



CORPORATE WELLNESS



PROPOSAL FOR WELLNESS SERVICES
PERFORMED BY WEIGHLESS MD

GET TO KNOW WLMD

WLMD is a dietitian-owned weight loss and wellness business that is passionate about helping people achieve vibrant health by treating the whole person.

Our mission is to be an intrinsic part of a paradigm shift in healthcare by incorporating integrative philosophies by teaching and supporting the core centers of health and empowering self advocacy to those we touch physically, emotionally, spiritually and socially.

Our clinicians are experts in weight loss but they also specialize in other areas such as condition-specific nutrition counseling, digestive and gut health, fasting protocols and lifestyle education. We believe that understanding the complexity of illness and obesity is crucial to reversing it.



ONSITE PRESENTATIONS

Onsite presentations are interactive workshops to engage employees and empower them to make positive changes to their health. We offer a variety of topics and can customize the topic to your group needs.



NUTRITION COUNSELING

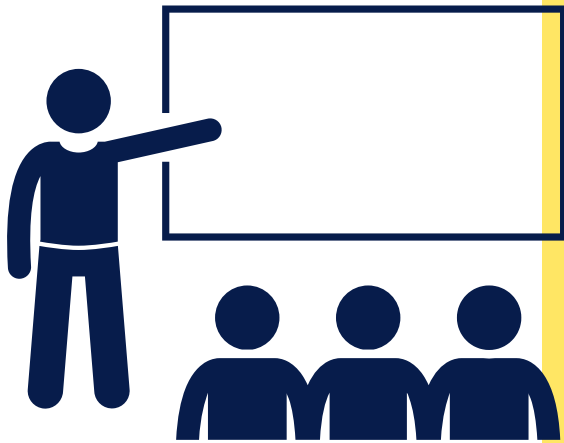
Nutrition counseling is a way to make significant progress with individuals that need support with health conditions. By improving health conditions, employers see savings in health care costs.



INDIVIDUAL PROGRAMS

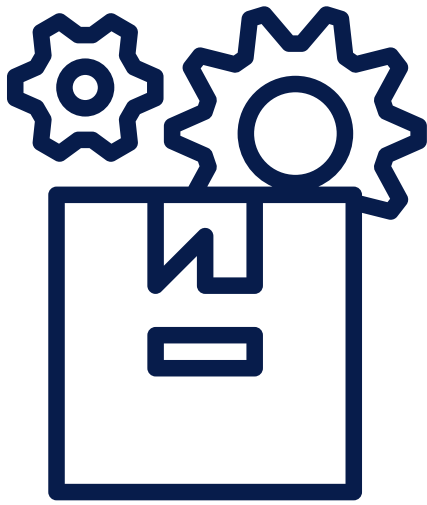
PRICE BASED ON PROGRAM

WLMD offers specialized programs that can be done individually or as a group. These target specific health conditions like obesity, heart health, gut health and diabetes. Discounted pricing is available with group orders.



PRESENTATION IDEAS

- ID motivators for long-term change.
 - How to burn fat - it's not low calories!
 - Supplements-what should I be taking?
 - Portion sizes and food modeling
 - Label reading-NEW Guidelines
 - Balanced diet
 - Why people crave foods & how to reverse it
 - Exercise- how much and what type
 - Hidden sugars- Why sugar is the foundation to poor health
 - Mindful eating and hunger
 - Eating on the go
 - Quick and healthy recipes
 - Food trends and top diets
 - Digestive/gut health
 - Intermittent fasting
 - Immune health
 - Metabolism- a reality check
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Programs can be combined and/or extended for longer periods if desired.

All programs are facilitated by Weighless MD practitioners. Follow up visits are outlined at the start of each program.

PROGRAM OPTIONS

Inbody Challenge: This is our group weight loss challenge that offers education, motivation, and Weighless MD app for tracking and meal planning. A great option to engage your group, supporting each other and some friendly competition.

HCA LEAN: A structured program that utilizes 3 different supplements that expedite fat loss. Hunger is eliminated as HCA mobilizes fat stores and allows the brain to recognize hunger signals. Improves metabolic health as it targets abdominal visceral fat, which is correlated with health conditions.

554 Metabolic Reset: Our fasting with food plan incorporates food that can be consumed while the body remains in a fasted state. Benefits are significant! They include improved gut health, improved metabolism, improved insulin sensitivity, improved skin, hair and nails and overall healing of the body. All participants receive food and supplements for the 5 days.

Sugar Detox: Our sugar detox incorporates whole food supplements and shakes that help detoxify the body to support metabolism and blood sugar regulation. Sugar cravings disappear quickly. The detox preps the body for successful weight loss.