

## Health Commitment Plan

We are a team of passionate wellness coaches who have helped many people lose weight, gain muscle, and most importantly, improve their overall health.

Our **Health Commitment Plan** is a guided journey focused on improving body composition and lifestyle — **without dieting**.

### **What's Included**

- ✓ Health Body Composition Analysis
- ✓ 1-to-1 coach guidance
- ✓ Habit-based eating approach
- ✓ Suggested meal plans (no extreme diets)
- ✓ Health education topics
- ✓ App-based progress tracking

**Starting from S\$389**

**Take the first step to invest in your health.**

 **WhatsApp for Information (no obligation)**

Coach CY | +65 9336 1752

**Or help us with Survey:** <http://bit.ly/3ZkigZb>



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