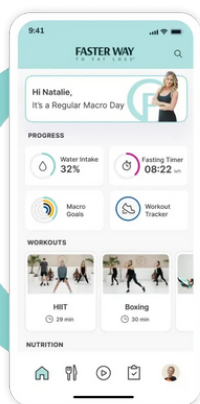


# FASTER WAY

## WORKPLACE WELLNESS

BUILD A **HEALTHIER AND HAPPIER** CULTURE

FASTER Way to Fat Loss is the premier virtual intermittent fasting fitness and nutrition program centered on the whole-health and well-being of our clients. Our vision is to help clients get well, prevent disease, and fulfill their purpose with energy.



### 6 Week New Client Experience:

- 1:1 Coaching & Support
- Training videos: Focused on Whole Food Nutrition, Macronutrients, Intermittent Fasting, & Carbohydrate Cycling
- Weekly Meal Guides
- Daily Workouts
- Accessible on the FASTER Way App

### VIP Monthly Membership:

- 1:1 Coaching & Support
- Weekly Meal Guides
- Daily Workouts
- Digital Studio
- Monthly Training Videos & Challenges
- Expert Interviews

