

VINITA METFIX

STARTS
JUNE 1ST

METABOLIC REPAIR. REAL RESULTS.

4-Week SPARK PROGRAM

EDUCATION. WHOLE FOODS. EXERCISE.

Small steps. Big change. Lasting impact.



MONDAY & WEDNESDAY



6:30 PM

FOCUS: METABOLIC REPAIR

BY PARTNERING EDUCATION, WHOLE FOODS, AND EXERCISE.



EDUCATION

Understand how your body processes energy and what drives chronic disease. Learn. Apply. Empower yourself.



WHOLE FOODS

Real, nutrient-dense foods fuel your body the way it was designed. Clean up your kitchen. Nourish to flourish.



EXERCISE

Functional, effective movement that supports metabolism, builds strength, and boosts energy.



WHY IT WORKS

MetFix gets to the root cause—how your body processes and uses energy. We address constant high insulin levels, unhealthy fats, and modern diet overload that lead to weight gain, fatigue, and chronic disease.

- ✓ Simple, practical steps that fit real life
- ✓ Easy to understand. Easy to apply.
- ✓ Built for lasting change, not quick fixes
- ✓ A sustainable approach to better health—inside and out

You don't have to do this alone.
WE'LL DO IT TOGETHER.



**4 WEEKS TO
IGNITE CHANGE.
A LIFETIME TO
FEEL YOUR BEST.**



INVEST IN YOUR HEALTH. TRANSFORM YOUR FUTURE.

