

# You First and iThrive

## Transform from Survivor to Thriver

iThrive is a online tool that is free for cancer survivors. The iThrive plan focuses of 5 areas of wellness: diet, movement, environment, rejuvenation, and spirit. It can give you strategies to help you boost your energy levels, improve your diet, and gain fitness. Simply sign up with an email address, take the lifestyle survey, and customize your action plan.

## Embrace the iTHRIVE Health Strategies



### Diet

Incorporate powerful health promoting nutritional strategies based on a Mediterranean style diet.



### Movement

Optimize fitness and reduce inactivity by moving more.



### Environment

Create healthy external surroundings to enhance overall internal health.



### Rejuvenation

Manage stress and restore vitality.



### Spirit

Experience a value-based life inclusive of laughter, love and gratitude.

Sign up for free at [ithriveplan.com](http://ithriveplan.com)!