

WHY IT MAKES SENSE

The bottom line? You hit the ground running.

The **Cenegenics Advanced Lifestyle Program** lifts you out of an "I should" mentality and into positive performance mode.

Working one-on-one with our community of experts helps you gain confidence and clarity, empowering you to live well longer. The more hands-on training you have with our experts, the easier it will be to modify your daily lifestyle.

Experience the change

- Gain awareness, self-assurance, competence
- Master fitness and nutrition for robust living
- Maintain a steady course, stay motivated
- Develop strength, endurance, stamina, flexibility, stability, balance
- Feel and look fitter, shed body fat, increase bone density, boost energy, reduce disease risk



ADVANCED LIFESTYLE PROGRAM

ONE-ON-ONE SESSIONS
FOR NUTRITION, FITNESS & MIND-BODY BREAKTHROUGHS

In just **one powerhouse day** ...

the **Cenegenics Advanced Lifestyle Program** immerses you in the dynamics of nutrition, exercise and mind-body strategies for personal success, self-discovery, empowerment and confidence in your everyday life.

Ready. Set. Go. Experience the Difference.

GET STARTED NOW

Just pick up the phone to get your life moving in a more positive direction.



Let our community of experts help you have a direct experience of a healthier life. Whatever your fitness needs, we are here for you—whether it's finding the right trainer in your hometown, gaining confidence to walk into a gym, using various exercise equipment, shopping smarter, revamping your pantry or having us work with your personal chef.

Schedule your powerhouse **Cenegenics Advanced Lifestyle Program** today.



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TAKING YOU AND YOUR
HEALTH TO THE NEXT LEVEL