FREE GUIDE FOR ADULTS 50+

THE VITALITY BLUEPRINT

How to Sleep Deeper, Stress Less, and Build a Business With Purpose After 50



PRESENTED BY

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A QUICK WORD BEFORE YOU START

Why You're Holding This Guide

You've worked hard for a long time. You built a career. You took care of the people you love. You know what matters.

But here's the question. Does your body still keep up with what you want to do next?

Maybe you wake up at 3:00 a.m. and your mind won't shut off. Maybe the energy you used to count on is gone by mid-afternoon. Maybe stress has turned into a low hum that never quite goes away.

And maybe you've thought about retirement and felt a little uneasy. Not because you want to stop. Because you don't. You want a reason to get up in the morning. You want people around you. And you want to feel safe about money.

If any of that sounds familiar, you're in the right place.

This short guide will show you three things:

Inside this guide

How to get your deep sleep back, without pills that leave you groggy.

How to calm daily stress fast, even when you're already worn out.

How to turn your interest in health into extra income, on your own schedule.

Read it in one sitting. It takes about 10 minutes. Then keep it handy.

CHAPTER 1

Get Your Deep Sleep Back



Sleep is the base that everything else sits on. Eat well, walk every day, try to relax. None of it works as well when you don't sleep.

Here's the problem. As we get older, deep sleep gets harder to reach. And deep sleep is the stage that matters most. It's when your body repairs itself, your immune system gets stronger, and your brain cleans house.

Why sleep aids often miss the mark

Lots of people over 50 just accept bad sleep. They grab a sleep aid and hope for the best. But many of those just knock you out. You wake up foggy. You didn't really rest. You were sedated.

The real reason you're awake at 3:00 a.m.

All day long, small things put your body on alert. Emails. The news. Family needs. Money worries. Your body treats each one like a small threat.

By bedtime, your system is still stuck in "fight-or-flight" mode. You lie down, but your body hasn't gotten the message that it's safe to rest.

So the fix isn't forcing yourself to sleep. **The fix is helping your body switch from "alert" mode to "rest" mode.** Once that happens, deep sleep comes on its own.

> "You don't need to force sleep. You need to show your body it's safe to let go."

A simple tool that helps

One of the easiest tools we've found is **NuCalm**. It's built on brain science and research. You put on headphones and listen to special audio. It gently guides your brain toward the calm, relaxed states linked with deep rest and recovery.

No pills. No hard work. Use it during the day, and you're training your body to let go of tension, so it's ready for real rest at night.

Try this tonight

Put your phone away 30 minutes before bed.

Keep your room cool, dark, and quiet.

Write tomorrow's to-do list on paper so your mind can let it go.

CHAPTER 2

Beat Daily Stress and Think Clearly Again



Think of your body like a phone battery. Every worry, every ache, every unfinished task is an app running in the background. Each one drains a little power.

By evening, you're at 5%. There's nothing left for the people and things you love.

That foggy feeling has a cause

Forgetting names. Losing your train of thought. Feeling stuck on easy choices.

That can be scary. But very often it's a sign of an overloaded system. When your brain is busy watching for danger, it puts memory and clear thinking on the back burner. Turn down the stress, and a lot of that clarity can come back.

Why "just relax" doesn't work

Meditation and deep breathing are great. But let's be honest. They take practice, time, and focus. That's tough to find when you're already running on empty.

Let technology do the heavy lifting

Here's the good news. You don't have to calm your mind by willpower alone.

A short NuCalm session works like a power nap for your nervous system. Many users say they come out of it feeling calm, clear, and recharged. More focus. More patience. More energy for the rest of your day.

> "Stress isn't a character flaw. It's a signal. And you can learn to turn it down."

CHAPTER 3

Purpose and Income After 50



Feeling good is half the picture. The other half is peace of mind. That means feeling safe about money and having something meaningful to do.

So let's ask a few honest questions. What would it mean to you to have extra money coming in each month? What would you do with your days if you had work you truly enjoyed? And how would it feel to help other people feel better, too?

Most business ideas are a bad fit at this stage

A lot of "opportunities" want a big check up front. Or a garage full of inventory. Or 60-hour weeks. That's the last thing you need. You want a business that supports your health, not one that wears it down.

A simpler way: the wellness mentor model

When you partner with an established wellness company like NuCalm, a lot of the hard parts are already handled.

What you DON'T have to do

Make a product

Ship boxes or hold inventory

Run the science or research

What you DO get to do

Share your own story

Introduce people to tools that can help them

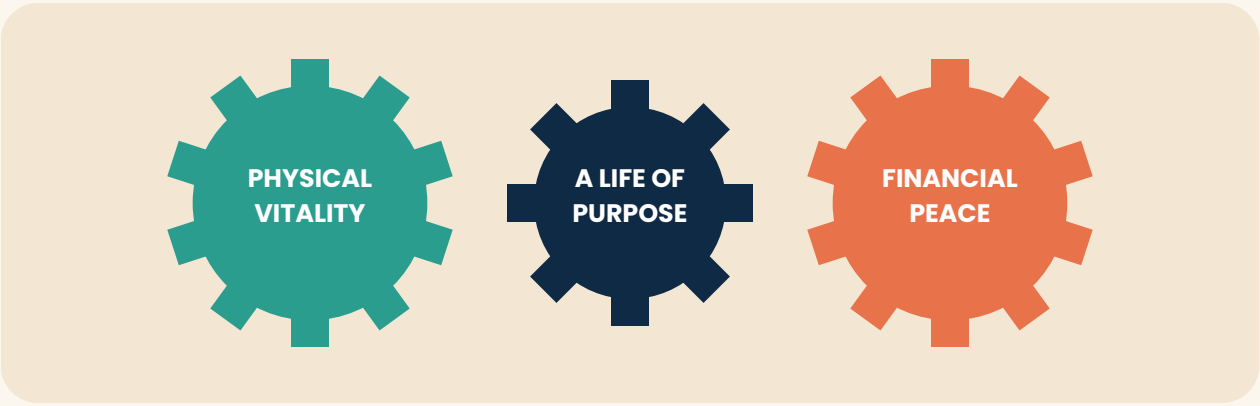
Guide and support them as they feel better

It's a business built on real relationships. You can work from home, while you travel, or around the rest of your life.

It's more than income. It's a way to grow, stay connected, and wake up with purpose.

THE BIG PICTURE

What Most People Miss



Most people treat their health and their money like two separate problems. They focus on diet and exercise, but ignore money stress. Or they work themselves ragged for retirement and wreck their health doing it.

That rarely works. Here's why.

It's all one loop

Poor sleep leads to poor decisions and less energy.

Money worries spike your stress.

Stress ruins your sleep.

And around it goes.

So you fix both sides at once.

Better sleep and less stress give you the energy and focus to build something. A purpose-driven income helps ease the worry that keeps you up at night.

One feeds the other. That's the blueprint.

"Your best years don't have to be behind you. With energy and purpose, they can be right in front of you."

MEET YOUR GUIDES

Doug Overvold & Steve Boone

DO

Doug Overvold

Multi 7-Figure Earner | Global Leader & Trainer

Doug has spent years building teams and training leaders around the world. He knows what it takes to build a business that lasts, and he loves helping people over 50 find new energy and a new sense of purpose.

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SB

Steve Boone

Wellness Business Mentor

Steve works side by side with Doug to support new team members from day one. He believes nobody should have to figure this out alone, and he makes sure every person gets real, personal help.

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Together, Doug and Steve pair research-backed wellness tools with hands-on mentoring. Their goal is simple: help you feel better, worry less, and build something you're proud of.

YOUR NEXT STEP

Let's Talk. One on One.

You don't have to figure this out alone. It's easier, faster, and a lot more fun with someone in your corner.

So here's our invitation. Let's set up a free, one-on-one call. On that call, we'll ask about your health goals and what you want your next chapter to look like. Then we'll tell you straight whether NuCalm and our mentoring are a good fit for you.

No pressure. No hard sell. Just an honest conversation.

EMAIL US TO BOOK YOUR FREE CALL

dougovervold64@gmail.com | powerteamactive@gmail.com

Just put **"Vitality Call"** in the subject line, and one of us will reach out to set a time.

> Remember this: it is not too late. Your energy can come back. Your purpose can grow. The best chapter of your life may be the one you're about to write. Take the first step today.

P.S. Want to see how the business side works before we talk? Email us and ask for the training link. We'll send it right over so you can look around first.

This guide is for education only. It is not medical advice. Talk with your doctor before making changes to your health routine, especially if you take medication or have a sleep disorder. NuCalm is not intended to diagnose, treat, cure, or prevent any disease. Any income described is not typical or guaranteed. Results depend on your own effort, skills, and time.