them that have the power to terrify us. Life is perception; you can flip the script to turn any "negative" into a positive!

You can't change the past and what happened. However, you can change the story and meaning behind it. Focus on now and what's next, not what was or what could've been.

Here are a few of our favorite methods to manage stress:

1) Have positive outlets - these are the energizing hobbies that recharge, recenter, and uplift you.

Here are some examples: exercise, art, reading, cooking, positive podcasts, etc.

2) Mindfulness and meditation - stillness is the key! This may sound hypocritical but one of the most productive things you can do is to stop and breathe. When you're feeling rundown or overwhelmed, stop to clear your mind and come back with a new rejuvenated headspace.

MENTAL HEALTH

3) Seek voluntary discomfort - prepare for the storm before it comes!

Examples: cold showers, exercising, and waking up early to jumpstart your day!

4) Nature - nature is medicine! There are few things in life that a peaceful, refreshing walk outside can't fix or make the situation better.

5) Journaling - I've been journaling nearly every day since March 14, 2018, and it has transformed my life! There's something therapeutic about getting your thoughts out of your head and on paper. It helps organize your clustered ideas while removing some irrational emotional attachments and provides a new perspective to take clear action forward.

Challenge: How can you improve your mental health and attain a positive headspace?

Here's an extra resource to improve your mental health :)

samehereglobal.org



NUTRITION

When it comes to nutrition, it's hard to get accurate advice with all the misinformation. Even if you find a creditable source, what works for someone else may not work for you. Every-body is different!

I learned this about my body throughout my 8+ year journey with Crohn's Disease and not having a colon. There have been so many times when a doctor, nutritionist, or a credible source online says a certain food is safe for someone with Crohn's and other Inflammatory Bowel Diseases, so I try it and then pay the price because my body doesn't agree.

Unfortunately this is a game of trial and error. Although I have extensively researched and tested different foods to find what my sensitive system can tolerate, it may not work for you. BUT because my system is a bit extreme, what works for me will mostly likely work for you too.

Now let's face the facts. If you're eating junk and not optimizing your nutrition, you're not going to feel or perform your best.

We truly are what we eat. (and think!)

Would you rather have the short term satisfaction of unhealthy food or the long term fulfillment of better health, relationships, and impact?

NUTRITION

The good thing is, eating healthy doesn't have to be hard, and you don't have to sacrifice the pleasure of great taste!

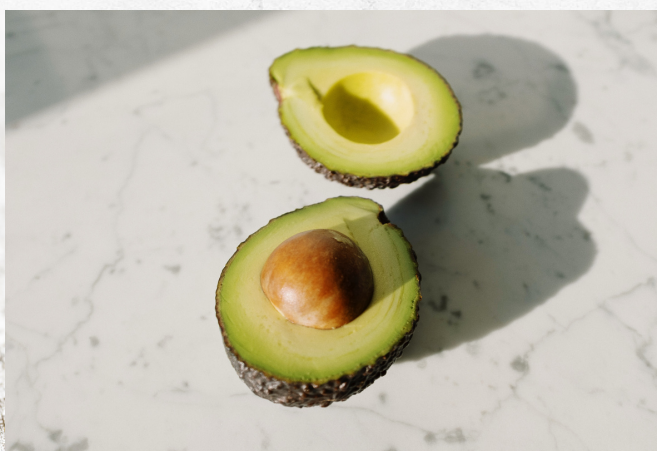
Here are our top 6 favorite superfoods:

- 1) blueberries
- 2) avocado
- 3) eggs
- 4) salmon
- 5) green tea
- 6) whole fat yogurt



Challenge: how can you incorporate these superfoods into your daily meals to eat cleaner so you can feel and perform your best?

And don't be afraid to mix and match to create Supersnacks!



EXERCISE

Let's keep this one simple because we all know that exercising is good for your overall wellness, mind and body.

The key is finding things you enjoy and look forward to doing because, let's be honest, going to the gym at 6 am isn't always the most fun!

Even though I typically don't want to go to the gym early in the morning, I ALWAYS feel better afterward!

Challenge: how can you find ways to move your body and stay active daily?

Everyone should walk for at least 30 minutes and stretch out for 15 minutes as a minimum daily standard to maintain a healthy body.

Here are some fun ways to exercise beyond the minimum standard:

- 1) Sports! My favorite is basketball**
- 2) Hit the weights**
- 3) Visit a nearby state park**
- 4) Get groovy and dance it out**
- 5) Take your good dog for a long walk**



Just do something that gets you moving!

COLD EXPOSURE

Some of you may try to skip this section so I'll get straight to the benefits and why you **NEED to incorporate cold exposure into your weekly routine.**

Cold Exposure Health Benefits:

- 1) reduce inflammation**
- 2) improve immune system**
- 3) develop mental resilience**
- 4) and much more!!**



Just like going to the gym in the morning, you won't want to get into the cold, let alone stay in it, but you will feel amazing after!

Cold exposure is threefold; you tap into the power of your breath, activate your body's natural healing processes, and take control of your mind.

As stated before, nature is the best medicine to feel and perform your best!

COLD EXPOSURE

Here's how to start: the cold shower

All you need is 10 seconds of courage!

If you're new to this, take a normal shower, then get cold for the last 20 seconds. Then, train yourself to go longer for 30, 40, and 60 seconds!

Stick with it for a week or so and you'll be able to do an entire cold shower to reap all the benefits before you know it!

Next level action: the cold plunge

Think you got what it takes?!



Get in for 2 - 5 minutes, depending on the temperature (30 degrees and below should be closer to 2 minutes)

Lean into the cold experience and surrender.

Pro tips:

- Focus on slowing down your breathing with deep breaths.**
- Remember that it's just water and won't harm or kill you.**
- The initial 30 seconds is the worst. You will adjust.**

ROUTINES

Here's another secret.

The perfect morning routine doesn't exist!

BUT.. that doesn't mean you shouldn't have one. Here's the deal, you can't just try to copy [Tony Robbin's routine](#) and expect the same results.

Instead, be water and create your own routine based on what works best for you. For example, if you discover Tony meditates first thing after he wakes up and you're not a meditation person, don't feel obligated to do it! On the flip side, if you find out that he cold plunges immediately after his meditation and you know cold showers work for you, adopt that.

Now that doesn't mean you shouldn't try new things! You may be thinking, "There's no way I'm doing a cold shower!" If there's that much resistance, you should see it as a green light to get out of your comfort zone to grow and become better!

Lean into discomfort. The best things in life are on the other side of what you fear. Would you rather take a shot or live with regret wondering what could've happened?

Just know that you miss 100% of the shots you don't take. And there is no such thing as failure. Only improvement.

ROUTINES

It's honestly super simple!

Over time you will find habits and create routines that work for you.

Here are some suggestions we love incorporating into our morning routines to optimize the rest of the day:

- 1) hydrate with salted lemon water**
- 2) stretch out where you're tight and sore**
- 3) take a cold shower or plunge**
- 4) fuel up with fat and protein**
- 5) create and prioritize a to do list for the day**
- 6) do the hardest task of the day first**

It's hard to be consistent without regular routines and it's harder to be successful without consistency.



NEXT STEPS

Are you ready to take your health to the next level?

What if you could transform your life in 21 days?

Would you do it?

As a wellness coach who has lived with a chronic illness for the past 8+ years, I know firsthand how important it is to maintain your health. Since diagnosis, I've invested blood, sweat, and tears into researching the best ways to heal, restructuring my diet, fighting to survive, developing new routines, and receiving client success transformations.

Nova Fusion's 21 Day Wellness And Resilience Challenge will show you how to apply the same methods that helped me and countless others become mentally and physically fit. We've condensed years of trial and error into days to provide you with a simple recipe to execute and achieve lasting results.

Healing is possible and the first step starts here!

[Click Here to Transform your Health and Life!](#)



STEP INTO YOUR POWER

This groundbreaking guide to wellness will spark a healthy lifestyle and revolutionize the way you feel, think, and live.

The 5 Pillars to Better Health and Performance presents a simple approach to wellness that incorporates five key elements: mental health, nutrition, exercise, cold exposure, and routines.

The 5 Pillars of Wellness is the gateway to a life where every day is a peak performance day. More energy? Check. Clearer thinking? You got it. A body that feels and looks fantastic? Absolutely.

Embrace these 5 Pillars of Wellness and witness a transformation that goes beyond health - a journey to the best version of you!

**Want more amazing information?
Listen to **EMG Transformations!****

