



Your Creating Wellness Assessment to Start Reclaiming Your Life

Prior to Your Appointment

- ❖ Completion of a detailed questionnaire looking at the 3 dimensions of your life (physical, bio-chemical and psychological).
- ❖ Completion of a Health History Form.
- ❖ Forms can be either picked up, faxed, emailed, mailed or accessed at www.docstacy.com/cw

During Your Appointment (1 Hour)

- ❖ A review of your health history and wellness goals.
- ❖ Wear comfortable clothing including a short sleeved shirt as we will assess the following 4 areas:

Body Composition

- weight and height (Body Mass Index)
- body measurements (Girth)
- body fat % (Futrex Analyzer)
- lean muscle mass

Cardiovascular & Respiratory Performance

- blood pressure
- seated heart rate
- vital lung capacity

Stress Profiling (ability to deal with stress)

- physiologic responses
*galvanic skin resistance *heartrate *peripheral blood flow *skin temp.

Strength Testing

- arm, torso and leg strength testing

2nd Appointment (Report of Finding ½ Hour included in initial fee)

- ❖ Presentation of your Wellness Quotient including a detailed report.



The 20 Week Customized Creating Wellness Program

The 20 week program is specific to you and you alone. It is customized based on input from your questionnaire and your assessment. We work very hard to tailor make the program to suit your goals and life. Within the 20 weeks we will address specific areas within each of the 3 dimensions.

Physical Dimension (How you use your body)

- Cardio – to strengthen the heart. 3 different levels of cardio DVD's are available. Customized to each person's individual physical levels and goals. Each DVD is different which offers a variety and helps decrease boredom.
- Strength training - to work the muscles and increase the metabolism. Exercises designed to support and strengthen the nervous system. 3 different levels of strength training DVD's are available. They are customized to each person's individual physical levels and goals. There is one each of: upper body, lower body and abs & back. These are used in conjunction with the stability ball and resistance tubing.

Bio-Chemical Dimension (What you do and don't put into your body)

- All supplements are “Best of Class” Five Star-Gold Medal rated in the Comparative Guide to Nutritional Supplements.
- Vitalize Formulation – is not ‘one size fits all’ but targeted to specific groups of individuals; men, women and senior women.
- Metabolize Formulation - to help boost your metabolism, regulate blood sugar and insulin levels.
- Mobilize Formulation - to help support healthy joints.
- Meal Planner – given specific to the individual’s caloric needs based on their weight goals. Gives you a wide variety of food choices but also lists the portions and amounts you need.

Psychological Dimension (The mind-body connection)

- Weekly Sound Advice – weekly audio magazine that addresses each of the three dimensions. These provide a topic to concentrate on throughout the next week, some action steps and goals. A CD carrying case is also included for your discs.
- Journaling Binder - to help you keep track of all your information and keep you organized.

Weekly Coaching

- 20 Weeks of lifestyle coaching which helps provide motivation, accountability, demonstrations, troubleshooting, information gathering, sharing and caring in a completely non-judgemental environment.
- Many other factors are addressed throughout the program such as goal setting, time management, changing negative self talk, hydration, re-evaluations and portion control.



**What Larsen Family Chiropractic
Creating Wellness Members Are Saying**

- "This is a superior program with just the right amount of self-direction and coaching. I'm thoroughly enjoying the Cardio and Strength Training CDs as well as a renewed commitment to 'mindful' portion control and meal planning."
- “The customization of this program makes a huge difference between them and other programs out there. The coaching in this program makes you more successful.”



**Actual Results from a Larsen Family Chiropractic
Creating Wellness Member (after 10 weeks)**

Wellness Quotient	↑26.87%
Body Composition	
Weight	↓6.70%
Body Mass Index	↓6.68%
Waist	↓1.22%
Hips	↓6.25%
Thigh	↓12.24%
Body Fat %	↓6.45%
Cardiovascular	
Lung Capacity	↑22.58%
Strength	
Arm	↑66.67%
Torso	↑20.00%
Leg	↑42.86%

This
Creating
Wellness
Member
lost 14 lbs.
and 6.5
inches in
just
10 weeks!!