

# Meet Jennifer

- Jennifer is a 35 year old mother of two young children
- She works in HR and has a lot of responsibility at work which leads to long hours and high stress.
- Her husband also works long hours as an engineer and often travels for work
- She has tried many fad diets which has caused her weight to yo-yo
- She has never had a consistent workout plan and lacks motivation
- Stress reduction is also a goal to help her both at home and work
- She would like to lose weight and become more physically active

## Health Intake with Nurse

Reviewed health history and her health concerns. Booked a Check-In appointment every two weeks to measure her weight and measurements to keep her accountable

STEP  
01



STEP  
02

## Foundation Program Check-In with Kinesiologist

Program was created based on her goals and abilities. The workout was tailored to be able to be done at open gym or at home if she needed to be home for her kids.

## Nutrition Check-In with Dietitian

Jennifer needed simple and healthy meals to help her achieve her goals. Easy recipes based on her preferences were provided to help her get started

STEP  
03



STEP  
04

## Attend mindfulness workshops

To help her unwind, Jen has decided to attend weekly mindfulness classes. If she is unable to make it in, she has been directed to the online video library to follow along from home

STEP  
05

## Took charge of her health!

- Jennifer now has her workout routine in place, her nutrition plan has started and she has learned daily techniques to reduce her stress.
- She will continue to attend workshops, open gym, small group training and mindfulness classes
- She now has the strategies and know how to provide her with more energy, confidence and ability to handle all that life has to offer!

