

13 WEEKS THYROID HEALING PROGRAM



FITNESS TRAINING

Strength & Conditioning with weekly 2 day YOGA

Choose: Recorded, Live Group or Personal Training

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

DIETITIAN

To guide to a healthy eating

WEEK	CONTENT
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