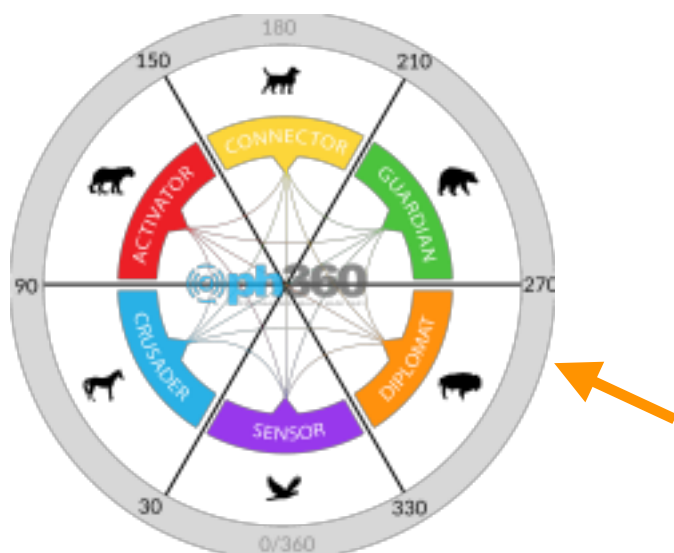


## Welcome to Your Precision Health Plan!



Your HealthType is a **DIPLOMAT.**

Your position on the circle is **285**

When you think of the Diplomat, think of a Buffalo.

They are strong, reliable, and contemplate life at their own pace. Time and space are important for them - rushing or deadlines cause stress and they often need time to just sit and watch the day go by or the sun set. They will think before doing - often to the point of procrastination and not following with action. This body is enduring and extremely resilient and works best at a slower, steady pace.

The Diplomat body requires TIME & SPACE. A clear, open, flowing, and natural physical space is key at home, work and other areas when you spend your time.

Clearing clutter is helpful - making things more spacious in your physical spaces and organized in the way that makes sense to you. This is also helpful for your schedule - plan ahead so you know what is coming up and have the space to move as you desire.

Work and using their genius (natural talents) is very important for the Diplomat. Understanding the 'big picture' and direction of work is vital and makes actions and decisions at work much easier - if it aligns with the greater goal it can be a 'yes'.

A gradual change into a role that is aligned with your genius and purpose can have a huge impact on the health and well being of a Diplomat.

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## Getting Started

Your Precision Health Plan is based upon the incredible and innovative technology of Shae™ which provides incredible insight into your genetic and epigenetic profile, indicating the potential of your unique body, how it works and how you can keep yourself healthy and happy through simple lifestyle choices. All of the recommendations found within Shae™ are tailored precisely to you and will change as you change too!

It covers:

- ❖ **FOOD** - the best foods for you, why and when to eat them, recipes, meal plans and tracking
- ❖ **FITNESS** - classes and personalised workouts, best time of day for exercise
- ❖ **LIFESTYLE (MIND, GENIUS, PLCE & SOCIAL)** - how you react to your surroundings, relationships, and work. How your brain works and the influence of your hormones

**To access your account:**

<https://app.ph360.me/>

And **download the mobile app, Shae™** (not ShaeFit™) **from your app store.**

You will have been sent your username and password via a separate email. **Please ensure you change your password once you have logged in yourself for the first time.** This can be done by clicking your initial icon in the top right corner of the dashboard, then 'My Account'

### TASK:

1. Take some time to explore your precision health recommendations and Shae™ app.

## LifeStyle Priorities of a Diplomat

Each of the HealthTypes has a tendency to respond most heartily to one or more of the specific epigenetic areas, depending on their current state of health. For the Diplomat, the Lifestyle Priority order is:

1	2	3	4	5	6
PLACE	GENIUS	FITNESS	FOOD	SOCIAL	MIND

This simply means that the Diplomat will respond the fastest to a place that supports their needs. When their environment is sorted, the next area that will have the greatest impact is their work or how they spend their time. This continues down the list of Lifestyle Priorities, with Mind still making an impact on the Diplomat's overall health, but comparatively the least amount of impact.

### The Diplomat Starter Plan

#### 1. De-clutter spaces and places

- ❖ De-clutter the room at home that is causing the most stress for you.

#### 2. Own your schedule and work on your time

- ❖ Take your mornings at your own pace whenever you can.
- ❖ Plan your food and exercise for the next day.
- ❖ Plan your work schedule so you know what is ahead

#### 3. Enjoy a later, stress-free breakfast

- ❖ Try sticking with fluids until your first main meal (check your profile for the best timing).
- ❖ Find a way to be calm in the morning - perhaps plan and organize everything the night before, do some deep breathing or take a stroll out in nature.

#### 4. Train later - try to match your Fitness Clock

- ❖ AVOID big energy expenditure in the mornings - don't do failure-based/HIIT early.
- ❖ Get into slower, strength based or low to moderate cardio in the afternoon.

#### 5. Lunch is your biggest meal

- ❖ Enjoy up to 130g of protein and lots of vegetables (including root vegetables) from your list.

## TASK: My Starter Plan

1. Do any of the above points in the Diplomat Starter Plan stand out to you?
2. Where would you most like to start with making changes?

We will discuss all of these further in your next appointment

Feel free to make some notes on your thoughts here. Maybe you would like to jot down some areas you'd like to start working on. Alternatively, use this space to reflect on your findings as you wish.