

WHAT IT IS

Change, empowerment, breakthroughs. A healthier lifestyle is yours with hands-on experience and one-on-one attention from nutritional, fitness and mind-body experts. With the new **Cenegenics Advanced Lifestyle Program**, you'll overcome plateaus, take on new challenges, balance your health regimen and discover real solutions to your personal goals.



WHO IT'S FOR

The best candidates? People like you who want to take charge of their health, conquer challenges and attain new personal heights.

Already a Cenegenics patient? The Cenegenics Advanced Lifestyle Program helps reinvigorate your commitment to that initial health investment you made with a deeper hands-on experience, working with our community of experts.



Scheduling a Cenegenics Executive Health Evaluation? Add this program as a "second day" of intensive, expert instruction to start a healthier lifestyle and bolster your newfound motivation.

New to Cenegenics? This is a great way to launch your healthier lifestyle.

HOW IT WORKS

Customize your program. Choose one day or more to focus on what you want to improve—a supercharged, six-hour or longer day of private instruction with nutrition, fitness and mind-body experts. You can focus all the hours in one area or split the day into multiple sessions.

Can't come to us? Not a problem ... we'll gladly take the program to you.

Whatever your personal goals, the **Cenegenics Advanced Lifestyle Program** moves you from desire to results.



WHAT THE DAY COVERS

The Cenegenics Advanced Lifestyle Program is all about you and your health/fitness needs. Define your goals and we'll help you meet them.

Here are some ideas of how to personalize your power day:

Fitness

- **Weight training** – basics to advanced, proper positioning, operating fitness equipment, overcoming fitness plateaus/injuries, selecting/working with a trainer
- **Cardio training** – boosting your aerobic fitness, interval training, using heart-rate monitors
- **Flexibility** – decrease joint/muscle discomfort, strengthen your back, improve posture, stretching, yoga, Pilates
- **Sports training** – strategies to improve agility, speed, performance
- **Home gym** – equipment, consultation, recommendations
- **On the road** – fitness workouts for your hotel room
- **Scheduling** – how to weave your program design into everyday living

Nutrition

- **Transform eating habits** – nutritional steps for energy optimized health
- **Learn the power of combining foods** – low-glycemic nutrition at its best
- **Restaurants/healthy menu options** – for your area and traveling, based on personal preferences and recommended nutritional plan
- **At the office** – coordinating healthy snacks/meals with your schedule
- **Cooking** – we work with you and/or your chef, here or in your home
- **Creating a healthy pantry** – for you and your family
- **Shopping 101** – guided tour at the store, explaining labels, what to avoid
- **Overcoming objections** – how to integrate your healthy lifestyle into your busy family life



CENEGENICS® . . . BEYOND MEDICAL EXCELLENCE.