

ROR ALEXANDER  
roralexander.com

MEDIA KIT

WELLNESS ARCHITECT &  
FUNCTIONAL LIFESTYLIST

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thriveLIFE  
INTERNATIONAL



**I'M HERE TO HELP YOU ACCOMPLISH 3  
VERY SIMPLE THINGS:**

**LIVE STRONGER,  
LIVE LONGER,  
LIVE BETTER.**

**TOGETHER WE WILL DO THIS BY  
ENRICHING YOUR LIFE &  
SIMPLIFYING YOUR  
UNDERSTANDING OF TRUE LONG TERM  
HEALTH, HAPPINESS,  
LONGEVITY & PROSPERITY.**



## WHO IS ROR ALEXANDER

Ror is a world travelled fitness, nutrition and lifestyle specialist. Beginning his journey into health and fitness at around 17 years old to lose a bit of weight, his love of health and movement has literally taken him around the world and back.

After attending McMaster University for health sciences, then living in Vancouver, Canada, Ror became bored and disillusioned with our very limited view of health & fitness, and this sent him on a continuing 6 year journey, travelling and experiencing Asia, and its many traditions, foods, religions, and cultures. In India he got interested in Ayurvedic medicine, and Yoga. In Thailand he learned more about meditation, Buddhism and being happy with less. In China he discovered traditional Chinese medicine, herbs and Feng Shui ,and he has collected more knowledge through these travels than can be listed here.

Together with his knowledge amassed from the East, with his involvement and research into modern health sciences of the West, he developed his **bagúa of health**, a novel look at how you and your environment interact for long term health. He also hosts the Health By Design podcast and thriveLIFE Active Vodcast.



**HEALTHY HOME HACKS**  
BY ROR ALEXANDER

Ror is currently writing the book **Green home, clean home, dream home: A Modern Guide to Creating a Health Focused Home.**

This book goes over large and small aspects of fighting chronic disease and obesity in our very homes, and making them the sanctuaries of health they were meant to be.

**COMING IN 2019**

**THE BA GÚA OF WELLNESS**



**CORE 4**

- MOVEMENT
- NUTRITION
- MINDFULNESS
- SLEEP

**QOL 4**

- EXERCISE
- INVOLVEMENT
- LIFESTYLE
- PASSION

∞ . . . . . **PODCASTS & VODCASTS** . . . . .



Ror is the host of not one but 2 international podcasts covering both audio and video.

The Health By Design podcast is a primarily audio platform to share concepts, ideas, and methodologies with interviews from many of the worlds top health, wellness and fitness professionals.

The thriveLIFE active Vodcast is a based on video as focuses on the more physical side of health and fitness with the use of practical skills and activities for people to incorporate into their lives.

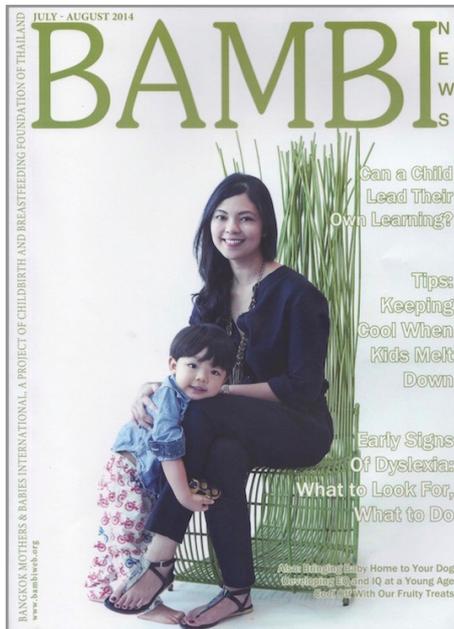


Both shows cover a wide range of platforms for viewers including YouTube, iTunes, various podcast hosting sites and Facebook.



# ∞ . . . CONTRIBUTIONS & APPEARANCES . . . ∞

Ror regularly writes for a number of mass print publications globally and also appears of television in various countries, including formerly co-hosting his own televised health & fitness show in Thailand.



∞ . . . . . GLOBAL TRAVELS . . . . .

Ror has spent over 6 years (and continues) living & travelling through ancient Asia. Discovering many of the time honoured traditions, foods and ancient medicines to bring back to the west.



HONG KONG (SAR)



THAILAND



INDONESIA



TAIWAN



LAOS



CHINA



PHILIPPINES



CAMBODIA



INDIA



MACAU (SAR)



SINGAPORE

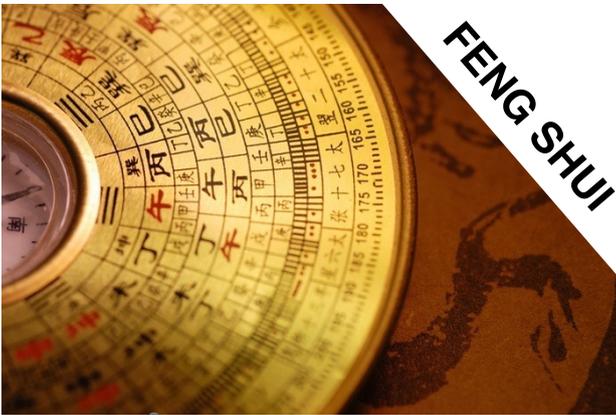


VIETNAM



# AREAS OF INTEREST

Ror has spent nearly 6 years (and continues) travelling through ancient Asia. Discovering many of the time honoured traditions, foods and ancient medicines to bring back to the west in efforts to help us broaden our minds and concepts of optimized health, as well as diving us many new tools to use on a daily basis to improve our lives dramatically.



FENG SHUI



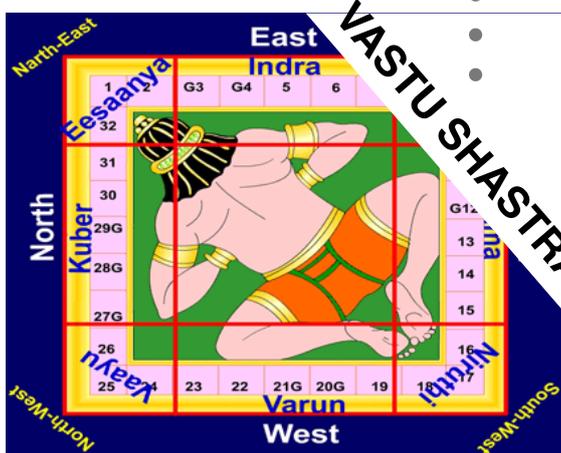
THAI YOGA



AYURVEDA



S.H.I.F.T.



VASTU SHASTRA

∞..... thriveLIFE BA GÚA .....

My thriveLIFE Ba Gúa (meaning 8 Areas) of Wellness is my matrix for 100% optimized Health Span and Quality of Life. The **CORE 4** reflect the needs of “lack of illness”, while the **QOL 4** represent the aspects to improve overall life quality & happiness. Once you have all 8 in play, the center which represents complete health is actualized.



- CORE 4**
- MOVEMENT
  - NUTRITION
  - MINDFULNESS
  - SLEEP

- QOL 4**
- EXERCISE
  - INVOLVEMENT
  - LIFESTYLE
  - PASSION

∞ . . . . . **FUNCTIONAL FENG SHUI** . . . . .

**“Qi/iQ”**

**“OUR HOMES ARE OUR SECOND SKIN, AND WE SHOULD TREAT IT AS WELL AS WE TREAT OURSELVES”...**

**“The air QUALITY in our homes is often up to 3X-10X WORSE than the air quality outdoors”.**

**“Our personal environments are more connected to empowering our overall health than we can possibly imagine”.**

The home is fundamentally our sanctuary of health, or at least it should be. However, statistics are proving to us that we are getting sicker & sicker in a time when we should be living stronger, longer & better.

Our home health, or I should say, lack of it, has a great deal to do with these startling and ironic trends in our health. However, one of the solutions has been right in front of us for over 5.000 years, ancient home environmental design, namely Chinese Feng Shui and its forefather, Indian Vaastu Shastra.

Combining elements of these two ancient environmental art sciences, in combination with modern technology, psychology and sociology, I have developed my trademark **“Functional Feng Shui”** methods to help you truly make your home the sanctuary of health it is meant to be.

∞ ..... S.H.I.F.T. ....

*"let food be thy  
medicine, and medicine  
be thy food"...*

*"EAT FOR BODY..."*

*"EAT FOR FUN..."*

*"EAT FOR LIFE..."*

We live in what I now call a "Wonderbread culture". Bland, refined (yet unrefined), boring, unhealthy, unessential, and to be honest pretty utilitarian society when it comes to food.

We crave speed over substance, and efficiency over effectiveness.

As I travelled through ancient Asian lands, I discovered tastes from all cultures, all religions, all walks of life, and my eyes were open to the wonder and awe of foods, not from a just a taste perspective, but from social aspects, medicinal aspects, cultural, and mindfulness aspects as well.

Using this new found knowledge, I created **SHIFT**.

**Spices - Herbs - Infusions - Fragrant - Tastes** with a goal to bring back cooking to the western kitchen, and to reinvigorate our love of novel and new flavours while at the same time, adding the social & medicinal values to our bodies, minds and spirits.



ROR ALEXANDER  
the WELLNESS ARCHITECT

