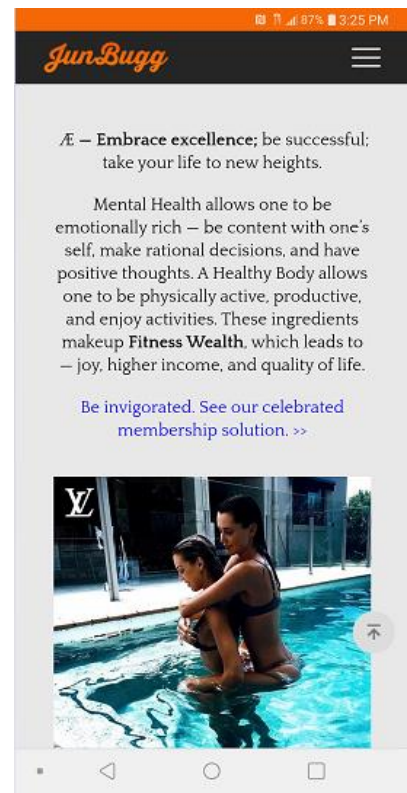
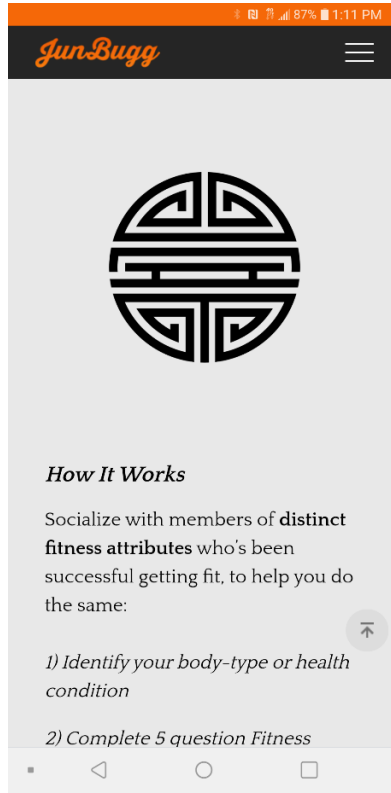




*L u x u r y   F i t n e s s   S o c i a l  
N e t w o r k*

*Fitness Report:  
“The Link Between Fitness, Wealth, &  
the Ultimate Lifestyle”*

# “Wealth In Fitness”



## Quality Of Life Await.

# *Health Is The New Wealth*



Dear Friend,

Thank you for downloading this special report: *The Link Between Fitness, Wealth, & the Ultimate Lifestyle*.

If you've had the desire to improve your fitness, it is probably because you know you will look and feel better. You are far more likely to have a productive and enjoyable life. You know there are many health benefits. For example, once fit, your blood pressure, cholesterol, and glucose are likely to be at healthy levels. You are less likely to suffer from heart disease, high cholesterol, and diabetes. But did you also know you are also better positioned to achieve wealth and the ultimate lifestyle? Did you know you are also more likely to achieve success in your chosen field? How about love, more dating options, happiness, and prosperity? Did you know you are also more likely to achieve these goals as well?

In this report, I am going to share with you the surprising link between fitness, wealth, and the ultimate lifestyle. It was surprising to me, but my research reveals why you should be even more concerned about being fit. You see, it is not only for cosmetic, or even health reasons but becoming more fit might just be the secret to you achieving the kind of success you've always dreamed of.

So, sit back and take a moment and review this special report from JunBugg. What you are about to read will not only surprise you, but it might give you another reason to take your fitness seriously like never before.

Enjoy,

Louis Green  
JunBugg  
Founder & CEO

## **The Fitness Crisis**

The world is in the midst of a fitness crisis. The United States is leading the way, and many countries are quickly picking up our bad habits. You see, there are more people in the United States who are obese than anywhere else in the world. Just look around. How many people do you see who are 20, 30, even 50 pounds overweight? At one time it was 5 or 10 pounds. This crisis has multiplied in the last two decades to epidemic proportions.

One reason why obesity is such a problem is that we are not as active as we once were. The average American watches hours of television each night, sits at a computer much of the day, and walks little during the day. That coupled with easy access to inexpensive, high-calorie, high-fat food, you can see why so many people are carrying extra pounds.

The pandemic did not help our fitness. Studies show the average person gained 15 pounds during the pandemic. That is on top of being already overweight. The obesity crisis is hurting us in many ways and must be addressed.

## **The Mental Health Crisis**

When you combine legions of people who are overweight, being asked to stay home, unable to socialize, exercise, travel, and be productive, the result is a lot of unhappy people. A deterioration in our mental health.

It is no secret we are also in the midst of a mental health crisis. Many are wondering about their purpose in life and why this all matters. Because so many attach their purpose to their employment — workplace contentment, years of not being in the workforce, having to relocate, or even not being able to find work. There is also work-life balance, social and environmental issues, and relationship challenges, all of which has chipped away at our confidence and foundation of life.

What I am saying is that all of this is linked. It is easy for our lives to spiral out of control when we no longer have the motivation and discipline to be our best. But here is the important piece. When we work on our fitness and see our bodies begin to transform, we feel good because we are experiencing success. This positive feeling enhances your mental health, propels you to excel in other areas of your life.

Essentially, when we work on our health, we are working on our physical fitness, and to some degree our mental fitness. That is why it is important to have fitness goals and to continue making progress toward them. Without fitness goals we are likely to become complacent, experience setbacks, making it more difficult to recover.

## **Incentives for Superior Health**

Studies have overwhelmingly proven that wealthy people are more healthy than poorer people. You may think this is because they have the financial resources to afford personal trainers, chefs, and other benefits of a high-income lifestyle, but that is only part of the reason. You see, most successful people began taking their health seriously long before they became wealthy. It was part of their march toward achieving bigger life goals. Their financial resources, once obtained, just enabled them to be fit at a higher level.

It is the personal and business goals of the wealthy that really make the difference. The desire to achieve a lifechanging goal, whether it is building a business or contributing to a cause, gives successful people a reason to live, that create distinction. They know they need higher performance in life, want better sleep, endurance, and clarity of mind and that fitness brings all these benefits. In other words, achieving higher levels of fitness is a byproduct of wanting more from life. Once they become focused on achieving a goal, their level of focus and discipline rises, which create excellence and status. This is because they develop their "why" which is so important to achieving anything in life.

## **The Secret to The Ultimate Lifestyle**

You might say that understanding the link between fitness and personal goals is the secret to the ultimate lifestyle. Those who are not working on their fitness daily often do not have clear life or business goals they are working toward. Or, if they do have goals, they may underestimate the role fitness can play in reaching their goals. They might not realize they will have greater satisfaction when reaching goals as a fit person.

Regardless of your level of income, you should be focused on getting fit. You should be learning about fitness, setting personal fitness goals, working toward them, and measuring your progress. Being fit means not only improving your appearance but also your memory, mental sharpness, independent thinking, sound decision making,

analytical and critical thinking, project management and time management – all qualities that importantly can also lead to increased income and wealth.

## **Fitness and Health**

So far in this report I have emphasized the importance of being fit. You may think of this as having low body fat, or having a higher level of endurance, for example being able to walk or run a long distance, and maybe having good balance. But there is another factor to understand. You can be fit, and not be very healthy. For example, taking weight loss pills or having weight loss surgery to reduce weight. These unhealthy things give the illusion of being fit, but your heart rate, cholesterol and glucose level, or a physical fitness test tell the real story.

At JunBugg one of our goals is to not only help you become fit, where your appearance improves, but also to motivate you to engage in activities that result in a high degree of health, thus leading to a higher quality life. That means no shortcuts in getting fit, but instead focusing on principles of healthy eating and healthy activities. It means understanding and practicing good nutrition and cutting out bad habits like smoking and excessive drinking.

Not long ago I was studying the habits of billionaires and business moguls and I found that many are (and were) not only health conscious, but also choose abstinence from alcohol, tobacco, and drugs. For example:

- Steve Jobs, Apple founder
- Bill Gates, Microsoft founder
- Warren Buffet, Berkshire Hathaway founder
- Larry Ellison, Oracle founder
- Richard Branson, Virgin Group founder
- John D. Rockefeller, Standard Oil founder

**Many entertainers also practice abstinence.** – Kim Kardashian, Cristiano Ronaldo, Jennifer Hudson, 50 Cent, Common, Pharrell Williams, 21 Savage, Kendrick Lamar, J. Cole, Vince Staples, Lil Yachty, Andre 3000, Jada Pinkett Smith, Jennifer Lopez, Natalie Portman, Eddie Murphy, Donald Trump, and many others.

## The Compound Effect

Now here is something that might surprise you, but it is another great benefit of getting fit. That is, fit people, and those who care about their appearance are often treated differently in life. They get more opportunity, are given more breaks in life, have more dating options, and tend to advance in their work, careers, and businesses. As a result of this preferential treatment, these fit people feel better, are generally happier, and all this positive energy attracts more success into their lives. This is another example of the connection between fitness and success. Being fit, starts a wave of benefits, that lead to greater income and wealth, and even first class and VIP service. That means you can shape your future success by getting fit. Prosperity and the finer things in life await your fitness decision.

## JunBugg.net

This all brings me to the best-in-class social network we are building here at JunBugg. We like to call it, *Wealth in Fitness*.

JunBugg has been created to help our members understand and have access to extraordinary resources to improve their wealth, and lifestyle. We are focused on helping you make smart decisions about your fitness because we understand the impact on your life. As a distinct social network, our goal is to help you accomplish this with the help of exclusive communities.

This starts with our core values by providing you with – a) authentic user-generated solutions, b) processes, and c) technology innovation. Our purpose is to capture and store into our database unique fitness and health solution data provided by our diverse membership community. This allows custom searches, to experience superior fitness results.

As more members join our social network, solutions will grow, be vetted and qualified by our community. Through technology innovation, our algorithm will recognize increased engagement of the most effective solutions, curate and send this content to your newsfeed based on your fitness goals.

By perfecting our proprietary methodology, more members will experience fitness success, a higher quality lifestyle, and more wealth. This will motivate people to join our social network, thus increasing the amount of data to be curated for higher quality fitness solutions.



## **Value that you can expect from JunBugg:**

Preeminent Health Data — It begins with our proprietary user-generated content solutions on fitness, health, and nutrition. We believe the more you understand this, the more you will be motivated to act on your fitness goals.

## **JunBugg Experience**

A truly unique fitness experience, the best part about our social network is that you get fit in an entertaining way. This makes staying healthy fun, inspiring, and engaging. You will find access to the best guidance, from diet, nutrition, exercise, to mental health, preventative healthcare, post-surgery care. Our social network is rich and vast with high-quality resources and team members to help you achieve and sustain fitness excellence. A holistic health experience, co-create solutions with — patients, researchers, doctors, pharmaceutical companies, therapists, and spiritual practitioners, for superior health and the definitive lifestyle.

## **JunBugg Innovation**

There are millions of people around the globe of niche fitness expertise that have been successful getting fit and improving their medical condition. We will maximize the value of these solutions through technology innovation. Through curated content, the JunBugg algorithm will deliver personalized solutions to your newsfeed. Built on Quality-of-Service technology, our Next-Gen platform was designed taking into consideration every element of your health needs, to provide you immaculate health. The craftsmanship of our world-class engineering, cultivate solutions for unprecedented fitness results, for the highest quality of life.

## **JunBugg Team Members**

A key benefit of our network is being able to socialize and work as a team with other JunBugg members. Find members of the same body-type and medical condition whose been successful getting healthy, to help you do the same. Learn, inspire, collaborate, and get insights on what has been most effective. Our members, located all over the world, have the same goals, and often have experienced the same pain and frustration you have. Who would be better qualified than other members to assist you in transforming your health, for the ultimate lifestyle?

## Summary - The Beginning Of A New Heritage

In summary, good physical and mental health are the cornerstone for prosperity and a higher quality of life. We hope we have given you the necessary information to live the type of lifestyle you deserve. The most important thing is that you have a choice to change your life, be exceptional, to experience the best of what life has to offer.

JunBugg is happy with our achievements to date; however, we are just scrapping the surface in terms of how health and fitness data will allow us to reach our pinnacle. We will continue pushing boundaries and making advancements.

[Signup to Experience The Ultimate Lifestyle](#)

Best of health,

JunBugg  
www.junbugg.net

# *Wealth In Fitness*

*Santa Monica, Ca. – Silicon Beach*  
*JunBugg LLC.*  
*www.junbugg.net*

