

Lifestyle change is simple when personalized to your health.



Integrative Health Coaching

MetaFit’s lifestyle competency program teaches people how to adopt new healthy lifestyle behaviors that are based on their health needs and preferences. The lifestyle assessment includes eating patterns, exercise, sleep and more. The coaching blends the science of how a person’s unique body works with the way a person is living or wants to live.

*"I would have never changed my life this way if I didn't have the data and the science behind it. It made it believable, and I saw it in the numbers."
—Donna Kell, LDT client*

Lifestyle Change Programming includes:

- Baseline lifestyle monitoring
- Nutrition analysis for daily living
- Resting metabolic rate test
- Bio-Impedance body composition
- Personalized recommendations
- 10-wks of targeted coaching
- Weekly accountability
- Comparative analysis of baseline to retest changes

Health Enhancement Packages	\$250	\$450	\$599
Baseline Lifestyle & Eating Assessment	✓	✓	✓
Personal Preference Questionnaire	✓	✓	✓
30 min Review w/Recommendations ¹	✓	✓	✓
Personal Recommendations	✓	✓	✓
10-Wk Reassessment w/Recommendations		✓	✓
Weekly CheckIn Accountability Web Feature			✓
Unlimited email/text messaging			✓
30 min Coaching Sessions ²			8
45 min Face to Face Visit ³			1

¹ Review and recommendations may be done in person, telephonically, or via skype

² Coaching sessions may be done in person, telephonically, or via skype

³ Face to face visits during the program may include measurements, home visits, or other locations. Travel time outside of office visits may incur additional fees.