

Here's why you should register for VYHC **PLUS**

VYHC **PLUS** – \$99

- **5% discount at Nature's Pantry (plus 2% loyalty points)**
- **Discounts for individual coaching with health pros**
Coaching appointments are scheduled according to health pro availability.
 - **Blake Bars** – FREE one-hour vitamin, nutrition, and overall health consult.
 - **Nicole Haggerty** - FREE 20-minute consult. 10% off 4-week Nutrition Coaching with purchase of RNA Precision Nutrition Test Kit. 10% off Personal Training (minimum 3-month package).
 - **Lasa Baxter** – 10% OFF 8-week nutrition program and initial consult/assessment. This includes 90 min consult/assessment, lifestyle/nutrition plan, and 4x30 min bi-monthly follow-up consults.
 - **Justin Hernandez** - 10% OFF a 6-week fitness, mobility and nutrition program including initial assessment, and 3 two-week check-ins (30 mins each).
 - **Summer Steele** - 10% OFF one massage appointment (must book before end of the year).
- **Access to VYHC App - track your own points and your ranking**
- **Group workouts, group hikes, in-person classes w/ food samples, access to class video recordings**
 - **SEE ATTACHMENT FOR SCHEDULE OF CLASSES AND WORKOUTS**
- **Before & after: weight/measurements/photo/review** (*private between you and a health pro*)
- **VYHC PLUS group support**
- **Access to Facebook Group**
- **\$1,000+ prize pool**
- **VYHC Certificate**

VYHC PLUS is an incredible value! You will be getting access to the powerful, life-changing VYHC program at a whole new level. We are offering multiple group workouts on different days at different times to accommodate your unique needs. Even if you only attend some of the sessions, you will certainly be getting a big ROI.

If you don't want to sign up for the entire VYHC PLUS program, but you still want to do some of the sessions, we got you covered. VYHC FREE members can pick and choose which classes/workouts are best for them for just \$10 per session. We want this to be customizable to everyone's unique needs and goals.