

# Take Control of Your Health

## Healthiest Year Ever

**Our most comprehensive program—ideal for people who are committed and ready to transform their health!**

You will have your own health team—physician, nutritionist, exercise physiologist and health counsellor—to address your challenges and achieve your goals.

This 12 month program will change how you eat, exercise, sleep and manage stress allowing you to optimize your health.



Your Healthiest Year Ever starts with a comprehensive set of assessments covering nutrition, fitness, body composition, medical history and lab investigations

With the data from these assessments your **Wellness Garage** health team will make the connections between your current behaviours, symptoms and key biomarkers providing you with a personalized Precision Health Plan.

**You will then have all the support you need to implement this plan.**

**The Healthiest Year Ever program will provide you with all the expert guidance and support you need to take control of your health.**

### Includes

- Comprehensive Lifestyle Medicine Assessment
- TARGET Nutrition Plan
- Personalized Meal Plans
- TARGET Fitness Plan
- Personalized Workout Plans
- Body Composition (DXA) at baseline, 6 months and 1 year
- Online education and coaching through [myHealthJourney.ca](https://myHealthJourney.ca)

Regular appointments with our nutritionist, exercise physiologist, health counsellor and physician. (All medical visits covered by MSP.)



**\$2,999**