



PERSONAL WELLNESS ROADMAP

[Q&A Video – Click Here!](#)

FAQ's

Who is this for?

If you want to improve the look, feel and function of your body, then P.W.R. is for **YOU!** We will help you construct a personal wellness foundation, capable of supporting your goals of strength, mobility, nutrition, consistency, stress reduction and the habits that support these goals.

Who is leading this program?

Wellness experts Jerome Brown, Ellen Petrick and Chris Weiler will help you stay on course in following your Personal Wellness Roadmap.

What will a typical "P.W.R." week look like?

Let's take a look at exactly what we have planned for our first week in the Nutrition phase.

Week 1:

The first stop on our wellness journey is the Evaluation Station.

- ✓ Part 1: Self-Evaluation. What are the obstacles to your wellness goals?
- ✓ Part 2: Physical Assessments: We will lead all participants through a full body bio-mechanical assessment to discover any physical weak links that are interfering with looking and feeling your best. This assessment will be the basis for your exercise programming in the Fitness phase.
- ✓ We will also introduce your super-simple nutrition model - The 3/4 Rule.
- ✓ Create your first shopping list based on The 3/4 Rule (not restrictive or unreasonable).
- ✓ Shop and begin preparing meals this week applying The 3/4 Rule.
- ✓ There will be an additional meeting during this first week to answer your questions and make sure everyone is on track. Your wellness experts will also be available via email

and our own private Facebook group. If needed and wanted, we can also use Skype and/or Google Hangout for live video chats.

What is the cost?

Highly effective, personal and comprehensive programs such as this are often priced at over \$100 p/month. However, your cost for this program is only \$35 for each of the 3, month long phases. And although our survey results showed many respondents were willing to pay more, Jerome, Ellen and I wanted an inclusive program, open to as many people as possible, with a low financial barrier to entry. We look forward to seeing you on May 1st.

Where will in-person meetings take place?

In-person meetings will take place at The Tennis and Fitness Centre or The Yoga Centre across the street. The exact location within TFC will be determined by how many participants register. We anticipate in-person meetings in the program's 3rd phase "Fitness" will take place in one of the fitness rooms and/or the tennis courts.

When will in-person meetings take place?

At this time, our plan is to conduct at least 2 in-person meetings per week to accommodate a variety of schedules. In an effort to further personalize this process, we will ask those who register over the next 2 weeks their best days/times to meet and then announce a specific schedule more tailored to that specific group.

How does the P.W.R. program work?

Through our in-person group meetings and online, you will be given weekly exercises to strengthen your nutrition, fitness and wellness habits. We call these exercises Action Steps, and they will develop the skills and habits required to succeed in each 4 week phase. Between each week's meetings your P.W.R. Coaches will be available to help you succeed in your Action Steps via email, phone, Facebook and perhaps video chat.

How long will the program run?

There are 3 phases to the P.W.R... Nutrition, Lifestyle and Fitness. Each phase will last 4 weeks. Feel free to join 1, 2 or all 3 phases of the program.

How does the program work online?

Between weekly in-person group meetings we will help all participants apply their weekly Action Steps through email, Facebook and possibly Skype or Google Hangouts (live online audio/video chat).

[Click here to register!](#)