

How do I achieve Vitality, Longevity and Healthy Ageing?

Your Practitioner is one of a select group of healthcare professionals who have received extensive training in maximising healthy ageing and improving vitality with the Vitality, Longevity and Healthy Ageing Program. Your Practitioner uses a scientifically validated test known as Bioelectrical Impedance Analysis (BIA), which assists them to design a program specifically for your needs. Nutritional supplements, exercise recommendations and dietary advice will be provided, giving your body the building blocks for maximum health and energy.



What is Bioelectrical Impedance Analysis (BIA)?

BIA is a science that has been used for monitoring patients in a hospital setting since the 1980s. Your Practitioner will connect leads to your hands and feet and pass a low voltage electrical current through your body. The test is completed in a matter of minutes, and is painless.



This provides your Practitioner with insight into aspects of your health such as how much fat you have in your body. BIA can also help your Practitioner to monitor your cellular health, in particular your fluid distribution.

Who wants more vitality?

Your Practitioner is the best person to advise you if this approach is appropriate for you. They will take into account your health and goals and design a program based on diet, lifestyle and supplementation to help you maximise your energy and help you achieve your goals. Call your Practitioner today to discuss if this is the best program for you. People who may benefit from the Vitality, Longevity and Healthy Ageing Program include those who want to:

- Manage their weight more effectively.
- Increase muscle tone and fitness.
- Improve energy levels.
- Support healthy ageing.
- Support the nutrition and health of their body.

What will I receive?

Your Practitioner will assess your health, perform a simple BIA test and then design a program to improve key areas. They will also monitor your results over time, so that you can see how your health is progressing. Your health is your greatest asset – discuss what you can do to optimise this with your Practitioner today.

