

90-Day Lifestyle Upgrade

This program **IS NOT** for you if you want:

- Short term fixes
- Fad diets
- Magic bullets
- Focus on becoming beach body

This program **IS** for you if you want:

- Increased energy
- Better sleep hygiene
- Online convenience
- Develop lifestyle habits that will stick
- Accelerate recovery from stress

Why 90-day lifestyle upgrade

Unlike other programs that focus in one direction to promote health and performance, our program recognizes that in order to overcome fatigue one must go beyond the traditional route.

Because of this, we take an entirely wholistic approach that addresses all of this with a simple, underlying theme: recharge the body's battery, and make sure to manage that energy efficiently.

With this in mind, our program gives you the simple steps you can start to take to charging your body and transforming your life.



Exhausted? Not feeling well? Is low energy robbing you of the activities you once loved, or keeping you from sharing important experiences with loved ones?

Sadly when you feel this bad, even life's beautiful moments lose their luster. And it can be hard to feel life's meaning or purpose.


Its time for change - lasting change that will give you energy for life, reduce inflammation and pain and leaves you looking and feeling better.
- A Transformation.

Join us for this 90-day transformational program that will educate, help you form lifestyle habits and give you tools for unlocking your body's resilience for life.

Your 90-Day Lifestyle Upgrade Program Includes:

- Manage Your Energy Like a Pro Course (8 Modules plus members area with support)
- High Performance Lifestyle® blueprint
- 3 Bioenergetic voice scans (once a month)
- 3 Bioenergetics reports
- Personalized infoceutical plan (5 bottle once a month -x 3months)
- 3 Bioenergetics Consultation - 45 min (once a month; phone or zoom)
- Group Coaching
- Weekly Virtual Office hours

To reserve your spot or for more information please contact:

 +862-216-7959

 jam@regenuscenter.com



90-DAY LIFESTYLE UPGRADE

PAYMENT OPTIONS

Option 1 - \$2495 (one time payment)

Option 2 - \$1000 (upfront) plus
3 payments of \$500

ADD-ON RECOVERY OPTIONS

\$287 (monthly membership - Red light, Infrared Sauna, Athletic Compression, 5 salt therapy, 1 FLOWpresso) **minimum 3 months***

\$187 (monthly membership - Red light, Infrared Sauna, Athletic Compression)
minimum 3 months*

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 **REGENUS CENTER**