

Taking Charge Of Your Health And Your Life

How To Effectively Participate In Your Own Health Care

As your health coach, our goal is to arm you with better information so you can take charge of and participate in your health care. Good health is a PROCESS that begins with you. That is why we are offering you a **FREE BIA TEST (Bioelectrical Impedance Analysis)** for attending this class.

BIA Tests will be performed and results received during class. Since a larger number of our patients are able to get tested as part of the class, we can offer the test to you free of charge. The doctor will then review how to interpret your results and improve areas of concern. The BIA Test will show:

Body Composition- lean vs. fat muscle mass: measures your level of risk for certain disease including diabetes, hypertension, cardiovascular and osteoarthritis. It's not about weight- you can be very thin and have a dangerously high level of body fat!

Basal Metabolic Rate- energy needed for your body to perform basic life-sustaining functions: BMR allows you to estimate how fast you burn calories and is important for managing healthy weight.

Intracellular vs. Extracellular Water- A proper balance is critical for the health and life of your cells. Without this balance, cells begin to "dry up" and eventually cease to function. Imbalances can lead to serious health problems and need to be addressed.

In addition, you'll learn:

- ◆The astounding toll prescription and OTC drug-related problems has taken on the U.S. and how you can **"say NO to drugs"** for you and your children.
- ◆**Alarming trends** in the health of our children and what you can do to protect yours.
- ◆**A first of its kind program, FirstLine Therapy®** designed to restore health, decrease risk for disease, and promote longevity through lifestyle changes including diet, nutrition, exercise, education and one-on-one coaching. Clinically shown to reverse disease processes, promote lean body mass while decreasing fat mass, and reduce or

manage weight. Results are long term because the program creates lifetime habits for health and longevity. Fill out the **FirstLine Therapy®** checklist to find out if you can benefit from this remarkable program.

♦2 **Amazing things your body can do** to add years to your life that most people aren't aware of.

♦2 **important steps you can take** to help family and friends on the road to better health.

Bring a guest to class and he or she will also receive the **FREE BIA TEST** and can sign up for a new patient **EVALUATION and SEMG SCAN free of charge.**

Sign up your child(ren) or another family member to receive a new patient **EVALUATION and SEMG SCAN free of charge.**

FREE CLASS: View our calendar: www.teamhealthcareclinic.com/calendar

Register by phone or online:

763-323-1492

www.teamhealthcareclinic.com/signup

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