

# 13 WEEKS **THYROID HEALING PROGRAM**



# **FITNESS TRAINING**

**Strength & Conditioning with weekly 2 day YOGA**

**Choose: Recorded, Live Group or Personal Training**

<b>WEEK</b>	<b>CONTENT</b>
Week 1-4	Basics
Week 5-8	Moderate Progression
Week 9-12	Advanced
Week 13	Maximum Progression

# **DIETITIAN**

**To guide to a healthy eating**

<b>WEEK</b>	<b>CONTENT</b>
Week 1,5,9	Sessions
Week 13	Sessions
Other Weeks	1 call weekly

# LIFESTYLE BUDDY

- Onboarding
- Confirms bookings with Nutritionist.
- Checks your attendance & CONSISTENCY check with workout.
- Gets you motivated with calls once a week.

**This program is designed to help you:**

-  **Rebalance hormones naturally**
-  **Boost metabolism and energy**
-   **Reduce stress and inflammation**
-  **Eat in harmony with your thyroid**
-  **Restore confidence in your body**