



WIN THE DAY.

HEALTH TALK

FreeForm Health is all about empowerment and freedom. We believe in the power of community engagement, taking immense pride in our core values, and demonstrating unwavering ownership in every action we take. Our mission is simple yet powerful: to inspire people to embrace freedom. Join us on this journey towards empowerment and a brighter future.

This presentation is a comprehensive guide to personal growth, emphasizing the importance of time, satisfaction, relationships, and adapting to change. It also outlines strategies for removing distractions, taking control, and how to play the 'game' of life. Furthermore, it provides insights on the human body's adaptability and the importance of health checks.



KEY TOPICS



**OUTLAST THE
TEMPORARY**



**ADAPT TO YOUR
ENVIRONMENT**



**THE CURE TO
ANXIETY IS ACTION**

CALL TODAY TO GET SCHEDULED

817-431-5100

FIGHT OR FLIGHT

WHAT HAPPENS TO YOUR BRAIN WHEN YOU BECOME STRESSED?

HOW TO THINK OUTSIDE THE BOX WHEN IT COMES TO STRESS?

HOW CAN YOU PHYSICALLY REMOVE MENTAL STRESSORS IN YOUR LIFE?



The mission of FreeForm is to **HELP PEOPLE LIVE FREE.** Through this mission, our team focuses on connecting the community, having pride in what they stand for, and taking extreme ownership in their actions.

With Americans feeling more stressed than ever, we have developed a health talk that equips YOU with the tools to combat this invisible threat. No one will **COMPLETELY** eliminate stress from life; however, we can identify stressors and have an action plan to create a more peaceful life through the principles taught in our **FIGHT OR FLIGHT TALK.**

77%

of people experience stress that affects their physical health

73%

of people have stress that impacts their mental health

BE SUPERHUMAN

This presentation discusses how to tap into one's potential to become 'superhuman'. It covers various aspects such as mindset, motivation, and method, the villains that hinder progress, an understanding of our brain's functions, effective dietary habits, the importance of sleep, and the power of habit. It also discusses biohacking, a modern approach to self-improvement, and ends with the services provided by Freeform for comprehensive health improvement.

