

Fitnext Special Offer 2 Fitness Classes Weekly & App! Scan The Code Below!

Join a wellness community that delivers inevitable results! Get healthy with the Fitnext Trainerize App and Boot Camps!



Fitnext Boot Camp

**This HIIT class will
Incorporate
functional movements
using dumbbells,
resistance bands,
suspension training,
calisthenics and
more to assist in
becoming healthy
and fit!**

Fitnext Trainerize App

**The catalyst you need that
drives consistency and
accountability!**

**Track wellness progress.
Access OnDemand and
customized fitness plans
for home, travel, gym or
organizations with onsite
workout facilities**



**Receive daily nutrition stats, meal plans,
recipes, grocery list and much more!**

Contact Cris today to start your wellness journey!

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For the past 15 years my team and I have developed a wellness community (fitness studio and fitness app) that brings inevitable results through accountability and motivation! Fitnext would like to offer our fitness studio and cyber platform services to you! Be propelled to become more conscious about balancing the realms of wellness into your lifestyle!

Wellness benefits.

Optimal wellness behaviors have been proven to lower health risks by decreasing the incidence of:

- Stress
- High blood pressure
- High cholesterol
- Obesity
- Heart disease
- Non-insulin dependent diabetes
- Weaken immune system
- Some forms of cancer.

Regular wellness activity has been proven to increase:

- Strength levels
- Balance
- Flexibility
- Endurance
- Self-esteem
- Mental focus capacity
- Energy levels
- Sleep habits
- Life longevity

Research indicates that employers' benefits are:

- Enhanced recruitment and retention of healthy employees
- Reduced healthcare and disability costs.
- Decreased rate of illness and injuries.
- Reduced employee absenteeism.
- Improved employee relations and morale
- Increased productivity
- Enhanced company image.

We can help build a wellness program for you!

Focus on:

- Fitness
- Nutrition
- Mindfulness
- Goals setting

- Positive habit forming
- Individual and group wellness activities

Fitnext Trainerize app and wellness program functions:

- Track wellness progress by logging:
 - Steps
 - Sleep Habits
 - Body Weight
 - Body Fat
 - Progression Pictures
 - Daily Caloric Intake (consumed)
 - Resting Heart Rate
 - Blood Pressure
 - Lean Body Mass
 - Daily Caloric Expenditure (burned)
- Members can access from their smart devices 30, 45, 60-minute OnDemand functional, HIIT, endurance, strength, power, bulk, flexibility, and coordination workouts tailored toward specific goals!
- Custom workouts are uploaded to member accounts, and used at home, travel, gym of choice, and organizations with onsite fitness facilities.
- Access daily nutrition stats, meal plans, recipes and grocery list.
- Track measurement/body composition statistics.
- Log progression pictures.
- Receive daily wellness goals habit on your smart device and calendars.
- Join wellness chat groups for motivation, support, accountability, and wellness challenges, and more.
- Seamlessly sync Apple Health, Fitbit, MyFitnessPal, or Withings accounts to track wellness habits (nutrition, mindfulness, fitness, sleep, steps etc.).
- Members receive milestone motivational badges and recognition for workouts completed and goals reached
- Use in-app texting, live chat and workouts with our fitness coaches for questions, answers, and motivation.

Equipment

Participants may have access to some, or all the equipment listed below at gyms they attend.

- Dumbbells
- Barbells
- Bench
- Resistance (Swiss) Ball
- Original Step Bench with 8 extra risers
- Jump Rope
- Kettle Bell
- Mini Trampoline
- Medicine Ball
- BOSU
- Machines

- Fitnext Home Gym with: Wall Mounts, Resistance Bands, and Handles

Nutrition and meal plans

After calculating how many calories individuals should be consuming to reach goals, we build an Evolution Nutrition profile with nutrition plans built by registered dietitians. Plans based on the USDA database. Members have access to:

- Custom meal plans
- 4,200+ meal plans with 21 diet categories
- Grocery lists
- Recipes
- Meal frequency preferences (3, 4, 5 meals daily)
- Meal plan preferences
 - Gluten free
 - Soy free
 - Holistic
 - Vegan
 - Lactose free
 - Vegetarian
 - Low Glycemic
- Meal design centered on fitness goals
 - Weight loss
 - Body fat reduction
 - Lean muscle gain
 - Weight gain
 - Maintenance

Diet Types

- **AvoHealth:** Offers a healthy balance of foods, recipes, and meal plans that focus on incorporating avocados as the predominant source of healthy fats throughout the day.
- **Balanced:** Provides foods, recipes, and meals that offer a healthy balance and variety of nutrients. The overall weekly macronutrient percentages follow the **DRI (Dietary Reference Guidelines)**, and they are approximately the median of the **Acceptable Macronutrient Distribution Range (AMDR)** with Carbohydrates (55%), Protein (23%) and Fat (22%).
- **Carb Focused:** Provides foods, recipes, and meals that offer a healthy balance and variety of nutrients. The overall weekly macronutrient percentages are within the **Acceptable Macronutrient Distribution Range (AMDR)** but provide the higher end of the range for carbohydrates with Carbohydrates (60%), Protein (20%) and Fat (20%).
- **Gluten Free:** Gluten-free items for all foods, recipes, and meals that offer a healthy balance and variety of nutrients. Created specifically for individuals with gluten intolerance/sensitivities or those who simply choose to eliminate gluten products from their diets.

- **Gluten & Lactose Free:** Includes only foods & recipes that do not contain gluten or lactose (see individual descriptions).
- **Gluten, Lactose, & Soy Free:** Includes only foods & recipes that do not contain gluten or lactose (see individual descriptions) or soy-based ingredients.
- **Gluten & Soy Free:** Includes only foods & recipes that do not contain gluten (see individual description) or soy-based ingredients.
- **Holistic Nutrition:** Foods, recipes, and meals that offer a healthy balance and variety of nutrients that exist in their "natural state" and have not been altered (such as reduced fat or carbohydrate options). Follows the nutritional philosophies of the **National Association of Nutrition Professionals (NANP)**.
- **Keto-Protein Focused:** Foods, recipes, and meals that offer a healthy balance while following the Ketogenic principles for daily carbohydrates (5%). The overall daily macronutrient percentages provide a higher ratio for Protein/Fat (45/50%) than traditional **Ketogenic Diets**.
- **Lactose Free:** Created specifically for individuals who are lactose intolerant, have lactose sensitivities, or those who simply choose not to consume dairy or lactose-containing foods.
- **Low Carb:** The overall weekly macronutrient percentages provide the higher end of the range for protein and the lower end for carbohydrates with Carbohydrates (25%), Protein (40%), and Fat (35%).
- **Low Glycemic:** Foods, recipes, and meals that minimize the glycemic or blood sugar response and offer a healthy balance and variety of nutrients. Ideal for individuals with diabetes/metabolic syndrome or those who simply choose to follow a low to moderate glycemic diet.
- **Pescatarian:** Foods, recipes, and meals that offer a healthy balance and variety of nutrients with no animal meat products (i.e.: meat or fish) but still includes dairy and egg. Caters specifically to individuals who have adopted a lacto-ovo-vegetarian lifestyle with choosing to still include egg and dairy products in their diets.
- **Protein Focused:** The overall weekly macronutrient percentages are within the **Acceptable Macronutrient Distribution Range (AMDR)** but provide the higher end of the range for protein and the lower end for carbohydrates with Carbohydrates (45%), Protein (35%), and Fat (20%).
- **Teen Friendly:** Food choices and meals cater to the younger population and follow the daily DRI macronutrient percentages with Carbohydrates (55%), Protein (20%), and Fat (25%).
- **Vegan:** Foods, recipes, and meals that offer a healthy balance and variety of nutrients with no animal products or by-products (i.e.: animal meat or dairy). Caters specifically to individuals who have adopted a vegan lifestyle.
- **Vegetarian:** Foods, recipes, and meals that offer a healthy balance and variety of nutrients with no animal products (i.e.: meat or fish). Caters specifically to individuals who have adopted a vegetarian lifestyle and choose to still include eggs and dairy products in their diets.
- **Anti-Inflammatory:** Offers a healthy balance of foods & recipes that are widely accepted by the medical & nutrition communities as having reduced inflammation in the body with regards to digestion & metabolism. Foods provided are mostly in their raw state and include fruits, vegetables, legumes, as well as prepared whole grains, legumes, and essential fatty acids from fish & seafood.
- **DASH:** Foods, recipes, and meals that offer a healthy balance while following the **DASH (Dietary Approaches to Stop Hypertension)** principles. Ideal for individuals needing

diets higher in fruits/vegetables, whole grains, & healthy fats, while limiting sodium, simple carbohydrates, and red meat.

- **Mediterranean:** Foods and recipes emphasize plant-based foods with focusing on fruits/vegetables, legumes, fish/seafood, and healthy fats.
- **Paleo:** Foods and recipes follow the Paleo principles of nutrition, and emphasize lean meats, fruits, vegetables, vegetable oils, and nuts/seeds. Macronutrient percentages provide an evenly balanced ratio for Carbohydrates (35%), Protein (30%), and Fat (35%).

Body Composition/Measurement Analysis

Schedule appointments to check and log body weight, body fat, progression pictures, resting heart rate, blood pressure, and lean body mass at Fitnext. Stats can also be logged on your own.