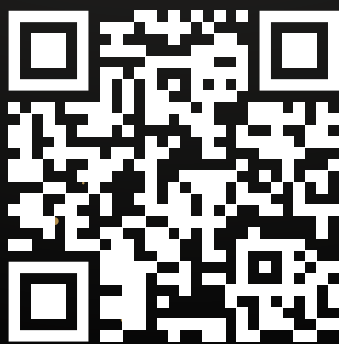




# PREMIUM WELLNESS PLAN



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# PREMIUM WELLNESS PLAN

**\$5,000/MONTH**

(PAID IN FULL OPTIONS)

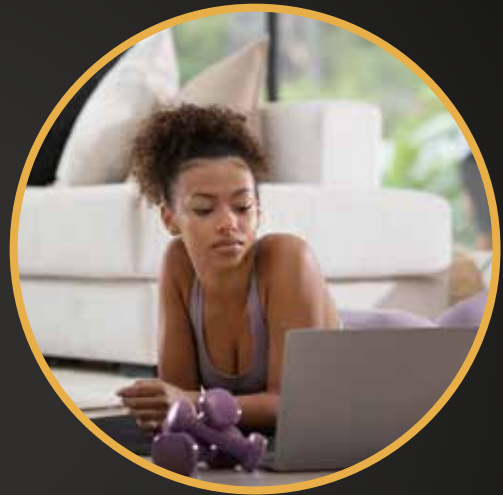
**6 MONTH CONTRACT: \$27,000 (SAVE \$3,000)**

**1 YEAR CONTRACT: \$48,000 (SAVE \$12,000)**

FOR THE BUSY MIAMI BUSINESSWOMAN WHO WANTS TO ENSURE EVERY ASPECT OF HER HEALTH IS PROFESSIONALLY MANAGED, THIS PLAN PROVIDES UNPARALLELED ACCESS TO A TEAM OF EXPERTS. EACH SPECIALIST PLAYS A CRITICAL ROLE IN OPTIMIZING YOUR WELLNESS, LEAVING YOU FREE TO FOCUS ON YOUR CAREER AND LIFE WHILE WE TAKE CARE OF THE DETAILS.

## *1. Weekly Wellness Calls (30 minutes)*

DURING THESE 30-MINUTE CALLS WITH YOUR WELLNESS DIRECTOR, WE'LL REVIEW YOUR PROGRESS, ADJUST YOUR GOALS, AND KEEP YOU ON TRACK. YOUR WELLNESS DIRECTOR SERVES AS THE CENTRAL HUB FOR YOUR ENTIRE PLAN, MAKING SURE EVERYTHING RUNS SMOOTHLY AND COORDINATING WITH ALL THE SPECIALISTS TO ENSURE THAT YOUR PERSONALIZED PLAN IS COHESIVE AND EFFECTIVE.



## *2. Expert Team Coordination*

YOUR WELLNESS DIRECTOR MANAGES A SPECIALIZED TEAM OF PROFESSIONALS, ENSURING THAT ALL FACETS OF YOUR HEALTH ARE ADDRESSED SEAMLESSLY. HERE'S WHAT EACH SPECIALIST DOES FOR YOU:

### **DIETITIAN**

YOUR DIETITIAN CREATES A NUTRITION PLAN TAILORED TO YOUR UNIQUE METABOLIC NEEDS AND LIFESTYLE. USING DATA FROM YOUR GENETIC AND METABOLIC TESTS, THEY CRAFT MEAL PLANS THAT OPTIMIZE YOUR ENERGY LEVELS, BOOST METABOLISM, AND SUPPORT WEIGHT LOSS. THE DIETITIAN ALSO PROVIDES GUIDANCE ON WHAT TO EAT BASED ON YOUR PREFERENCES, ENSURING YOU'RE EATING MEALS THAT ARE NOT ONLY HEALTHY BUT ALSO ENJOYABLE. THEY WILL ADJUST YOUR PLAN AS YOU PROGRESS, MAKING SURE IT CONTINUES TO ALIGN WITH YOUR GOALS.



## PHYSICIAN

THE PHYSICIAN ENSURES THAT YOUR OVERALL HEALTH IS IN TOP CONDITION. THEY'LL REVIEW YOUR GENETIC AND METABOLIC TEST RESULTS TO IDENTIFY ANY MEDICAL FACTORS THAT MIGHT AFFECT YOUR WELLNESS JOURNEY, SUCH AS HORMONAL IMBALANCES OR UNDERLYING HEALTH CONDITIONS. THEY WORK CLOSELY WITH THE REST OF THE TEAM TO PROVIDE MEDICAL INSIGHT, FINE-TUNING YOUR EXERCISE AND NUTRITION PLAN BASED ON YOUR BODY'S NEEDS. THE PHYSICIAN ALSO MONITORS YOUR PROGRESS, MAKING SURE THE PLAN IS SAFE AND EFFECTIVE.



## BEHAVIORAL PSYCHOLOGIST

CHANGING HABITS CAN BE CHALLENGING, WHICH IS WHY THE BEHAVIORAL PSYCHOLOGIST HELPS YOU DEVELOP THE MINDSET AND HABITS NEEDED FOR LONG-TERM SUCCESS. THEY'LL WORK WITH YOU TO IDENTIFY ANY BARRIERS THAT MIGHT BE HOLDING YOU BACK, SUCH AS STRESS, EMOTIONAL EATING, OR LACK OF MOTIVATION. THROUGH PERSONALIZED STRATEGIES, THEY HELP YOU BUILD MENTAL RESILIENCE, STAY DISCIPLINED, AND MAINTAIN THE HEALTHY HABITS NEEDED FOR LASTING CHANGE.

## SLEEP PATHOLOGIST

SLEEP IS A CRITICAL COMPONENT OF OVERALL WELLNESS. THE SLEEP PATHOLOGIST ASSESSES YOUR SLEEP PATTERNS AND HELPS OPTIMIZE YOUR REST, WHICH IS ESSENTIAL FOR RECOVERY, METABOLISM, AND WEIGHT LOSS. USING DATA FROM SLEEP TRACKERS AND ASSESSMENTS, THEY CREATE A PLAN TO IMPROVE THE QUALITY OF YOUR SLEEP. WHETHER YOU NEED HELP FALLING ASLEEP, STAYING ASLEEP, OR WAKING UP FEELING REFRESHED, THE SLEEP PATHOLOGIST PROVIDES EXPERT ADVICE AND ACTIONABLE STRATEGIES TO ENSURE YOUR REST SUPPORTS YOUR WELLNESS GOALS.



### *3. Tailored Exercise & Nutrition Plan*

YOUR EXERCISE AND NUTRITION PLAN IS FULLY CUSTOMIZED BASED ON YOUR HEALTH DATA, PERSONAL GOALS, AND LIFESTYLE. THE WELLNESS TEAM COLLABORATES TO CREATE A PLAN THAT INCLUDES EFFECTIVE WORKOUTS AND DELICIOUS, EASY-TO-FOLLOW MEAL PLANS, ALL DESIGNED TO FIT YOUR SCHEDULE AND PREFERENCES.

### *4. Supplements*

BASED ON THE RECOMMENDATIONS OF YOUR DIETITIAN AND PHYSICIAN, YOU'LL RECEIVE A SUPPLEMENT PACKAGE THAT SUPPORTS YOUR WELLNESS JOURNEY. THESE SUPPLEMENTS ARE CHOSEN TO ENHANCE YOUR METABOLISM, BOOST YOUR ENERGY, AND IMPROVE OVERALL WELL-BEING.



### *5. Customized Goal Outline*

YOUR PERSONALIZED WELLNESS ROADMAP OUTLINES SPECIFIC, MEASURABLE GOALS AND THE STEPS NEEDED TO ACHIEVE THEM. THIS GOAL-ORIENTED APPROACH ENSURES THAT YOUR PROGRESS IS CONSISTENT, AND IT'S REGULARLY REVIEWED TO MAKE SURE YOU STAY ON TRACK.

### *6. Genetic Test Kit*

THIS CUTTING-EDGE TEST ANALYZES YOUR DNA TO PROVIDE INSIGHTS INTO HOW YOUR BODY RESPONDS TO DIFFERENT FOODS, EXERCISES, AND WELLNESS PRACTICES. YOUR DIETITIAN AND PHYSICIAN USE THIS DATA TO PERSONALIZE YOUR WELLNESS PLAN, ENSURING IT WORKS FOR YOUR UNIQUE GENETIC PROFILE.







## 7. Metabolic Test Kit & Lab Results

UNDERSTANDING YOUR METABOLISM IS KEY TO EFFECTIVE WEIGHT LOSS AND OVERALL HEALTH. THIS TEST PROVIDES A DETAILED ANALYSIS OF HOW YOUR BODY PROCESSES ENERGY, HELPING YOUR WELLNESS TEAM REFINE YOUR NUTRITION AND EXERCISE PLAN FOR OPTIMAL RESULTS.

## 8. 24/7 Texting Access with Your Coach

YOUR DEDICATED COACH IS ALWAYS AVAILABLE VIA TEXT FOR REAL-TIME SUPPORT. WHETHER YOU NEED ADVICE, MOTIVATION, OR HAVE A QUESTION ABOUT YOUR PLAN, YOU'LL HAVE ACCESS TO IMMEDIATE GUIDANCE AT ANY TIME.



## 9. Exercise & Nutrition Knowledge Assessment

WE BEGIN WITH A COMPREHENSIVE ASSESSMENT OF YOUR CURRENT FITNESS AND NUTRITION KNOWLEDGE. THIS HELPS US CREATE A PLAN THAT NOT ONLY FITS YOUR GOALS BUT ALSO ENHANCES YOUR UNDERSTANDING OF THE BEST PRACTICES FOR LONG-TERM SUCCESS.

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