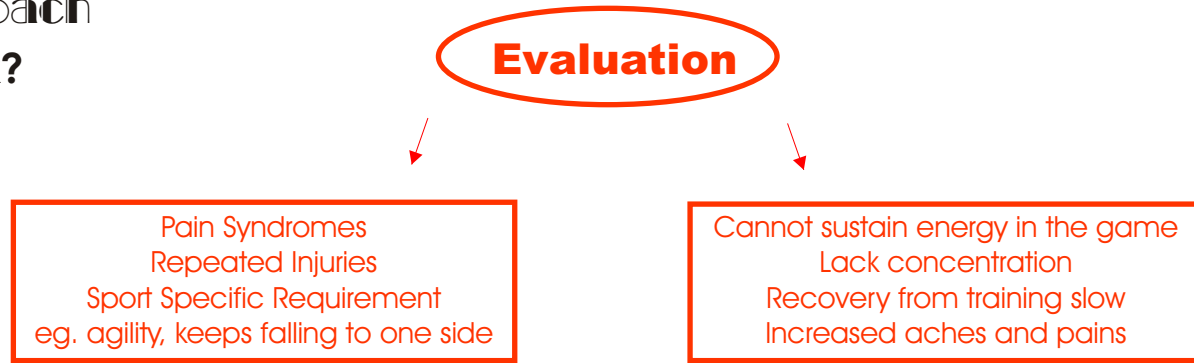


**Holistic Fitness**  
**The Whole Person Approach**  
**What is your missing link?**



**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**

