



# *The Six Keys*

# TO

# FACILITATING



# *consistent health*

Your one time guide to digging into your stuck points.

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Refine your lifestyle no matter where you go. The travelproof guide.

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Imagine what your life could look like if you never got sick again!

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# My Promise to You

Hey Leader!

You're looking for how you can become consistent in a healthier lifestyle and influence your family to do the same. Over the next 8 pages I promise to show you the 6 main factors that greatly influence how people who have the most consistent health habits and lifestyle (including my wife and myself) get this done. You'll understand how to be so consistent, the people around you have to start taking notice.

Of course, these steps aren't necessarily to get you attention...BUT when you're consistent in anything, people take notice because of your results.

I'm going to share with you my 8-year worth of consistent healthy eating experience and break it down into really simple bite sized information so you can walk away with a clearer picture on how you can live a more consistent healthy lifestyle.

The next 8 pages in this book are total gold, and I trust you will find the value in it.

Much love,  
Benjamin

# Awareness and Education

The misconception that "healthy living is too complicated" often stems from the overwhelming amount of conflicting information available. Many people dive into health journeys with the best intentions but quickly find themselves buried under a mountain of advice, much of which contradicts itself. This overload can lead to paralysis by analysis, where the fear of making the wrong choice stops any progress altogether. The key to overcoming this is to strip back the noise and focus on the fundamentals. By understanding your body's unique needs and preferences, you can start to debunk common myths and misconceptions that make healthy living seem daunting.

The basics. Start by identifying what truly matters for your health goals. This involves a bit of introspection and perhaps some trial and error, but the aim is to find what works for you personally. Instead of trying to follow every new trend or piece of advice, hone in on a few core principles that resonate with your lifestyle and values. In my opinion, this means starting with prioritizing whole foods, regular physical activity, and sustainable lifestyle choices. By focusing on these foundational elements, you can create a sustainable approach to health that feels manageable and rewarding.

Clear, actionable insights are crucial in this process. Rather than getting lost in the details, seek out guidance that is straightforward and practical. This could involve setting small, achievable goals, such as incorporating one new healthy habit each week, each month, or learning to prepare the meals you eat today with better ingredients. The goal is to build confidence and momentum, gradually expanding your knowledge and skills without feeling overwhelmed. By taking this approach, you can transform the perception of healthy living from a complex puzzle into a series of manageable, empowering steps.

# Goal Setting

The misconception that "I need to see results immediately" often leads people to set unrealistic goals, for most people this quickly becomes demotivating when those goals aren't met. This mindset usually creates a cycle of disappointment and frustration, where individuals feel like they're constantly falling short. The key to overcoming this is to shift the focus from immediate results to sustainable progress. A Lifestyle. By setting small, achievable goals that align with your desires, such as replacing your spices with organic versions, or trying a new type of grain, individuals can maintain motivation and track their progress over time.

Encouraging small, achievable goals is crucial for maintaining motivation and ensuring long-term success. When goals are too ambitious, obtuse or unrealistic, it can be easy to lose sight of the progress being made. By breaking down larger goals into smaller, more manageable steps, we can celebrate achievements along the way, which helps to build momentum and confidence. This approach not only makes the journey more enjoyable but also reinforces the belief that change is possible and within reach.

Tracking progress is an essential component of this process. By regularly assessing achievements and adjusting goals as needed, you can stay on track and continue moving forward. This not only helps to keep motivation high but also provides valuable insights into what is working and what may need to be adjusted. By focusing on small, achievable goals and tracking progress, you can create a sustainable approach to health and fitness that leads to lasting change.

# Meal Planning & Preparation

The misconception that "healthy food is bland and time-consuming" often deters people from embracing meal planning, preparation or completely switching up the same food with new flavor! This belief can lead to a reliance on convenient, less nutritious options that don't support long-term health goals. The reality is that healthy food can be both delicious and quick to prepare, but it requires a shift in mindset and a willingness to explore new recipes and cooking techniques. By addressing this misconception, we can open ourselves up to a world of flavorful, nutritious meals that fit seamlessly into our busy lives.

The mistake of not planning meals can result in poor dietary choices and increased stress around mealtime. But this applies to all aspects of life right? Without a plan, it's easy to fall into the trap of grabbing whatever is convenient, which often means less healthy options (if you don't have a consistent lifestyle already). Meal planning is a powerful tool that can help you take control of their nutrition and ensure you're fueling your body with the right foods. By dedicating a small amount of time each week to plan meals and prepare ingredients, you set yourself up for success and greatly reduce the likelihood of making impulsive, unhealthy choices.

To overcome these challenges, it's essential to have easy, healthy recipes that cater to your lifestyle (busy or not). This involves creating a repertoire of go-to meals that are quick to prepare and packed with flavor and nutrients. By focusing on simple, versatile ingredients and efficient cooking methods, you can enjoy a variety of delicious meals without spending hours in the kitchen. This approach not only saves time but also empowers taking charge of your health to make informed choices about meals.



# Incorporating Physical Activity

The misconception that "I need to spend hours in the gym" often leads people to overlook the power of integrating exercise into their daily routines. This belief can create a barrier to getting started, as the thought of dedicating large chunks of time to the gym feels overwhelming and unsustainable. The truth is you don't need to spend hours working out to see benefits.

By shifting the focus to building muscle in the gym, improving your cardiovascular and metabolic health, you can enhance your ability to move efficiently throughout the day and have the endurance to do necessary things like playing with your kids or climbing those flights of stairs. Just pair focused muscle building on two days out of the week, with exercises that require high effort for a 10-to-20-minute period on the 3rd day out of the week. That's 30 – 40 minutes for muscle building days and 20 minutes (max) on your cardio days which is less than two hours a week!

To overcome the mistake of not integrating exercise into daily life, it's essential to reframe how you think about physical activity. Instead of viewing it as a separate task that requires dedicated time, see it as an opportunity to enhance your day-to-day life. This mindset shift can help you stay focused and consistent, leading to long-term improvements in health and fitness. By focusing on shorter, manageable amounts of time at the gym, you can build a sustainable exercise routine that supports your goals and fits into your busy lifestyle and allows you to rest.

A group of hikers is seen from behind, walking on a stone-paved trail. They are wearing colorful jackets (red, blue, yellow, orange) and carrying large backpacks. The background shows a clear blue sky and some rocky terrain.

# Incorporating Physical Activity

The misconception that "I have to do this alone" often leads people to overlook the importance of having a support system. This belief can create unnecessary pressure and isolation, making it harder to stay motivated and achieve goals. You don't have to do it alone. Finding accountability partners or joining a community of like-minded individuals can help you gain the motivation and support needed to stay on track and overcome challenges.

Lacking accountability is a common mistake that can hinder progress. Without someone to check in with or share your journey, it's easy to lose focus and give up when things get tough. Having accountability partners or being part of a supportive community provides encouragement, feedback, and a sense of belonging. This support system can help you stay committed to your goals and push through obstacles.

To overcome the mistake of lacking accountability, it's essential to actively seek out and build a support network. This could involve reaching out to friends, family, or colleagues who share similar goals, or joining groups or forums where you can connect with others on a similar path. By surrounding yourself with people who understand and support your journey, you can create a positive environment that fosters growth and success.

# Mindset and Habit Formation

The misconception that "I can't change my habits" often leads people to feel stuck in their current routines, believing that transformation is beyond their reach. This mindset can create a sense of helplessness, preventing your mind from being in the creative space to make change. Habits can be changed, but it requires more than just sheer willpower. By focusing on developing a positive mindset (accepting that habit can change), you can begin to see the potential for change and growth, opening the door to forming new, healthier habits.

Relying solely on willpower is a common mistake that often leads to frustration and failure. Willpower is a finite resource, and when it runs out, people tend to revert to their old habits. Instead of depending on willpower alone, it's crucial to address the underlying emotional and psychological factors that drive behavior. This can include managing emotional eating, stress and your upbringing, which are often significant barriers to sustainable change. If you're not sure what your barrier may be, just ask someone close to you. By understanding and addressing these factors, you can create a more supportive environment for habit change.

To overcome the mistake of relying on willpower alone, it's essential to focus on building a foundation of healthy habits that feel easy and stick. This involves creating routines (no matter how small) that are aligned with your values and goals, making it easier to maintain them over the long term. By considering lifestyle integration, stress management techniques and addressing emotional eating, anyone can develop a more resilient mindset that supports lasting change. This approach not only helps in forming new habits but also ensures that these changes are sustainable, leading to improved well-being and a healthier lifestyle.

# Your Success Coach

Who is Benjamin Frimpong?

He's the visionary behind the Risen Health Program, a trailblazer dedicated to breaking generational health patterns and creating a legacy of wellness. As your success coach, Benjamin is committed to guiding you on a transformative journey to become the person you aspire to be. With a focus on purpose over perfection, he collaborates with you to craft a lifestyle that not only fulfills your needs but also strengthens your relationships and community impact.

Benjamin's journey is unique, and his mission is to help you uncover the potential within. Whether through the Risen Health Program or personalized one-on-one sessions, he provides the support and accountability you need to thrive.

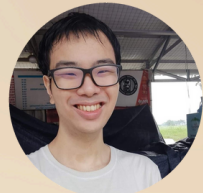
Together, you'll navigate challenges and celebrate victories, ensuring you have the tools and mindset to sustain your success.

Remember, with Benjamin, it's not about being ready, it's about being willing to take the first step. His guidance helps you find clarity through action and discover the power of your own story. Join him on a journey of growth, empowerment, and lasting change.



# Testimonials

"The intensity that you bring into your coaching, it's just, like, **provokes deep thinking inside of me.** I can see my patterns now, what I'm not doing, and where the next step is. **Having someone believe in me, someone who sees me, and someone asking me real questions...** it's not in a place of shame or judgment, but with the energy of, 'Hey, man, I see you, and I want to help you rise.' ... The idea behind the adaptive stress method... it's not stress that's going to burn you out, **it's rather stress that's going to increase your capacity and strength.**"



- Altheus

"I feel like **I'm controlling** my sweets a little bit more. Like, in the afternoon, what I'm doing, I'm trying my best to just eat a yogurt. It feels good to have, quote-unquote, **guidance when it comes to all this healthy stuff...** It's like a cartoonish video where **everyone's walking one way,** and then they're all gray, and then someone **steps out of the crowd,** and then they turn into a color. They turn into color, you know? So they're like, okay, you know, **I'm finally living.**"



- Andres

"**It gives you perspective,** and it points out loop holes in your thought process... It's been a good jump-starting experience... The questions... **allow you to think a little deeper.** It allows you to get perspective, allows you to learn something... Whatever you set your mind to, you need to **hold yourself accountable** to it, and then, you know, cut the BS out. It really ignites you. It pushes you to take action. **If you've been slacking off, it's like a wake-up call.** We all need that little pep talk to get us back on track."



- Samuel

# Come Join In!

Hey future facilitator,

**Congratulations!** You've read the six steps, and now it's time to implement and get into action. Remember that accountability and support part?

What if I told you there's already a **community of leaders just like you**, already on their way, where you can:

- ➔ **Tap into their wisdom**
- ➔ **Ask questions about their journey**
- ➔ **Form groups with those in similar situations**
- ➔ **Connect with others implementing these steps today**

And guess what? **It's all free.** Join these leaders in my free Facebook group.

But wait, there's more. Inside the group, I'll be hosting **live sessions and trainings** on:

- ➔ **Specific health lifestyle questions**
- ➔ **Mindset shifts that will be game changers**
- ➔ **How to implement consistently for a lasting lifestyle**
- ➔ **Integrating your family into your vision**

Don't let hesitation hold you back from joining like-minded people. You're a perfect fit for the group. Let's make this journey together!

[Click here to join other leaders just like you and build that journey.](#)

Your Success Coach,  
Benjamin