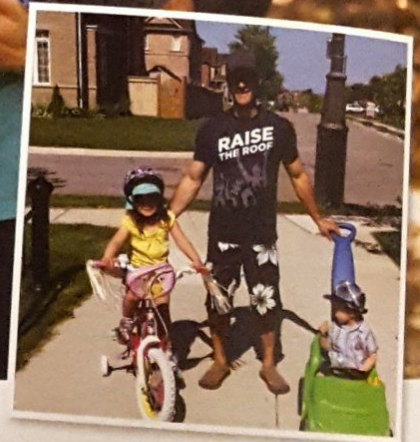


JASON SNIDER, 34  
NEW MARKET, ONTARIO



## Reflecting on the Past. Working for the Future.

A DAY IN THE LIFE OF ISABODY  
CHALLENGE HONORABLE MENTION  
JASON SNIDER<sup>Δ</sup>

written by jim burch

Jason Snider's mornings don't begin with a weight room or a winding running trail. Instead, he starts every day with a small journal on his kitchen table. Every day, he writes down five blessings in his life and reflects on his thoughts and goals for the future. Jason may be a high school teacher by profession, but this isn't homework. It's part of the spiritual well-being that forms his healthy lifestyle.



"Each morning I wake up around 5:30 or 5:45 and go through my gratitude," as Jason calls it. That's the process of writing in his journal and reading scripture before the day begins. Jason writes about his health, family, blessings, and anything positive in his life for which he's thankful.

In addition to starting his day with mental exercises, Jason is sure to exercise his body too. He is a 2015 IsaBody Challenge® Honorable Mention and definitely had to put in the hours to earn the title. His home gym is equipped with a TRX suspension training system, pull-up bar, free weights, a BOSU and FitBalls. It's a home paradise for the ultimate bodyweight workout and it's where Jason trains each morning before teaching in Richmond Hill, Ontario.

But the hours spent sculpting his physique don't pay off without proper nutrition, and that's how Jason and his wife Sarah discovered Isagenix. Jason's wife runs a mom and baby fitness program, and a mother in her class first recommended the products. They approached with caution, asking their friends in the

health and wellness industry what they knew about Isagenix and did months of research to learn every last detail about the products.

"My wife was pregnant at the time," says Jason. "And she suggested I be the guinea pig and try the 30-Day Cleansing and Fat Burning System." At the time in 2013, Jason taught physical education but was neglecting his own physical health, but his first experience with an Isagenix System was about to change all that—it was his first step toward a new healthy lifestyle.

Since then, Jason has completed five IsaBody Challenges and uses the products as the backbone of his diet. Jason is still a full-time teacher, and when he's not writing in his journal or grinding away in his home gym, he is most thankful for the person who helped him start it all.

"My wife has been so amazing and supportive," says Jason. "I never thought the products would have such an impact when I started, but she really created an IsaMonster in me!"



## DAILY ROUTINE

### MORNING:

- » Pre-workout (AMPED™ Power, IsaPro®, e+™, and Ionix® Supreme)
- » "Gratitude" with Journal & Scripture Reading
- » Write out business and health goals for the day
- » 30-Minute, High-Intensity Workout in Home Gym with AMPED® Hydrate
- » Post-Workout IsaLean® PRO Shake, Ionix Supreme, Isagenix Fruits™ and Isagenix Greens™
- » Second IsaLean PRO, Ionix Supreme, Isagenix Fruits and Greens after arriving at school
- » Isagenix Coffee in travel mug

### AFTERNOON/LUNCH:

- » IsaLean PRO Shake
- (OR) Greek yogurt & homemade granola

### AFTER SCHOOL:

- » IsaLean Bar
- » Listen to personal development audiobook during commute home

### EVENING:

- » Free-range, organic meat, wild fish (usually salmon), or chicken breasts with fresh vegetables
- » Occasional t+ Chai
- » IsaPro
- » Sleep Support & Renewal™
- » Read through goals and personal development

### FAVORITE RECIPE

- » Homemade granola (KAMUT® puffs, spelt flakes, rye flakes, almonds, chia seeds, sunflower seeds, pumpkin seeds, and raisins)
- Mix with Greek yogurt and drizzle with coconut oil and honey.