

Wellness Information

Complimentary to your comprehensive annual physical, we have developed a wellness and longevity program designed to address your lifestyle and physical well-being. Together, we target areas like diet and nutrition, exercise, aches and pains, energy levels and your own specific goals.

As an AccessVIP member, your initial consultation includes a basic nutrition review and will evaluate your current wellness status.

Initial Consultation:

1. Principles To Live By

Learn about meal/nutrition scheduling, proper sleeping habits, caloric density and other nutritional guidelines

2. Meal Templates

Base your meals on preset caloric measurements and/or disease specific guidelines like diabetes, obesity and heart-healthy diet restrictions

3. Body Mass Index (BMI Assessment)

Find out if you are underweight, normal weight, overweight or obese

4. Body Fat Assessment

A skin fold caliper measures subcutaneous tissue which is then used to calculate and determine your body fat percentage

5. Ideal Body Weight Comparison

Calculate weight loss or weight gain based on your current body weight as well as what is safe, healthy and in accordance with your bone structure

6. Physical Activity Readiness Questionnaire (Par-q)

Overview of your total scores, which determines the appropriate and safest level of exercise to begin your wellness program

7. Grocery Shopping List

Let a professional nutritionist guide you in the proper way to shop and plan your meals

8. Nutrition log

Keep track of your nutritional intake, and bring to light exactly what you are consuming throughout the day

As an AccessVIP member, you will receive a discount for any additional services, including:

1. Comprehensive Take Home Wellness Program

A personalized packet of approximately 50-60 pages which includes: your personalized exercise program, postural assessment and treatment plan, nutritional guidelines, personalized meal templates as well as a customized supplement regimen with instructions and explanation of benefits. Package includes two additional follow-up consultations to monitor improvement and ensure progress.

2. Exercise Coaching

12, 24 or 36 session packages with a certified exercise coach traveling to your home, gym or location of your choice. Programs are based on your physical state, personal goals and any medical conditions.

3. Take Home Exercise Program

Your personal exercise coach will work with you to develop your detailed exercise prescriptions for 12 weeks based on the following assessments: postural, flexibility, strength (upper body, lower body and core) as well as a body fat assessment.

4. Take Home Nutrition Program

Initial comprehensive consultation includes nutrition assessment, nutritional behaviors and patterns and review of most recent blood work. Customized take home nutrition program includes a personalized meal program, a detoxification regimen, nutritional supplement recommendations

and regimen, a nutrition log, program rules and recommendations and a grocery list. Upon accomplishment of wellness goals, a follow-up interview will assess progress and identify a personalized maintenance program for an indefinite healthy living regimen.

5. Healthy Meal Delivery

Our healthy meal delivery service is the result of advanced research and meal planning which uses the proven 40/40/20 method. Our nutritionists have created an endless menu of delicious and healthy meals that provide the right combination of food made from the freshest ingredients, all while satisfying your daily nutritional needs. By selecting this service you eliminate the headache of cooking, cleaning, grocery shopping and storing food. Three healthy meals and two snacks per day are delivered fresh daily. This healthy meal delivery service is meant to make your weight loss transition easy and effortless.

6. Neuromuscular Therapy

For those suffering from lower back, muscular or joint pain, this modality is sure to alleviate pain and improve quality of life. Your personalized wellness coach will guide you through facilitated stretching techniques and myofascial releases providing immediate and lasting relief not possible from a typical massage.

