

# WHAT IT IS

**Change, empowerment, breakthrough.** 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 will 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:

## 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

## 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



**Ready. Set. Go. Experience the Difference.**

**CENEGENICS® . . . BEYOND MEDICAL EXCELLENCE.**