

# TAKE HOLD OF YOUR HEALTH

HEALTH REFRESH is an exciting new program offering extensive transformation tools to aid in revitalizing your health. Our expert medical team will guide you through the entire journey and help you meet your health goals.

## PROGRAM INCLUDES



NUTRITION  
CONSULTATIONS & PLAN



BODY COMPOSITION  
ANALYSIS



EXERCISE PROGRAM  
MEDICAL CONSULTATION



SUPPLEMENTING  
GUIDANCE & MORE...



**HEALTH  
REFRESH**

BY ACTIVE FAMILY HEALTHCARE

**208.758.0560**

919 W Canfield Avenue  
Coeur d'Alene, ID 83815  
ActiveFamilyHealthcare.com

# PROGRAM DETAILS



Whether your goal is to lose weight, increase your muscle mass, decrease body fat, or improve your immunity we will be here every step of the way. Utilizing cutting edge technology and tools, a Nutritionist will teach you how to be completely self-sufficient for long term success. We are very excited to meet you and guide you on your Health Refresh adventure.

## PROGRAM INCLUDES

- Two 30-minute consultations with a Nutritionist per month (in person or video chat)
- Nutritional meal planning & grocery lists (utilizing the Fisher Nutrition App)
- Exercise program developed by a Certified Personal Trainer and includes video instruction
- Professional body composition analysis (using the Tanita 780U)
- Medical consultation with a Nurse Practitioner (15-minute consultation)
- Optional consultation with a pharmacist specialized in natural compounding and supplementation
- Open communication including emails, messaging & phone with Nutritionist & exercise coordinator

## INVESTMENT



FULL PROGRAM:  
\$199



EXERCISE ONLY  
PROGRAM: \$99

All pricing is a monthly fee and requires a minimum 3-month commitment. Receive 10% off if 3 months are paid up front.



## MEET TARA

Tara LeBaron, BS, CPT  
Nutritionist