

Dr. Emily Kane (Naturopathic Physician, providing detox programs and nutritionally-based wellness protocols in Juneau for 25 years) and Audra Henderson, personal trainer and aesthetician, are teaming up for a "buff-you-up" program this fall.

This is limited to six participants because Emily and Audra want to give you plenty of personal attention for developing a specific, low stress protocol that will work well for you long-term. Please let us know here (link to [DrKaneOffice@gmail.com](mailto:DrKaneOffice@gmail.com)) if you can make the commitment.

Dates: 6 weeks Oct 16 through November 25, 2017

We are only taking 6 folks, for 6 weeks.

We are purposefully choosing dates that will span the Thanksgiving holiday because this is often a time when the best intentions for regular exercise and healthy eating "go out the window."

Week 1: meet with Emily and Audra together for an hour to understand your fitness goals, and develop a protocol to which we will all commit. Begin program with preliminary daily exercise prescription and comprehensive diet plan, with recipe ideas, and a list of pantry essentials to allow for healthy choices in case of snack attacks.

Week 2: Meet with Audra for a graduated personal fitness plan which will involve indoor and outdoor exercise. Meet with Emily to refine diet plan and go over basics: sleep, pooping, obstacles to optimal health. Labs may be requested, especially if you don't have current parameters on electrolytes, liver, kidney and bone marrow (red and white cell) function.

Week 3: Meet with Audra to assess adherence and refine exercise protocol as needed. Meet with Emily to measure, weigh and monitor commitment.

Week 4: Meet with Audra to bump up your exercise program as feasible. Meet with Emily to review labs and tweak structure of daily lifestyle for long-term durability.

Week 5: Meet with Audra to assess progress on the "buff-you-up" plan! Meet with Emily to dial in a few more self-health tips.

Week 6: Meet with Audra and Emily to review progress, review what worked and what might not have worked, and create a long-term plan to maintain and continue to improve wellness and fitness.

We are all aging, hopefully gracefully, and we might as well try to live as vibrantly as possible. That takes strategy, and commitment. And that's what this program is about.

Insurance reimbursable receipts will be provided for the program, developed during the office visits.

Total cost for 6 weeks (not including lab tests, which are not mandatory but may be recommended, and not including supplements to enhance fitness goals, for which you will be given options for best value) is \$1350, which can be paid in 3 installments of \$450 at the beginning of weeks 1, 3 and 5.