# Fat, Fatigued & Fed-up?

"The Journey of 1000 Miles Begins with the First Step"

Do you know that most chronic illness in the UK today is due to PREVENTABLE lifestyle factors?

Eat Well Move well Think Well

Poor diet, inadequate exercise, bad posture habits, emotional and mental stress, poor sleeping patterns, accidents, incidents & falls weaken the body over time – eventually the body becomes overwhelmed and succumbs to debility and ill health.

- Do you have a family history of diabetes, cardiovascular disease or other chronic illness?
- Are you concerned about your current health status or where in fact it might be heading?
  - Do you find it hard to stick to diets or implement positive lifestyle changes and maintain them?
    - Do you have people who depend on you staying fit and well for many years from now?
    - Do you know you need to do something about your health but just keep putting it off?
      - Do you want to stay active and vital into old age?
    - Are you concerned about your weight and associated health risks?
    - Are you lacking in energy, focus and drive?
      - Are you simply overwhelmed with all the information out there and just don't know where to start?

### Don't Despair, We Can Help!

In *just 9 weeks* you can start turning your health around with a complete 'metabolic reboot' & become

Aligned to Wellness!



#### WE USE A MULTI THERAPUETIC APPROACH

So many 'wellness' programs are one dimensional: they are either just an exercise plan, just a diet plan or just a 'changing behaviour' program – our program is *different*, as we take a 3 pronged approach: **Eat well, Move Well & Think Well** 

### WE MEASURE YOUR HEALTH TO MANAGE IT....

Most programs don't have a means to truly measure progress. In our program we measure a range of biomarkers such as:

**Body composition** (Fat mass, organ fat, water content, muscle mass & balance, muscle/fat ratio)

**Blood tests** (complete blood fat analysis – heart disease risk, diabetic risk, complete thyroid panel, vitamins - B12, Folate, D, complete iron profile, liver function tests)

**Functional movement patterns** (how coordinated and balanced are your movements)

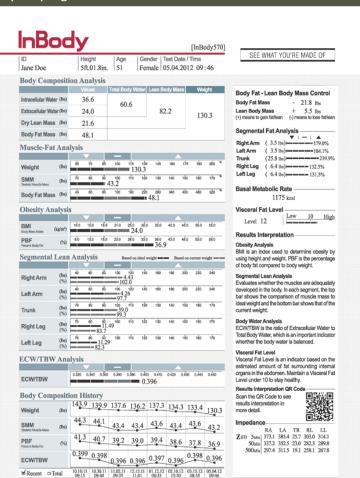
### Postural spinal scanning/surface electromyography

(to locate spinal weaknesses and imbalances)

X-rays (if required, to better assess spinal, pelvic or peripheral joints)\*\*only done at start of program\*\*

### THEN WE GIVE YOU A 'WELLNESS SCORE'

This is your wellness 'grade' from collating all your biomarkers – we give you a score at the beginning of your program and another at the end!





Parameters	Exam ID: 1487		Exam ID: 1489	
	Data	Rating	Data	Rating
MSQ	65	0	5	100
ВМІ	32	30	27	70
Waist to Hip Ratio	1.01 waist/hip	10	.92 waist/hip	100
HbA1c	6.1%	60	5.5%	100
Triglyceride/HDL Ratio	12.2:1	0	2.9:1	50
Overall Wellness Grade	F		В	



## Our Aligned to Wellness - Total Health Solutions Program incorporates:

- ✓ Chiropractic Care
- ✓ Bespoke Exercise Program
- ✓ Stretch Classes
- ✓ Core Strengthening
- ✓ Nutritional Counselling & Meal Plans
- ✓ Nutritional Supplementation
- ✓ Neuro- programming (positive thinking)
- ✓ Better Sleep Advice
- ✓ Full Support Every Step of the Way

Lose weight, increase energy, think clearer, function better, improved health & wellbeing A COMPLETE METABOLIC REBOOT!

All aspects of the assessments & program itself are 'in house'. Our facilities including: exercise studio, parking, digital x-ray, InBody body composition, Myovision scanning, blood tests (finger prick)

Call now to attend our *Free* Information Session on **01434 60568** Sele Gate House, 1 Hencotes, Hexham, NE46 2EQ