



FOUNDATION FOR REAL HEALTH

Find the keys to health that are readily available to anyone in order to build a solid **FOUNDATION FOR REAL HEALTH**. In this symposium, you will learn and understand:

- What is **REAL HEALTH**, why it matters, and how to improve it.
- How food is medicine and too much food or the wrong food can be poison.
- How exercise and activity are key to a healthy, long, and productive life.
- Which dietary supplements to use, consider, and avoid.
- How “health” is more than just physical.
- Why menopause is often a difficult life change, but it can be managed for the better!
- Which diet style is best or at least best for you.
- If GLP-1 medications are good, bad, or neither.
- How sleep and mental health affect my physical health.
- How **REAL HEALTH** can be measured and how to do something about it!

Time: 8:00 AM – 12:00 PM (optional REAL HEALTH SCORE testing from 7 AM-8 AM)

Conference Overview

Join us for a half-day immersive experience that will help you understand and reclaim your health naturally. Discover how to reduce dependency on medication, reverse chronic conditions, and live with energy, purpose, and balance—the way you are designed to thrive! We'll start the day by determining your REAL HEALTH SCORE (optional), learn all about real health and how to improve it, and finish the morning by analyzing your REAL HEALTH SCORE and determining how to improve your individual health. Prepare to unleash a renewed, healthier YOU!

8:00 – 8:20 AM | What Is REAL HEALTH?

Summary: Dr. Meyer introduces the *REAL HEALTH* philosophy — a revolutionary approach that integrates **body composition, physical fitness, cardiovascular health, and pulmonary health** as the four pillars of physical REAL HEALTH while we explore what truly makes one healthy.

Highlights:

- Understanding REAL HEALTH and why it matters
- The difference between “not being sick” and truly being healthy
- How holistic living can restore vitality and longevity

8:20 – 8:40 AM | Food as Medicine: The Power to Heal from Within

Summary: Learn how your kitchen can become your greatest pharmacy. Dr. Meyer explores how real, whole foods fight inflammation, boost immunity, and help reverse chronic disease.

Highlights:

- Identifying anti-inflammatory and healing foods
- Gut health, microbiome balance, and immune strength
- Just as food can be medicine, too much food and the wrong food can be poison

8:40 – 9:00 AM | Move It or Lose It: Exercise as Medicine

Summary: Presented by Hunter Covelski: Discover why movement is the single most powerful longevity drug and why intensity beats consistency.

Highlights:

- The connection between muscle, metabolism, and aging
- Simple, effective daily movement strategies for any age
- How movement improves mental health and hormone balance

9:00 – 9:15 AM | Supplements, Vitamins, and Minerals: What You Really Need

Summary: Cut through the noise and learn how to choose supplements wisely. Kaela Colvard breaks down what's essential, what's hype, and how to tailor supplementation to your REAL HEALTH.

Highlights:

- Most common nutrient deficiencies in modern diets
- How to assess quality and avoid harmful fillers
- Combining food + supplementation for optimal results

9:15 – 9:35 AM | Menopause, Perimenopause, and Life Change

Summary: Join Stacy Ingraham as she leads a compassionate, empowering discussion about navigating hormonal transitions naturally and when to intervene.

Highlights:

- Understanding estrogen, progesterone, and cortisol shifts
- Natural tools for balancing mood, sleep, and metabolism and when hormone replacement applies
- Reducing symptoms through nutrition, stress control, and movement

9:35 – 9:50 AM | Mind, Body, Finances, and Spirit: The Four Pillars of Health

Summary: Dr. Meyer will explore how faith, mindset, and purpose are inseparable from physical health.

Highlights:

- The science behind gratitude, prayer, and community healing and living
- How negative emotions and mental health affect physical well-being
- Integrating financial health touches every other aspect of health

9:50 – 10:00 AM | Break & Refresh

Stretch, hydrate, and connect with fellow attendees.

10:00 – 11:00 AM | Carnivore vs. Vegetarian vs. Balanced Diet Throwdown

Summary: A lively comparison of today's most popular dietary trends — with evidence, humor, and perspective—from Marissa Olsen, Carolyn Wanken, Kaela Colvard, and Nick Meyer

Highlights:

- Pros and cons of each eating style
- Why personalization beats dogma — what works for *your* biology
- Dr. Meyer's verdict: how to find your personal “real food balance”

11:00 – 11:20 AM | GLP-1s — Good, Bad, or Indifferent?

Summary: A clear-eyed look at the popular GLP-1 medications (like Ozempic and Wegovy) — what they do, their benefits, and potential long-term tradeoffs presented by Jen Sletten.

Highlights:

- How GLP-1s work for weight loss and metabolic health
- Risks, nutritional concerns, and rebound effects
- When (and when not) they make sense in a holistic plan

11:20 – 11:35 AM | Stress, Sleep, and Health Maintenance: The Recovery Trifecta

Summary: Dr. Wanken will show how rest, peace, and recovery are the cornerstones of healing—not luxuries.

Highlights:

- The physiology of stress and the healing power of sleep
- Practical strategies to reset your nervous system
- Creating daily rhythms for rest, reflection, and renewal

11:35 AM – 12:00 PM | Understanding YOUR Personal REAL HEALTH SCORE

Summary: Dr. Meyer closes with how to interpret, track, and personalize your wellness journey.

Highlights:

- Using your REAL HEALTH SCORE to guide next steps
- The value of testing what matters and personal accountability
- Leave with a plan to continue your journey of REAL HEALTH

Key Takeaways

Real health isn't found in prescriptions — it's built through knowledge, habits, intention, and action. Your body is wonderfully made, and the greatest resources are found within that body to regain and renew your health.

This conference is your roadmap to restore energy, reduce dependence on medication, and live with purpose and vitality. Join us! Space is limited to 30 attendees.

Presenters:

Carolyn M. Wanken, DC, FICPA

Dr. Carolyn Wanken graduated from Northwestern College of Chiropractic in 1999 with a Doctor of Chiropractic degree. She also earned her bachelor's degree in Biomedical Sciences, a certificate in nutrition, is an ambassador to the Chiropractic Leadership Alliance (CLA), and is a member of the Wisconsin Chiropractic Association and the Hudson Chamber of Commerce.

Hunter Covelski, BS

Hunter is a Board-Certified Holistic Health Coach, pursuing a Master's degree in Integrative and Functional Medicine. He seamlessly integrates advanced physique-enhancement strategies with a comprehensive, holistic health approach, empowering clients to achieve optimal well-being.

Jen Sletten, RD, MA

Jen has 25 years of experience as a Registered Dietitian, has a strong clinical background along with 11 years of working for Stillwater Medical Group in the Diabetes & Nutrition Department. She now owns her own wellness studio that includes functional nutrition and overall wellness. She uses her advanced degree in Counseling Psychology to motivate and encourage clients to reach their health goals.

Kaela Colvard, MS, RDN, CSSD, ISAK2

Kaela Colvard is a registered dietitian and board-certified specialist in dietetics with advanced training in anthropometry. She leads dietetic services at Twin Cities Orthopedics & Training HAUS, where she integrates evidence-based nutrition intervention into orthopedic and preventative care to support patient recovery, activity, and health. Fun fact: Kaela is leading the nutrition team for the 2026 winter Olympic team USA next month!

Marissa Olsen, MBS, LN, CNS

Marissa Olsen is a Board-Certified, Licensed Nutritionist who helps clients build muscle and lose fat sustainably by raising metabolism. She specializes in restoring energy availability, thyroid and hormone function, and digestion to create sustainable fat loss after years of chronic dieting or metabolic damage.

Nicholas J. Meyer, MD

Partner at Twin Cities Orthopedics, President of ProportionFit and REAL HEALTH SCORE, Top Doctors list for 12 straight years, Certified Wellness Practitioner, author, and advocate for better health by empowering people to understand and implement better health practices. Welcome!

Stacy Ingraham, PhD

Stacy has a PhD in Kinesiology (Exercise Science), a Masters in exercise science and sports medicine (athletic training), is former faculty member at the University of Minnesota, has published over 50 research studies with over 500 citations in top-tiered journals, and a member of the American College of Sports Medicine.

This symposium is supported by:

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