

M A N I F E S T O

PRO-AGE

Aging is a privilege not granted to everyone.

Do not fear aging; be grateful for it.

The passing of years is not an inevitable sentence but an extraordinary opportunity. It means having more time to complete your projects and realize your dreams, having ever more chances to do what you love and more opportunities to attempt and reattempt any new adventure you wish to undertake.

Age takes away a lot, but gives a lot as well.

You may no longer have toned thighs, firm glutes, or a full bust, but you will have experience, awareness, and discernment. You may no longer have smooth and rosy skin, but you will have gained a deeper understanding of how the world works.

You will have weathered storms and overcome adversities, faced difficulties and managed emergencies, experienced joy and sorrow, and all of this will have made you aware of what you are capable of. And if you have less energy, you will have more wisdom in how to spend it, and you will waste less of it.

You will know the true value of things, and every satisfaction you achieve will taste all the sweeter.

You will have softer hips and sharper gazes, less breath and fewer fears. You will have learned to value yourself and to invest that value in your well-being.

Aging means having time to spend a wealth of life experience that has been so arduously earned, and the best way to do so is to always have more projects than memories.

