



The Mabon Edge Process

Small Steps Big Outcomes

MABON EDGE
HEALTH | VITALITY | LONGEVITY



The Mabon Edge Process

At Mabon Edge, we believe lasting change doesn't come from major overhauls or quick fixes. It comes from building **sustainable, meaningful shifts in your lifestyle**, one habit at a time. Our coaching process is designed to help you align your daily actions with your long-term goals and personal vision of health, vitality, and longevity.

We Begin with the Core 4

True transformation starts with a strong foundation. That's why we begin with the Core 4 Vitality Points, essential lifestyle areas that influence nearly every aspect of your health and energy.

Nutrition: *What you eat, and when you eat it, matters.* We explore timing, quality, and consistency to support metabolic health, energy, and longevity.

Exercise: *Movement with purpose.* We emphasize Zone 2 training to build endurance, burn fat efficiently, and protect your cardiovascular health, without breaking down your body.

Sleep: *The ultimate recovery tool.* We assess and improve the basics: sleep timing, environment, and rhythms to restore your body and sharpen your mind.

Wellness: *Reduce what drains you, amplify what restores you.* We help you identify chronic stressors and implement daily rituals that support calm, clarity, and emotional resilience.

These four areas serve as the entry point for change, creating stability and momentum as you begin building powerful habits.

Build Powerful Habits

We focus on simple, intentional habits that fit naturally into your current life, not a complete reset. Whether it's a mindful morning routine, better movement practices, or upgraded nutrition choices, each habit is selected to support your physical, mental, and emotional well-being in realistic and repeatable ways.

Set Meaningful Goals

Habits are the engines, but goals give them direction. We help you identify clear, achievable goals that reflect what truly matters to you. These goals aren't just checkboxes, they are rooted in your priorities and evolving lifestyle, acting as markers of progress, not pressure.

Align with Your Vision

Your vision is your **WHY**. It's the driving force behind the changes you're making. Whether it's the desire for more energy, freedom of movement, or deeper connection with your purpose, we help you connect the dots between today's habits and tomorrow's possibilities.

Why It Works

No Major Overhauls: Just clear, meaningful steps forward.

Habit First, Results Second: Focus on the process, and outcomes will follow.

Vision-Driven: Everything ties back to your bigger purpose.

Rooted in Real Life: Flexible, adaptable, and sustainable change.