



GPS

Guidance. Performance. Success.

PERSONAL FITNESS ROADMAP



Fitness Navigation

"If you don't know where you're going, any road will take you there."

- Meet one-on-one with a Fitness Navigator to determine the path that's best for you - **FREE!**
- Ongoing communication/guidance from your Fitness Navigator



Fitness Evaluation

"You can't change what you don't measure"

- Microfit Evaluation providing baseline measurement for height, weight, blood pressure, percent body fat, cardiovascular fitness, strength and flexibility - **\$35**

Personal Training

"A journey of 1,000 miles begins with a single step"



- 5 Sessions for **\$250**
- * 10 Sessions for **\$450**
- * 20 Sessions for **\$800**



* Packages include: Pre and Post Microfit Evaluation, 15% discount off massage, 5% off Fresh 'N Fit Cuisine, 50% off Nutrition Consultations and 20% off Metabolic Testing.



Nutrition

"Sugar is a type of bodily fuel, yes, but your body runs about as well on it as your car would."

- Nutrition Consultation - meet one on one with a dietician - **\$60/hour**
- Fresh 'N Fit Cuisine - Available in 5 or 7 day packages, 1200 or 1800 calories - ask for pricing.
- Metabolic Testing - **\$49**



Recalculate

"Fitness is a journey, not a destination."

- Follow up Microfit Evaluation and Consultation - **\$35**
- Continue to your destination.

WELLSTAR[®]

Health Place
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