



Strength to Live In-Home Wellness Program

*You can achieve your health and wellness goals in
6 Strength to Live steps!*

Step 1: **Your Strength to Live Wellness Assessment**

Our comprehensive health and wellness screening is complimentary! You'll define personal goals and uncover potential challenges. We'll match you with a Wellness Specialist who is just right for you. Take the *first step* toward optimal health and wellbeing!

Step 2: **Your Strength to Live Workout**

Our team of experts will develop an individualized strength (abdominals too), flexibility, and cardiovascular program, based on your current level and needs. You'll move at *your own pace*, in *your own home* (or office). As you gain confidence in your abilities, you'll develop wellness habits to last a lifetime!

Step 3: **Your Strength to Live Nutrition**

Why does it take so long to lose weight? Why don't diets work? What is "proper nutrition?" You'll learn that healthy eating is not as hard as you think. Often small modifications make a big difference. If you need additional support, we'll refer you to our network of Registered Dietitians.

Step 4: **Your Strength to Live Tools**

You'll receive a photo manual, personalized videos, and a daily training log. We'll track your activity and monitor your results. These innovative tools keep you focused, give you visual support of correct technique, and provide continuous reassurance that you are on the right track!

Step 5: **Your Strength to Live Coach**

We'll provide continuous in-home and online **Coaching and Wellness** support. Your happiness, comfort, and success are essential to us. We are always just a phone call, text or email away!

Step 6: **Your Strength to Live Equipment**

We'll provide the exercise equipment for you, eliminating the need to buy expensive machines or travel to a gym. Wellness is a lifestyle and owning affordable, accessible, easy-to-use equipment is convenient and time saving!

Join **Strength to Live** because *You Deserve It!*



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