

# The Exponential Health Program

By POTENTRx



## Tools for a Lifetime of Health

The Exponential Health Program is a highly personalized program that will help you achieve lasting results without strict restrictions of the foods or activities that you love most. Our team of physicians, and professionals trained in exercise physiology and nutrition assess your unique biology, genetics and current health status to create a simple and fun step-by-step plan to reach your goals.

Every week, your program will focus on a different area of wellness through education and actionable lifestyle changes, providing you with the tools for a lifetime of health and disease prevention. You will focus on all aspects of a healthy lifestyle, from sleep and stress, to diet and exercise, and more in order to optimize your health.

Whether you are looking to lose weight, tone your body, decrease your cholesterol, train for an event or reduce your stress, our team has a wide range of professional expertise to help you achieve your goals.

## How it Works

### Choose Your Plan



Pick your Assessment Package

### Assess Your Health



Meet your coach and complete your health assessment at our clinic

### Create Your Plan



Get your personalized plan based on your data

### Learn About Your Body



Scheduled check-ins to measure your progress with each new habit

### Measure Your Progress



Comprehensive progress reports throughout the plan

## How We Are Different

### Grounded in Science

Supported by our team of physicians and health experts, we use your most important health metrics from your thyroid levels to your metabolism genes to provide you with the most personalized plan on the market.



### Comprehensive

We identify the root cause of the issues that stand in the way of reaching health goals instead of simply focusing on the behavioral outcomes. Beyond diet and exercise, we take into account all aspect of your physical and mental well-being.



### Focused on Sustainable Changes

95% of diets fail because they require drastic changes that are not realistically tailored to your lifestyle. We focus on gradually implementing effective habit changes to maximize your chances of success.



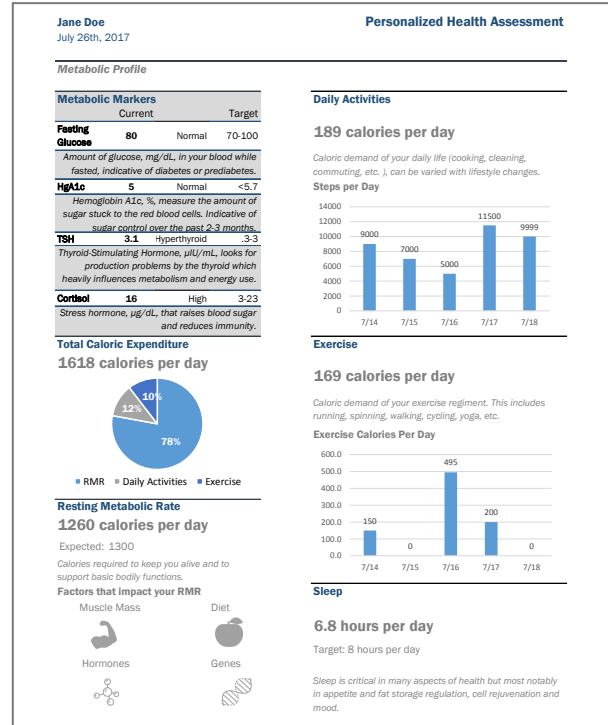
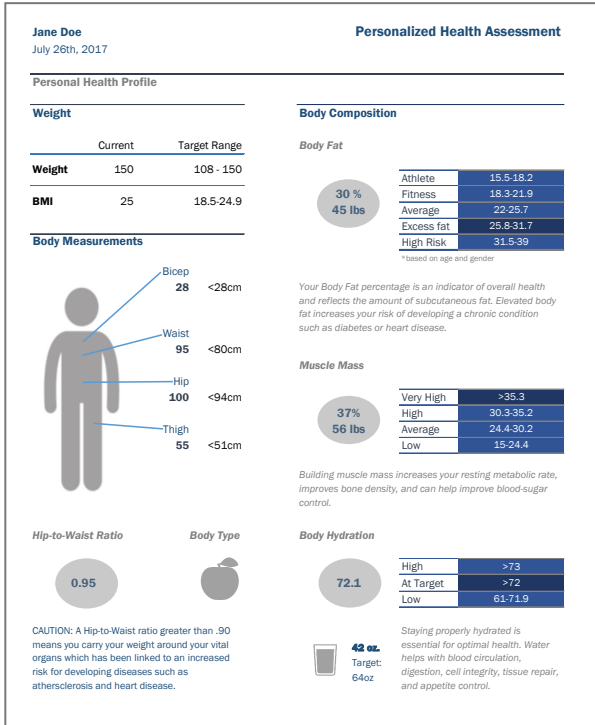
### Fun

Our program makes the journey to a healthier you fun and enlightening. Every week, you will experiment with new changes and find the ones that work best for you.



# Making Your Health Easy to Track and Understand

The Exponential Health Program delivers your results in beautiful, intuitive and actionable reports throughout the program. Starting with your initial assessment and continuing with weekly and monthly progress reports, we bring your data to life every step of the way.



## Our Assessment Packages (Call for Pricing)

Exponential Health Program	Classic	Premium	Elite
<b>Body Composition</b>			
Body Composition Analysis (Fat, Muscle and Skeletal)	X	X	X
Body Fat Distribution Assessment	X	X	X
<b>Fitness</b>			
Flexibility and Balance Testing	X	X	X
Strength Testing	X	X	X
Basic Cardiorespiratory Fitness	X	X	X
Advanced Fitness Testing (VO2max) with Fat Burning Zones		X	X
Genetic Testing of Muscle, Strength and Exercise profile			X
<b>Cardiovascular Health</b>			
Resting Heart Rate	X	X	X
Resting and Exercise Blood Pressure	X	X	X
Cardiovascular Response to Exercise	X	X	X
Lung Health		X	X
Basic Heart Health Lab Panel		X	X
Advanced Heart Health Genetics and Risks Screening			X
<b>Metabolic Health</b>			
Resting Metabolic Rate (Measured caloric burn)		X	X
Detailed Metabolic Panel with Thyroid, Stress Hormones and Blood Sugar		X	X
Genetic Testing of Digestion and Absorption			X
<b>Lifestyle Review</b>			
Detailed analysis of your current diet, exercise, sleep and stress management habits	X	X	X

