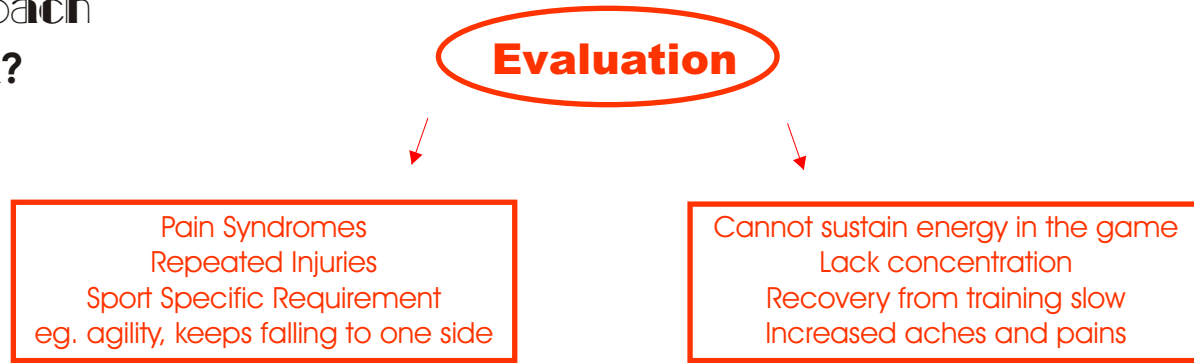


Holistic Fitness
The Whole Person Approach
What is your missing link?



**The Possibility of
 Who YOU
 Can Become!**



What is driving the dysfunction?

Muscles Testing & Function Evaluation

- Standing Postural Analysis
- Visual Assessment
- Mastication Assessment
- Respiratory Assessment
- Upper Cervical Assessment
- Shoulder Assessment
- Abdominal Wall Assessment
- Length and Tension Tests
- Range of Motion Tests
- Sacro iliac Joint Tests
- Primal Pattern Assessment™

Nutrition & LifeStyle Evaluation

- LifeStyle Questionaire
- Health Appraisal Questionaire
- Health and Lifestyle Awareness Questionaire
- Metabolic Type Questionaire
- Pain Diagram
- 10 Day Diet, Exercise and Sleep Diary
- Functional Tests

Individualized Programs

Exercise Coaching

Nutrition & LifeStyle Coaching

