

## 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.**

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### 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**

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

 **WhatsApp for Information (no obligation)**

Coach CY | +65 9336 1752

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



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