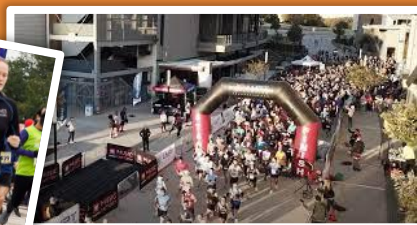


Hydrate Texas Team

& Wellness Program



Team Running

Running with others is one of the most effective strategies for running habit formation and maintenance. Indeed, the social benefits of running are among the biggest reasons why runners start and stick with running.

Whether you're running with one friend or a running team, in addition to improving your overall health, here are some ways runners can benefit from group running:

- Have more meaningful social connections.
- Teams are a source of motivation.
- Fitness increases happiness.
- Become more focused with a sense of purpose.
- Your performance will improve.
- You can network.
- It's much safer to run with others.
- You can beat boredom.
- You'll feel a sense of community.
- You'll expand your social circle.

This program meets you where you are...couch to your dream distance or if you're already a seasoned runner & looking to improve your performance. You'll have a team behind you to help make it happen!

Register NOW and start your journey to a healthier you!

www.Hydrate-Texas.com

832.538.8255

Why join the Team?

Because of what's inside!!

Each team member will qualify for:

- 24-Week Training Plan Contract (6-months)
- Hydrate Texas team shirt
- Wellness Genetic Report-see what you're genetically predisposed at being deficient in & what diet plan may work best for your genes.
- Monthly IV Vitamin Drip w/Hydrate Texas catered to your Genetic Report & needs.
- Event fees for up to 4 Texas-based events
- Monthly meeting with RN Coach that works closely with our MD & functional nutritionist.
- Weekly run/exercise training plan via email.
- 6-month gym membership (Crunch Fitness, USA OR Rock Fitness, Farmersville)

What's the cost?

If you were to incorporate all of the above into your wellness plan, it would cost you more than \$1947. We understand the importance of taking care of your health and want to make it more affordable for you. That's why we've partnered up with others to pass on any savings we could for a total of \$960 plus a \$40 registration fee. Pay for the entire 6 months & receive an additional 10% off, bringing your total to only \$864!

Wanting to become a Sponsor?

Sponsor a runner in their wellness journey & bring your business to our team events. Contact Becca @ info@Hydrate-Texas.com for more info.

