

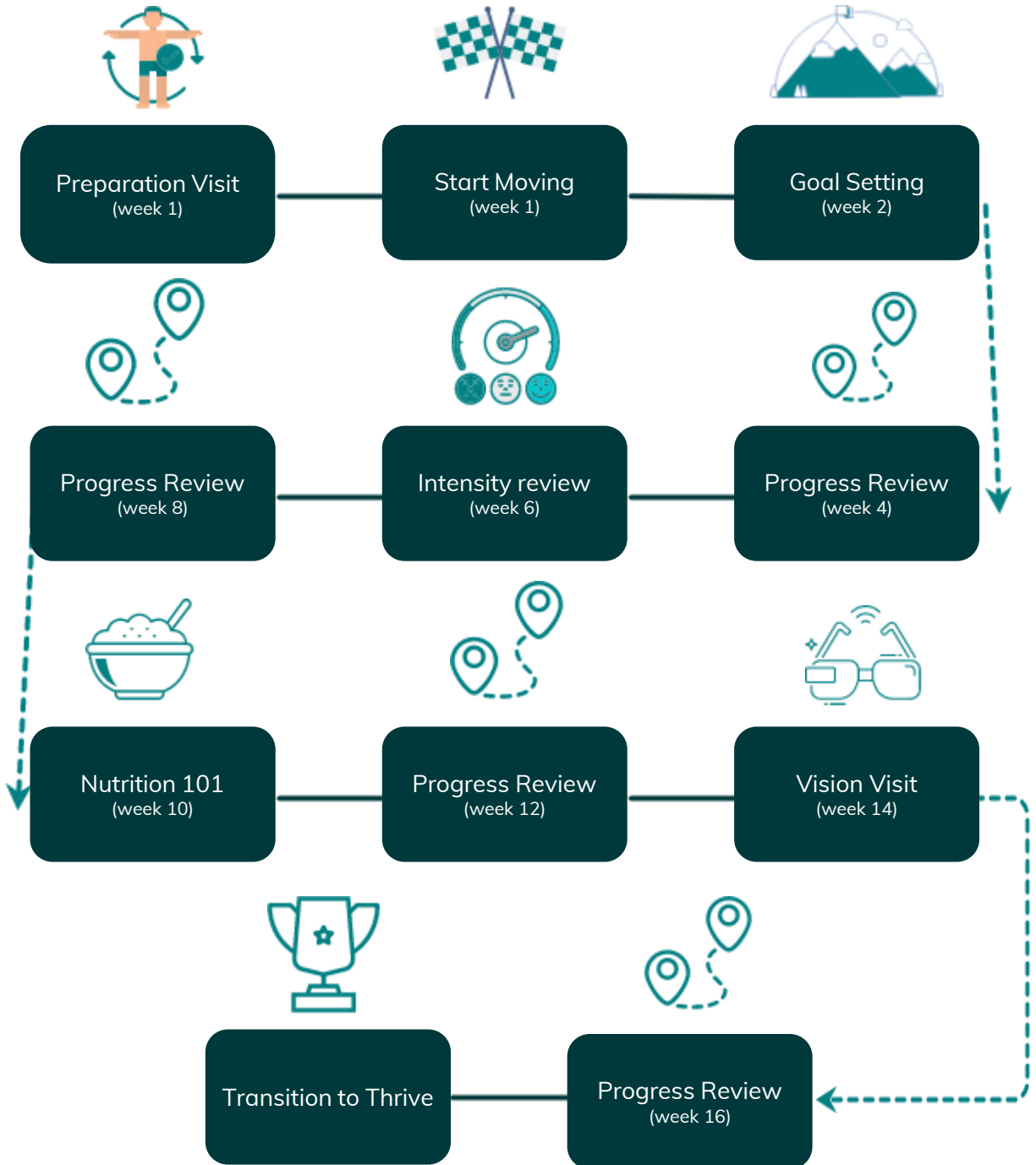


# Lifestyle 365

MEDICAL FITNESS BY  PINNACLE  
MEDICAL WELLNESS

## STRIVE PHASE

16 - WEEK ROADMAP



# STRIVE PHASE

## PROGRAM DETAILS



**Preparation Visit:** Let's get started! The Preparation Visit is a 90 minute 1:1 session with your exercise coach. Arrive prepared to share your history with exercise and to perform exercise testing. At the end, staff will share the results of your testing and train you to use the technology involved with the program.



**Start Moving:** is a 60-minute session to introduce the exercise program. During the session you will learn how to correctly perform your new exercises, connect your heart rate monitor, and understand target heart rate intensities.



**Goal Setting:** This 30-minute session is dedicated towards setting measurable short-term goals and creating a plan for reaching them.



**Progress Reviews:** are 60-minute sessions that occur every 30 days in the program. The purpose of these visits is to review progress made in the program, particularly around the goal areas of strength, body composition, and cardiovascular fitness. Fitness testing is once again performed, then members and coaches review the results together to assess whether the plan is working or if changes need to be made.



**The Intensity Review:** The Intensity Review is a 30-minute visit dedicated to mastering exercise in your target intensity zone.



**Nutrition 101:** Nutrition 101 is a 30 minute opportunity to reflect on your eating habits and identify opportunities to optimize nutrition to support your fitness goals.



**Vision Visit:** The Vision Visit provides an opportunity to reflect on successes and opportunities for ongoing improvement in the program. This visit is dedicated to ensuring that your program is a major part of moving you towards to your vision for the future.



After completing the 16-week Strive Phase, members are now eligible to transition to the **Thrive Phase of Lifestyle365**. Now that the foundation has been set, members meet monthly to assess progress and update the exercise prescription.