

neXendo Wellness Medical Weight Loss Program

EXERCISE AND WEIGHT LOSS

WHY OPT IN?

The Science

Medical weight loss programs lead to a great deal of weight loss and fast. Ideally we want to burn fat and retain muscle. In actuality, our bodies will choose to lose lean muscle mass before fat mass; unless we work out!

Studies show exercise, specifically weight training, on a weight loss program not only prioritizes fat burn, but also helps maintain or increase our metabolism.

Structure & Accountability

Physical activity should be prioritized to optimize health. Working with a personal trainer has two added benefits aside from optimized health: structure and accountability.

Structure ensures safety and efficiency. Working hard but not seeing results can be frustrating. Our trainers are certified in understanding how our bodies develop and your program will be designed for you and your goals. No more frustration!

Accountability becomes even more important when starting an exercise routine because it is very difficult to get a sedentary body in motion. Starting anything new can be difficult. But exercise requires making time in your day, knowing how and what to do and finally actually convincing yourself to do it. As your accountability buddy, a trainer can typically be that extra layer of motivation and push ensure you stay on the right path.

EXERCISE OPTIONS FOR THE MEDICAL WEIGHT LOSS PROGRAM

General program

Everyone will have a sample at home workout for you to do while on the weight loss program. However, this is just recommended movement and is not based on you specifically.

Individualized Programming (not in person training)

If in person training isn't for you but you want a specific at home exercise routine, our trainers can create a program for you.

1-on-1 Personal Training

Nothing beats the real thing! In person training is available for 30min or 60min sessions.

PRICING

To get more on the discounted cost of personal training for the medical weight loss program members, reach out via email or phone or scan the image

To Get Started
Point Camera Here

