

TENDENCIES AND TRAITS

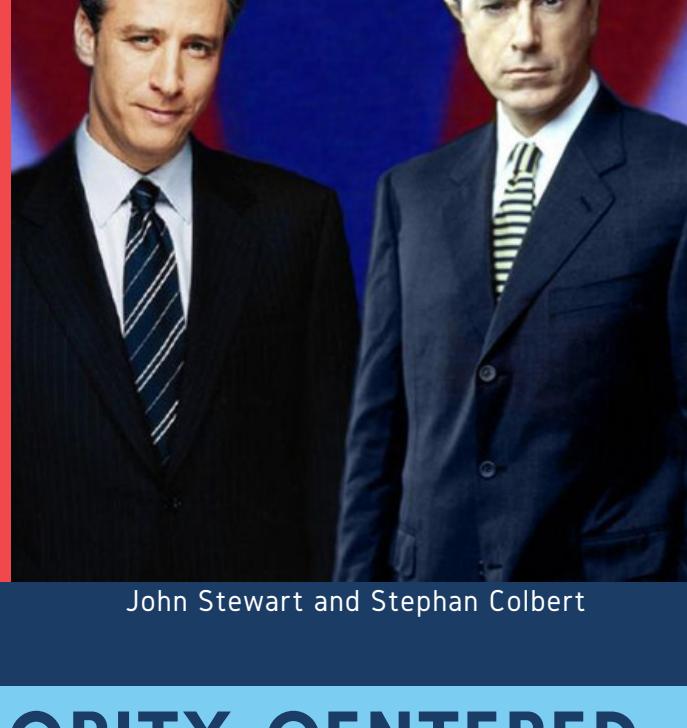
of the IMPROVISOR brain type

(4% of the population)

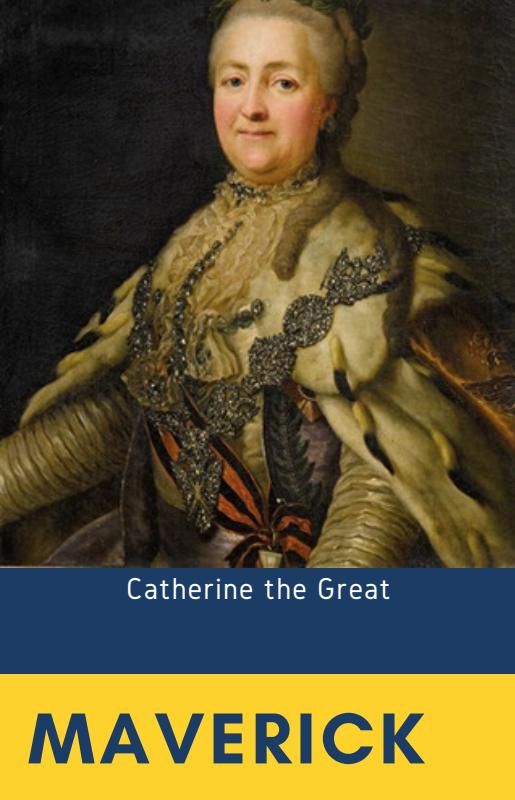
FUN-LOVING

Your brain type is wired for improvisation, which also happens to make you good at humor (both understanding it and delivering it).

Your brain needs to have fun and to experience a health and fitness journey that is enjoyable. You quickly tire of things that feel tedious, routine, or boring, so if that happens, be sure to build in something you enjoy to keep those health and fitness habits going.



John Stewart and Stephan Colbert



Catherine the Great

PRIORITY-CENTERED

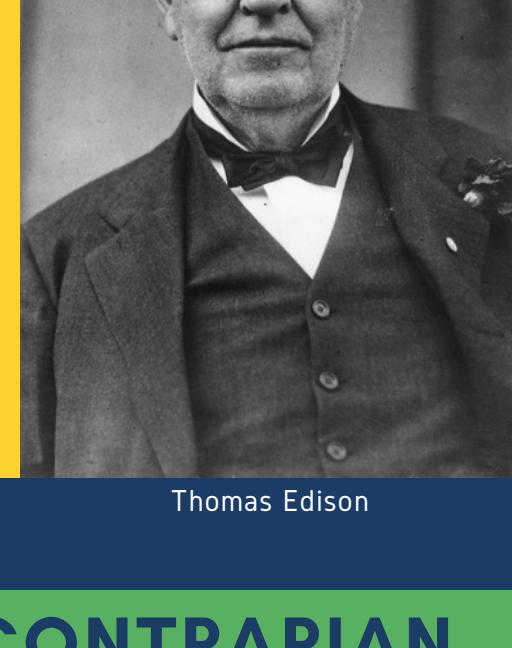
Like Catherine the Great, you have tremendous abilities and can use them to achieve success with anything you assign a high priority.

If health is not a high priority, you may struggle more than some of the other brain types in keeping pounds off and breaking unhealthy habits. Be sure to make health and fitness at or near the top of your list so your abilities remain focused in that direction.

MAVERICK

You rarely play by established rules and are always open to new possibilities. You enjoy outwitting the system, to experience the joy of being ahead.

Be careful with this tendency, because if you try your own experiments to “outwit” this system (or any other proven health or fitness system), you will most likely be treading on dangerous ground that could negatively affect your health and fitness progress.



Thomas Edison



Socrates

CONTRARIAN

Your brain type is stimulated by a good argument and it doesn't really matter what side you are taking. In fact, playing devil's advocate can be the most fun for you because your pleasure is found in taking ideas apart to see what really works and what doesn't.

Like Socrates and Plato, you may be inclined towards learning new concepts through debate and examination, so go for it and keep that skepticism, but be careful to engage only with people who are experts in their field or you could become frustrated by their “ignorance” since your real goal is learning.

SHORTCUTS AND TIPS

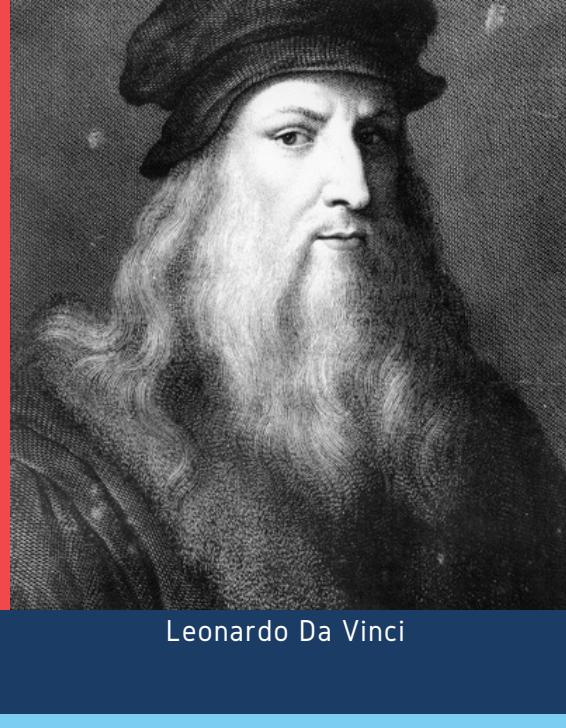
specifically selected for your type to help you achieve optimal health faster, with less frustration and more success.

CHANGE IS GOOD

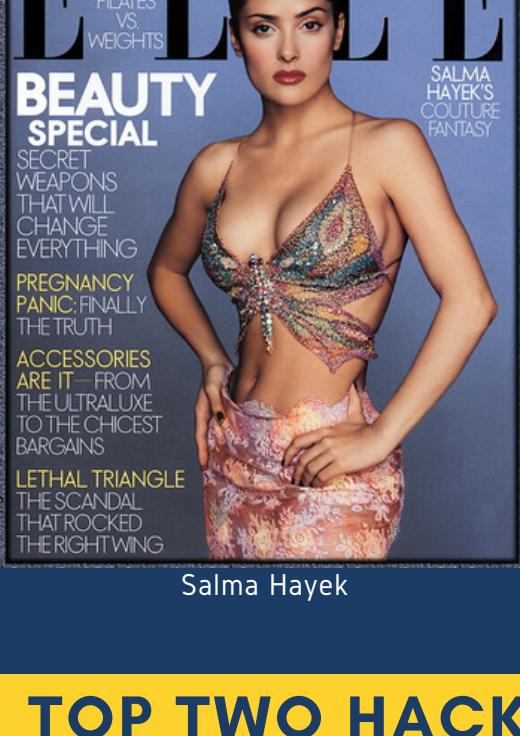
Like Leonardo Da Vinci, you do not like to do the same thing twice, and you rarely follow directions precisely. Instead, you prefer to improvise with methods of your own design.

Feel free to change and alter healthy recipes you find to create your own variations, provided of course, that you stay within healthy guidelines.

Your brain needs variety, so changing things up is necessary for you to stay interested. Just be sure to stay within the guidelines of your plan to stay on track.



Leonardo Da Vinci



Salma Hayek

BEST WORKOUT

Group classes with a high-energy instructor will be the most motivating and fun for you. Find a class that changes routines at least once a month to keep your brain interested and your habits consistent.

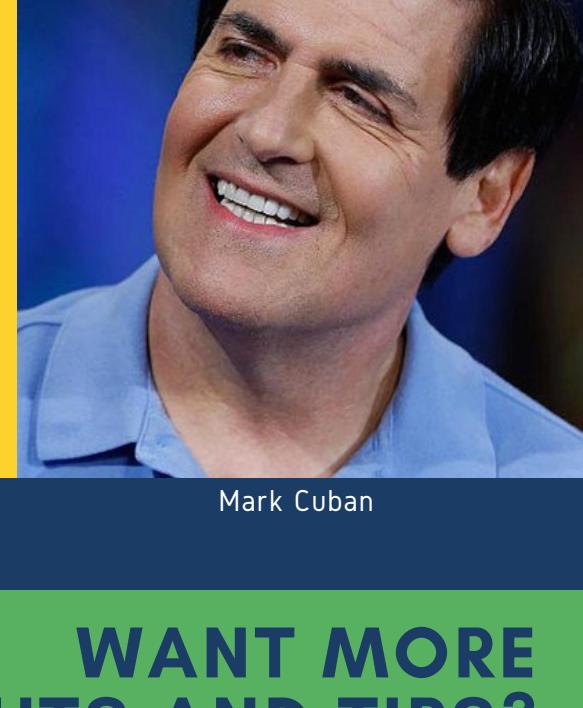
You will also do well with a personal trainer or workout partner, as long as your routine changes often and they are open to your suggestions and ideas to tweak things on occasion.

Longer workouts and short, high-intensity workouts will both work for you. Mix it up and choose what you feel like doing on a day-to-day basis.

TOP TWO HACKS

Your vivid imagination pulls you towards new projects, new situations, and new activities. Be sure to commit to this program closely for at least 3 months to give it enough time to produce results for you. Once you see those results, you will be less likely to be distracted by and switch over to a "new and shiny" idea.

Your highly visual brain type is inspired by seeing pictures of food, and healthy, fit people, so when you feel yourself getting off track, just log into Pinterest or surf a healthy recipe site for pictures that motivate you.



Mark Cuban

WANT MORE SHORTCUTS AND TIPS?

There are plenty more! Click the fire hose to the left to be taken to your free bonus page with your full brain type description and expanded recommendations.

Be warned though, it's a lot of information, so we suggest you stick with what's here in this infographic for a while before trying to take that big drink!



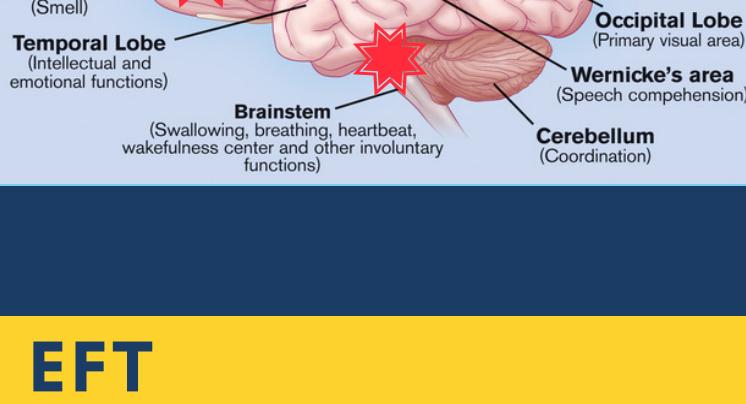
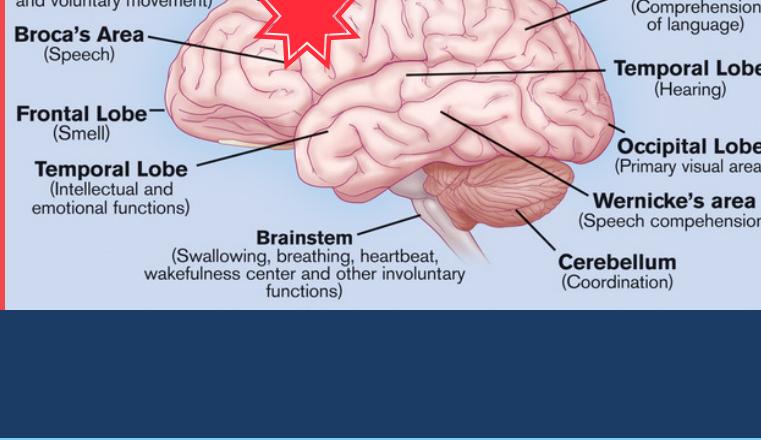
BRAIN TRAINING FOR YOUR TYPE

Here are your customized techniques to help you rewire your brain over time to think, act and become like the healthy fit person you always wanted to be! The primary brain areas are highlighted for each technique. Just click the START buttons in each section to go to the short lesson (a video or post) to learn how to master each one.

7 MINUTE RULE

This technique will help you regain perspective on your true priorities, helping you to eat just the right amount of food, at the right times, for the right reasons, in any situation (especially social settings).

Try Now



CONSCIOUS EATING

As you become more mindful with your eating, you also improve your ability to enjoy your food with less volume. Literally, less feels like more with the help of this powerful technique.

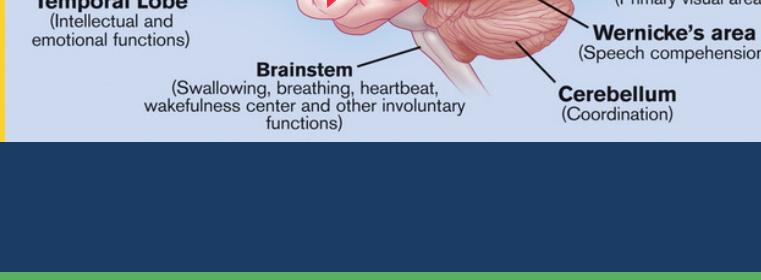
Part 1

Part 2

EFT

You may find sweet foods and diet foods hard to give up, especially when certain emotions hijack your willpower. This technique, along with the two above, will be the answer to that.

Try Now



VISUALIZATION

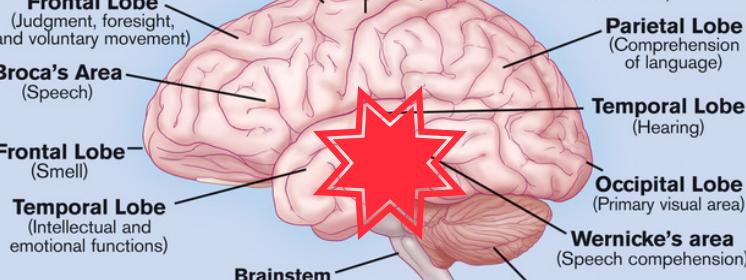
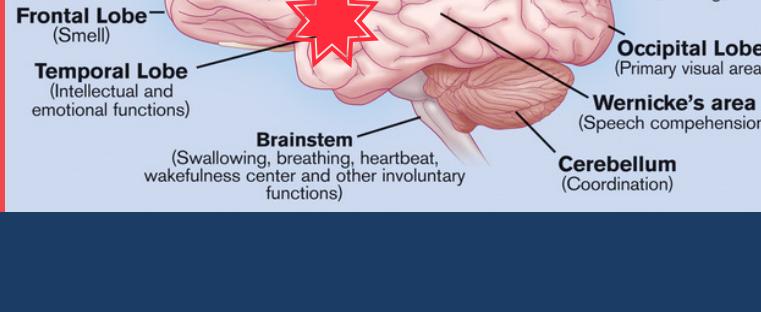
Since you are already highly visual, this technique will be easy for you because you are using a skill set you already possess. It might also turn out to be one of your favorites, so use it as often as you can!

Try Now

MEDITATION

Your brain needs variety for stimulation, so becoming distracted is part of that. This brain training technique will not only help you wire your brain for better short-term focus, but it will also help you stay on track better over the long term.

Try Now



REMEMBER YOUR WHY

You tend to get distracted off your path

when you see a "shiny new idea," so

this technique will help get you back on

track quickly, even when you don't know

why or when you wandered off (because it

doesn't really matter anyway).

Try Now

SO NOW WHAT?

HERE'S HOW TO APPLY THIS NEW INFORMATION

EASY GOAL SETTING 101

Click the button below to check out the blog post on Goal Setting for Winners. This will help you organize your thoughts and get some direction on where you are headed, why you are headed there, and how to get there.

It's easier than you think too. Like everything, good stuff comes to those who put in the work, but this is another shortcut that will make achieving optimal health much easier and faster than anything you have tried before.

[See Post](#)

TRY ONE SHORTCUT, TIP OR BRAIN TRAIN EACH DAY

Small steps, slowly, one at a time, is how you learned to walk because that's how your brain works. Big steps or steps that are too fast will cause a fall.

Notice also that we suggested you TRY one thing per day. Don't expect to MASTER one thing per day. The Goal Setting post suggested above will help you with this too.

You've got time and everyone has their own best speed, so cut yourself some slack and take the pressure off. If you keep this fun, you will learn faster and it will be permanent.

PRINT AND/OR SHARE THIS INFOGRAPHIC

Choose what sounds the most motivating to you from the choices below (and if you don't know, your full description on the other side of the fire hose button above will tell you):

1. Print this infographic and post it where you will see it every day.
2. Share this on social media to start a discussion among your friends, ranging from general interest to gathering a support team.
3. Both of the above.

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