

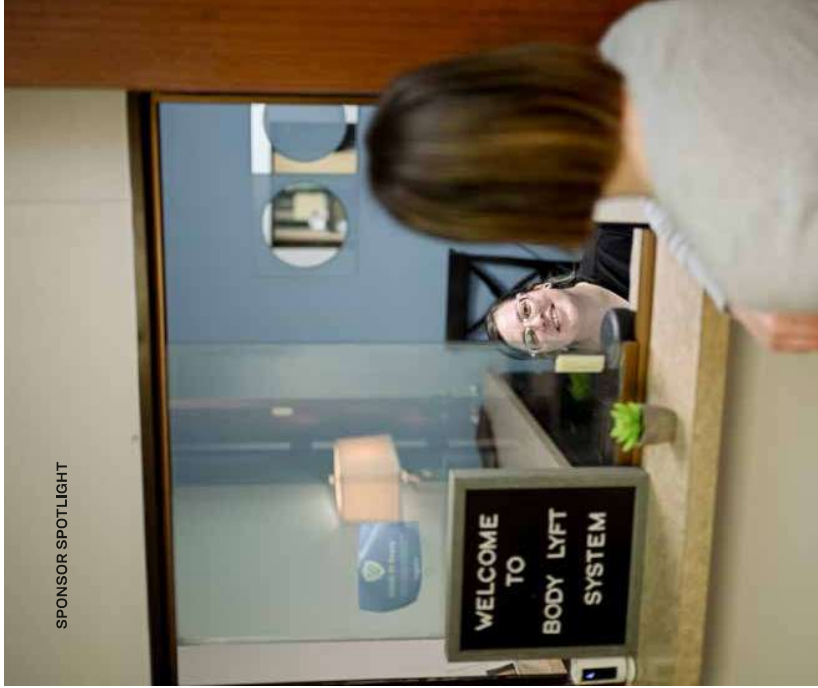
BODY LYFT SYSTEM

Since opening its doors in 2012, Body Lyft Carmel has become a trusted destination for residents seeking innovative, non-invasive wellness solutions tailored to their individual needs. Owned and operated by Jami Nielsen, Body Lyft stands out for its personalized approach, advanced technology, and commitment to helping clients feel stronger, healthier, and more confident without invasive procedures or overwhelming time commitments.

Nielsen's path to wellness entrepreneurship began in the corporate world. With a background as a Business Analyst and Software Analyst in the Financial Services industry, she brings a strong analytical mindset and operational expertise to Body Lyft. She holds a Bachelor of Science degree in Business Administration and has complemented her formal education with multiple wellness certifications. That unique combination of business acumen and health-focused training has shaped Body Lyft into a results-driven yet client-centered business. Nielsen launched Body Lyft alongside her husband, blending their shared vision into a company that prioritizes measurable outcomes and personalized care.

The mission behind Body Lyft is rooted in a simple belief: no two people are alike, and wellness solutions should never be one-size-fits-all. The business began in the south Geist area before expanding to Carmel, where it continues to thrive. As demand for its customized protocols grew, Body Lyft took an additional step by licensing its systems to other wellness business owners. Today, Body Lyft protocols are used in locations across North Carolina, Florida, and Arizona, reflecting both the effectiveness

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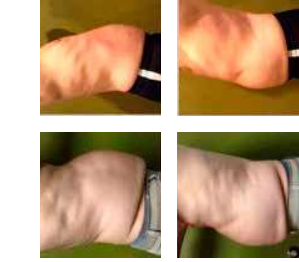


of the model and the scalability of its personalized approach.

Body Lyft offers a wide range of services designed to support healthier lifestyles and accelerated body transformation. Clients seek out Body Lyft to help with toning, cellulite reduction, increased muscle tone, and improved bone health. The programs are non-invasive and designed to fit seamlessly into busy schedules, making them

especially appealing to professionals, parents, and active individuals who want results without lengthy recovery times. Many clients also report improved endurance during workouts, allowing them to get more out of their existing fitness routines.

Athletes are a key part of Body Lyft's client base, often coming in to maximize core strength, enhance performance, or return to ideal weight more efficiently.



Others schedule consultations ahead of weddings, vacations, or major life events, while some incorporate Body Lyft treatments into post-surgery recovery plans or as a complement to traditional exercise and nutrition programs.

The Body Lyft System specializes in a variety of advanced services, including ABx Dynamic Velocity™, Passive Muscle Resistance treatments, Infrared Sauna Therapy with Chronolight Therapy, Non-Invasive Anti-Aging Facials, and PressoTherapy for lymphatic health support. Each client begins their journey with a detailed consultation and a 3D body scan that provides insights into BMI, BMR, measurements, and other health indicators. These scans are conducted before and after treatment protocols, allowing both the client and the Body Lyft team to track progress and adjust programs as needed.

What truly sets Body Lyft apart is its expertise in combining multiple technologies into customized treatment plans. Rather than offering generic packages, the team carefully designs protocols based on each client's goals, timeframe, budget, and overall needs. This strategic blending of technologies leads to quicker, proven results and ensures that every client receives a program aligned with their lifestyle and expectations.

Education and coaching are also integral to the Body Lyft experience. Clients receive guidance on proper hydration, general nutrition principles, protein consumption, and other wellness practices that support long-term success. By pairing treatments with practical lifestyle recommendations, Body Lyft helps clients maximize results both inside and outside the studio.



Like many growing businesses, Body Lyft has faced its share of challenges, particularly during expansion and the transition into licensing its protocols. Maintaining consistent quality while scaling required careful systems development and ongoing refinement. Those challenges ultimately strengthened the business, resulting in clearer processes, enhanced training, and a model that balances growth with individualized care.

Community involvement remains a priority for Body Lyft. The business has partnered with the Arthritis Foundation and other non-profit organizations, providing donations and support for annual events. These partnerships reflect a commitment to giving back and supporting causes that align with overall health and wellness.

Looking to the future, Body Lyft plans to continue offering unique non-invasive treatments while developing additional protocols using newer, proven technologies. Innovation, personalization, and results will remain at the core of the business as it evolves alongside the wellness industry.

When asked what advice she would share with residents, Nielsen emphasizes simple, impactful habits: drink plenty of water, prioritize detoxification, stay active, and consider passive resistance training, especially for surgery recovery. It is advice that reflects Body Lyft's philosophy of sustainable, smart wellness supported by expert guidance.

BODY LYFT CARMEL
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Winslow Wellness Center
Carmel, Indiana 46032
Call or Text: 317-569-0767



I always see results with the muscle max immediately and the Sauna always helps to boost my energy levels and detox from along week. I have been coming to this location for years and the staff is always so accommodating and friendly. It is a hidden gem.

—CHRISTINA H. • 4 MONTHS AGO

I discovered Body Lyft when searching for a clinic that offered a variety of treatments to treat skin sagging and muscle treatments. When I went to my first visit they were very nice and knowledgeable and offered me a package at 50% off regular pricing. I am seeing a lot of improvement in my stomach area that was my biggest concern. I can't wait to finish my treatment and see how good I will look.

—EVELYN G. • EDITED 3 WEEKS AGO