

Take Control of Your Health

S³ Weight Management

Are you 'done with dieting'? Find a Systematic, Stratified and Sustainable approach to weight loss!

Get the personalized support and 1:1 guidance you need to sustainably lose weight without dieting.

Work closely with a nutritionist and physician throughout this 6 month program and learn to change your nutrition and habits, lose weight and improve your health for life.



Starting from a comprehensive lifestyle medicine assessment reviewing key medical biomarkers as well as your current behaviours: nutrition, exercise, sleep, stress tolerance, relationships and purpose, we address the first two key issues in weight management:

Are your current lifestyle behaviours contributing to your inability to lose weight?

Are there medical reasons why you have gained weight or why you may be struggling to lose weight?

If there are significant medical or behavioural reasons for your weight gain—correcting these comes first.

After 3 months, we do physiologic testing in order to fine tune your program—this answers two important questions:

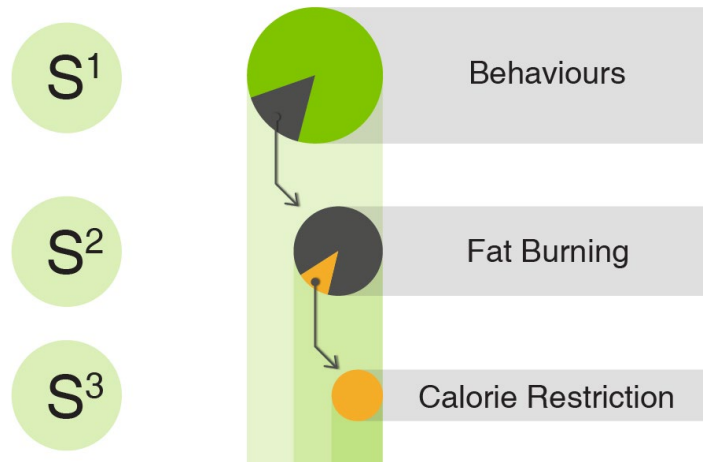
Are you metabolically flexible?—simply put, can you switch easily to fat burning?

What is your resting metabolic rate (RMR)?—how much energy do you actually burn at rest?

With this additional information, your program is adjusted for sustainable weight loss strategy.

Includes

- Wellness Garage Lifestyle Medical Assessment
- TARGET Nutrition Plan
- Six months of digital content and coaching using our Lifestyle Foundations Course designed to teach lasting behaviours and strategies for implementation through our exclusive myHealthJourney.ca platform.
- 10 appointments with a Wellness Garage nutritionist
- Resting Metabolic Rate (RMR) & Respiratory Exchange Rate (RER) Testing or DXA body composition
- Physician support as required (billable through MSP)



\$999