

TOTAL BODY WELLNESS™

This 2 step **Total Body Wellness** program developed by *Falls Healing Arts & Synergy Team Workout* is designed to improve overall body composition, nutritional health & fitness.

STEP 1

DESIGNED TO REVERSE, REPAIR, RESTORE, REBUILD

STEP 2

CONFIDENCE, RESPONSIBILITY, EMPOWERMENT, PERMANENCE

This 24 week program includes:

Chiropractic Examination & X-rays

utilized to coordinate efficient muscle, joint & nerve function allowing the body to maximize nutrition support and exercise therapy

Nutrition program,

which will include monthly nutritional consults, body cleanse in a healthy way, followed by healthy menu planning, Lab testing and information on Supplements specific to your needs.

Fitness

plan includes one 60 minute or two 30 minute personal training sessions weekly, gravity strength training and cardiovascular Exercise in STEP 1.
STEP 2 moves to mainstream fitness classes (including gravity, spinning and ROM)

STEP 1 includes **Bi-Weekly lectures** including the topics of Detox, Natural Options in Health Care, Fitness, Common Sense eating, Trigger Point Massage, and Stress.

STEP 2 includes **monthly Group meeting** (including additional lectures, cooking demonstrations, recipe exchange etc.)

Falls Healing Arts

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