

ISSUE XVI | SPRING 2023

OCEANFRONT NAVIGATOR

Our seasonal lifestyle newsletter focuses on finding fulfillment in our daily lives and optimizing our **Return On Life™**.

DR.
DAVID
SOWDEN
& DR.
LORI
SANTOS

IN THIS ISSUE:

Read about Dave's inspiring health and fitness journey!

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OCEANFRONT

WEALTH INC.

**"SPRING
BRINGS NEW
GROWTH.
WEED OUT
THE BAD
AND MAKE
ROOM FOR
SOMETHING
BEAUTIFUL"**

-UNKNOWN

In this **Spring 2023** edition of OceanFront Navigator, we are proud to feature our clients Dr. David Sowden and his wife Dr. Lori Santos and share their unique and successful life journey toward a healthy and financially secure retirement.



Dave and Lori met 25 years ago, **on their first day of dental school at UBC.** They became friends initially and began dating sometime later, which eventually led to marriage.

The couple maintains that shared lifetime goals and values is what has kept them solid in the long run.

"the couple chose to return home to Vancouver to be closer to family and friends."

Following school, they both acquired post-graduate dental training in San Antonio, Texas, with **Lori completing the Pediatric Dental Program and Dave completing his residency** in Oral and Maxillofacial Surgery.

Rather than setting up practices in the United States where financial compensation would have been greater, the couple chose to return home to Vancouver to be closer to family and friends.

Dave and Lori now live in West Vancouver with their twins **David Jr. and Evangeline**, aged eleven years old.

DR. SOWDEN & DR. SANTOS

CLIENT FEATURE



As a youngster growing up in Richmond, BC, Dave loved playing sports including soccer, basketball, and rugby.

By age eight, he started working out with his father in a home gym lifting light weights and doing resistance training.

This laid the foundation for a commitment to his personal fitness that lasted well into his 20s.

Unfortunately, during his undergraduate and post-graduate years, time constraints and pressures restricted his ability to exercise and play sports. During oral surgery training in San Antonio **his commitment to personal fitness suffered due to the heavy workload** and 80-hour work weeks.

By age 35, Dave was very unhappy with his physical condition. When the couple

returned to Vancouver, he decided to change his diet by eating smaller portions. **Although his weight dropped somewhat, health and fitness were still not priorities** because of the demands of owning a busy and fast-growing practice.

Dave became a father at age 42, which further increased the demands on his time due to work and family responsibilities.

During the early stages of the pandemic, his practice was forced to shut down, which added another level of stress and made it more difficult to focus on his personal health and fitness.



By age 50, Dave began reflecting on his life and family, and became aware of the unhealthy lifestyle he was leading. He also realized he was an older dad and wanted to be healthy and able to meaningfully engage with his children as he aged, saying, "it's about what you can do with your kids that is important."

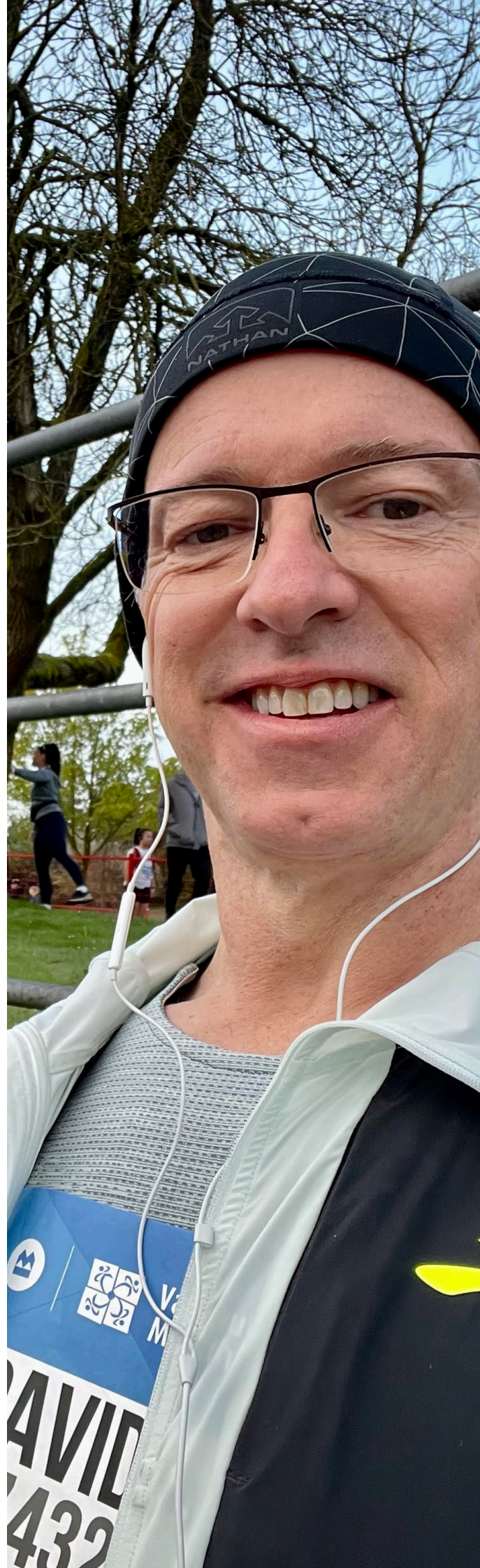
At this point, three things happened simultaneously that changed Dave's life.

"it's about what you can do with your kids that is important."

Firstly, it was his self-revelation about his own mortality and the need to focus on health and fitness.

Secondly, Dave had an office colleague who was an avid runner and through his encouragement, **convinced Dave to take up running** because of the mental and physical health benefits.

Thirdly, Shane McMahon - Dave's Portfolio Manager, and long-time advisor at OceanFront - gave him a copy of a book called *Younger Next Year*, which focused on committing to daily exercise to positively change your life.



Dave is now dedicated to a new exercise and fitness regime he believes maximizes his health value. He regularly uses his home gym that he built during the pandemic for strength training and runs 3-4 times per week. He proudly says, **"The asphalt set me free."**



Dave is now down to the same weight and size as when he finished high school at 180lbs and 32-inch waist.

Dave used to be an intense individual and had problems sleeping, sometimes waking up in the middle of the night with racing thoughts. **At present, he is in a much calmer state of mind, has more energy and is in the best shape of his life.** Dave successfully completed his first half marathon in 2022. His newfound enthusiasm for health and fitness changed his life, earning him the nickname "Mr. Positivity" in the family home. He coaches his daughter's soccer team which gives him as much inspiration as when he played sports years ago.

"Find ways to stay physically active and to prioritize it over other time demands."



Dave's new focus means he no longer looks forward to a glass of wine at the end of the day - he looks forward to his workouts.

His passion also inspired Lori who has taken up running as well. Dave's enthusiasm also spread to many of his office colleagues who are in turn, taking up running and other exercises and trying to make better lifestyle choices. He jokes that, "Our Christmas party last year had the lowest cost ever because nobody was drinking!"

Dave's advice to others who are reaching older stages of life is to find ways to stay physically active and to prioritize it over other time demands. He says,

"you need to find something that gets you physically active for at least 30 minutes a day and stick with it."

We thank Dave and Lori for sharing their unique life journey towards better health, wellness and financial freedom.

They feel that the **OceanFront Wealth** Team played a key role in their personal and monetary growth, which has brought peace of mind beyond just financial success. Maximizing this kind of Return on Life™ is what the OceanFront Wealth Team strives to help clients achieve.



THANK YOU

We hope you have enjoyed our Spring Edition of the Navigator featuring **Dr. David Sowden & Dr. Lori Santos** and their health and wellness journey.

We look forward to connecting with you in our next edition of the Navigator.