

RON MORRIS PRIMETIME

PrimeTime is your “second act” — midlife and beyond. How can Mick Jagger run around the stage all night at age 76? He and his people developed a plan for him to keep rocking. Age is just a number if you are living to a plan. Primetime is a blueprint for a healthy mind, body and spirit — not People magazine clichés, not fad diets, not _____. It's based on truth and the lived experience of **Ron Morris**.

PrimeTime answers these questions and more:

- Where do I start? (figure out your first life goal, and create a plan to get there)
- What should I do? (the starting triad is mind / body / spirit)
- How does it work? (making adjustments based on the a-b-c's of all three disciplines)
- Where will this lead?
- Who or What will I become?
- What are the real fears of life after age 50?

Denial is the metaphysical cancer of the second half of your life. The biggest obstacle is the simplest — it all begins with an honest look at yourself, your food, your activity, and your inner life. No-one, no technology, no trainer, no teacher can do this for you — **motivation has to come from within**. How do you do that?

PRIMETIME BASICS

- **Food** — what, when, why
- **Supplements** — vitamins and more: what do you need, and how does this change over time as you progress
- **Activity** — Learn the most effective and independently-vetted training and stretching methods
- **Spirit and Soul** — the zen of zen (yep, there's a zen to zen)

At the end of the day, every day — Do good / Be good / Feel good. That's *PrimeTime!*

HOW DID WE GET HERE?

“The Balance” is a thirty-year amalgamation of essential life disciplines. I have been traveling this path for much of my life, constantly refining the mix to find the strands that must all be woven together to become a healthy human being. Now, at age 61, I have turned my focus to the rest of my life (and yours!) What is the science? What are the consequences of being older without relying on prescription meds? How do we maintain mental and physical productivity without stress, without debilitating pain (which leads to opiates). Average life expectancy is so far past the expectations of a century ago. As a result, there is an ocean of new information that I am constantly sorting and evaluating.

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WHAT CAN YOU DO IN THE NEW PRIME TIME?

- How to navigate this extra time you have been given?
- Where are your untapped abilities — seen and unseen?
- What is your untapped possibility / potential?
- What does your mortality bring? — denial, reality, fear, depression, determination?

I am proposing to establish a longevity school for the self. A school of disciplines in fitness, food, meditation, tai chi, kung fu — preparing you for how to handle life's outcomes. All these disciplines require that you be **grounded in the tradition** and practice. This can only be given by someone who lives what he teaches, every day. There are no certifications for what I do... just lots of amazing outcomes!

- Qi-gong and tai chi to help a woman with Alzheimer's
- Diet, acupressure, exercise for extreme obesity
- Healed my own broken leg without surgery
- → RonMorrisPrimeTime.com/case-studies

WHY PRIME TIME?

I just turned 61 years of age... born in 1958. Growing up in the 1960s, anyone at age 61 is both unimaginable and completely bizarre. But who could foresee the explosion of diet choices — good and bad / expansion of health care — bad and badder / science in general — good and bad. We're in a time of unprecedented hyper-growth in life choices. How to choose? How to integrate them into your one and only self?

So: For the last 30 years of my life I have not looked at the age-odometer. Age is just a number, and there's no need to worry about it because with all the technological advances, customized genome-specific treatments and the revolution in training, there is a constant that has never before been addressed as a serious issue. That is:

Act as if you are an ageless being who is spending time on the planet. That alone is an awesome feat! But also a privilege. This is an idea all its own, and the human race has dropped the philosophical ball on that one (hey buddy back on point!). This is the point, the very premise of us, and now we have the dawning awareness that the stain on the carpet is our fault (unless there's a cat to blame, or your drunk cousin.)

It is always up to you how your day, your week, your year, your life is going to play out. How do you act every day you are alive? Do you act consciously, or continue to stumble through the fog?

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I have been doing my own personal expansion / PrimeTime training each and every day for thirty-plus years. Here in 2020, at the age of 61, I have become aware that there is a gigantic societal disconnect coming as people over 50 suddenly realize they are not going to drop dead before retirement. There is a whole cadre of us who are just getting started on the path to a better rest-of-our-lives, but I also notice a lot of confusion and contrition about what to do, who to trust with this new-found conundrum.

Do you listen to the medical community and start on statins, or go vegan and piss everybody off by being that preacher who knows what's best for everybody at the Christmas dinner by loudly not eating meat. "Sis, where's the keto paeio blue zone vegan option?" ***PrimeTime*** is the path to **balancing mind / body / spirit without the B.S.**

How? It's radically simple. **Deal only with what works, and what is true.** I can guide you down the same path as Mick Jagger and my client Will Steger are on... to make your active 70s the norm, not the oddity. We must become eminently more flexible in body and mind. There is no way to learn from a book or a video; it's a one-on-one, individualized process.

The lottery ticket of time. As most people flip over the age-ometer to 50, they start slacking off on stuff like quality of life, down to the level of not bothering to move their own sorry asses off the couch. This revolution needs a leader. I see so much indifference, so much lackadaisical attitude towards our time on the planet and what a privilege that is; so I have chosen to take the lead, and welcome a select few to join me in this journey.

Ultimately, talk is cheap, I looking forward to sitting down with you so that together we can create an honest place to go and get the real and true information about what you need to hit ***PrimeTime*** in your prime.

- Ron Morris, January 2020