

Saturday, August 1, 2020

FLEX & LEAN_OPTAVIA

Send this text after you place their 1st order:

Good news! Your order is placed! Here are a few important things to prepare:

You need:

- » A Body scale: any scale will work but I highly recommend this digital one on Amazon Prime the majority of my Clients use it <https://amzn.to/2ZcQ38A> It syncs data to smartphone with free App, Apple Health, Fit Bit etc. It measures key body components: Body Weight, BMI, Body Fat%, Water %, Skeletal Muscle, Fat-free Body Weight, Muscle Mass, Bone Mass, Protein, BMR, Subcutaneous Fat, Visceral Fat and Metabolic Age. Really helpful. 43,000 5 star reviews. \$35
- » A Food scale: to weigh your lean protein & this is ESSENTIAL! I recommend this one from Amazon <https://amzn.to/2WRt2qi> 19K reviews \$17

Download the Habits of Health App and get familiar with it to log your Fuelings and hydration: <https://apps.apple.com/us/app/dr-as-habits-of-health/id1449131406>

Click & watch this 1 minute video to hear a special message from the co-founder of OPTAVIA, Dr. Wayne Scott Andersen! <https://players.brightcove.net/pages/v1/index.html?accountId=1018484324001&playerId=BkDy6Nkf-&videoId=5647956479001>

Next, take a few minutes and complete your “Health Assessment Survey“ created by Dr. A. This will give you a true picture of where you are today, the important Micro-habits of health that need to be established, and provide a clear pathway forward. We will review your results the day before your journey begins! <https://www.habitsofhealth.com/health-assessment/>

Flex at Home Training Programs: Clients who are doing both Optavia & our Structured Fitness Programs are getting dramatic results! We also offer Custom Digital Strength Training Plans designed to go with the Healthy Eating Program, tailored to your fitness goals, exercise history, available gear. Access on mobile device via app or browser. Easy to follow with Video exercise demos, sets, & reps so you know exactly what to do. All levels. Text me to order or with questions.

Looking forward to helping you achieve your weight loss goals! Have a healthy day!

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