

Healthy & Active

Boost your metabolism
...and maintain weight loss

Healthy & Active is a personalized nutrition program.

Blood tests are analyzed to assess your metabolic needs. A personalized report will then inform you upon which foods you need to focus your diet in order to boost the metabolic activities of your body.

You will learn:

- which of your organ systems are metabolically low-functioning
- which foods to emphasize in your daily diet to boost your metabolism
- when to eat specific foods in your day
- which foods to eat in order to maintain your weight once your goal has been achieved

Who will benefit? Those who...

- ...are pre-diabetic and wish to improve their body's use of insulin
- ...are diabetic and looking to explore a long-term complement or alternative to medications
- ...are seeking healthy weight loss and maintenance
- ...wish to optimize their overall health and vitality now and for years to come

The Healthy & Active program includes:

Blood tests; 40 factors *...but only 1 needle poke!*

Body composition analysis; percent body fat, lean mass, indicator of cellular health, hydration status

Personal report; 21 pages of information on the program, analysis of your results, and food & meal recommendations.

2 consultations with me; the 1st to discuss the program and do the objective data collecting, and the 2nd to discuss the results.

Want to learn more? Go to www.healthy-active.com

Optimize your metabolism with your personal nutrition plan!