

# NEXXUS PRIME

## *Holistic Wellness Menu*

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### RADIANT BODY FITNESS

30-Minute Intense Workout

30-Minute Isolated Sculpt

50-Minute Upper Body Sculpt

30-Minute Booty Sculpt

30-Minute Cardio Peak

50-Minute Lower Body Sculpt

45-Minute Booty Camp

Sunrise Yoga

Private Yoga Session

### HOLISTIC WELLBEING

Nutrition Assessment

Personal Nutrition Plan

Holistic Wellness Classes

30-Minute Weekly Check-In

Aging Gracefully Consult

Nutrient Consult for Glowing Skin

Nutrition Assessment & Personal Nutrition Plan

### WELLNESS FACILITATOR

60-minute Virtual Session

90-minute Virtual Session

Energy Rebalance Tapping

Fatigue Release Consult

Rebuild Healthy Habits Consult

Personal Meditation & Tapping

Personalized Wellness Plan Session

Health & Wellness Goals Assessment

## GLOSSARY

**Aging Gracefully Consult:** While some aspects to aging gracefully are due to genetics, other aspects are influenced by your lifestyle, environmental factors, microbiome, cellular processes, psychological factors, and agility. Our approach focuses on overall wellbeing and adopts a holistic approach to get you back to your natural state of being. A combined method that incorporates nutrition, exercise, lifestyle, physical, and emotional wellness are assessed to find areas that may need improvement to facilitate aging gracefully.

**Energy Rebalance Tapping:** This is based on the EFT method that involves tapping on specific meridian points along the body (usually the EB point corresponding to the Bladder meridian). This is to aid in releasing stress, panic, anxiety, anger, sadness, and may help in releasing emotional energetic stagnation. It is used to promote peace, relaxation, clarity, and emotional wellbeing.

**Fatigue Release Consult:** Looking at the root causes via a holistic approach that incorporates energy management, cognitive stress, poor dietary habits, emotional imbalances, and overall lifestyle factors. The goal is to uncover any underlying issues via the chakra imbalances and realign this energy to come back to center.

**Health & Wellness Goals Assessment:** A process that guides you through a questionnaire that evaluates various aspects of your wellbeing. This includes physical activity, nutrition, sleep, emotional health, spiritual awareness, stress levels, goals, habits, and ways to identify your strengths and areas that may need improvement.

**Holistic Wellness Class:** The Holistic Wellness class takes place every Saturday at 8pm, conducted via Zoom. This helps you to stay on track with a support group with topics such as nutrition, health, wellness, meal-prep, building healthy habits, how to facilitate stuck energy in the body and mind, and overall wellbeing. It has community support as a variety of topics are discussed in regard to mental, emotional, physical, and spiritual wellbeing from a holistic viewpoint.

**Nutrition Assessment:** This is a comprehensive evaluation used to determine your overall nutritional status, identify potential issues, and develop a personalized plan moving forward with a nutrition coach. There is an intake form and a working together to determine your individual goals and how to move forward into a healthier lifestyle! It is used to identify food patterns that may need to change in favor of healthy ones, making decisions together to make healthier choices.

**Nutrition Assessment & Personal Nutrition Plan:** Our nutrition facilitators systematically assess the overall nutritional status of the client, where a dietary assessment is collected to identify nutritional gaps and areas for improvement. The personal nutrition plan is a collaboration with the client that is specifically tailored to your lifestyle, health, and goals. The role of macronutrients, micronutrients, and help with special nutrition needs are all explained.

**Nutrient Consult for Glowing Skin:** Everyone wants healthy, glowing skin! Learn about your body and work with our nutrition & wellness facilitators to assess what's right for you. You will be given a comprehensive intake form to analyze what is happening with your energy, chakras, meridian points, and overall wellbeing and guidance toward healthier wellness options for glowing skin.



**Personal Meditation & Tapping:** This is a one-on-one personalized meditation and tapping along meridian points to help your energy rebalance and recenter. This can aid in releasing anxiety, stress, panic, anger, and help to release energy stuck in the meridians and chakras. Typically, this lasts 30-45 minutes, depending on the nature of the issue.

**Personal Nutrition Plan:** A personalized nutrition plan is comprehensive and takes into account your personal dietary wants and needs. Our nutrition coaches guide & create an extensive sample menu of breakfast, lunch, dinner, and snack items that work with your specific desires, as well as recommend a weekly check-in to make sure you have the support that you need. While it is up to you to put the meal together, our nutrition coaches help get you the tools and menu items that assist you in understanding how macros (carbohydrates, fats, proteins, and vegetables) work together, as they explain your unique microbiome.

**Personalized Wellness Plan:** A powerful tool to guide you toward living a more purposeful, balanced, and fulfilling life. By skillfully listening to your goals, we examine the 6 dimensions of wellness: physical, spiritual, emotional, social, intellectual, and occupational. By examining these interconnected behaviors, we create a personalized wellness plan that facilitates you back into purpose, feeling centered and grounded.

**Private Yoga Session:** Yoga is said to improve energy levels, release tension from blocked chakras, and enhance circulation and blood flow. Schedule a time for one of our wellness facilitators to come to your room and conduct a private yoga session, tailored for your individual needs.


**Radiant Body Fitness:** Guidance from a Certified Fitness Trainer who helps you reach your fitness goals! Whether you want assistance with weight management, a personalized exercise routine, creating health & wellness goals together, motivation, and nutrition guidance, our fitness experts guide you to results.

**Rebuild Healthy Habits Consult:** Building healthy habits requires understanding the way your mind is wired. Bad habits offer immediate rewards while good habits take time to form. Our wellness facilitators are skilled at being able to help you spot areas where you can rewire your brain to come off of autopilot and engage new neural pathways with repetition and reward. No matter what habit you would like to break and what habit you would like to establish, our team has your back and helps you to stay on track!

**Sunrise Yoga:** Begin your day with a positive mindset and clear your mind, your energy, and your aura. Yoga can improve your flexibility, balance, and release muscle tension and pain. This class includes like-minded individuals that want to increase wellbeing and enhance metabolism. Sunrise Yoga takes place 2x per week on property, either outside (weather permitting), or indoors. Bring your own yoga mat and hydration!

**Wellness Facilitator:** Our expert Wellness Facilitators create a safe space for you to unload what's on your mind, effectively listening to you so that you have personalized support and a space to let things go. Some of the things that they help you with include goal setting, customized plans that align with individual needs, stress reduction, healthy eating habits, navigating your own path, finding purpose, and personalized guidance.

**Virtual Session:** A virtual session is held with our strategic energetic & wellness facilitator, as she allows you a safe space to talk and share what is on your mind. Her primary goal is to listen as you unload anything you've been holding onto as she assists you in tapping into your own strengths and power. Her effective strategic facilitation skills help you find your way back to yourself, allowing you to release any energetic stuckness that has been holding you back.

A close-up, soft-focus photograph of a pink flower, likely a peony, serves as the background for the entire page. The petals are layered, showing various shades of pink from light to deep magenta. The lighting is bright and diffused, creating a gentle, ethereal atmosphere.

**20-Minute Intense Workout:** Whether in the gym, in your home, or outdoors, this 20-Minute Intense Workout aims to get your heartrate up and body moving. This short, intense exercise meets you where you are in fitness levels and aims to be efficient, boosts energy, reduces stress hormones, and increases your metabolism. We incorporate strength training (usually through body weight workouts) and cardio to get that toned, all-around look. We recommend a minimum of 3x per week to be most effective.

**30-Minute Cardio Peak:** This time efficient & effective workout aims to strengthen the heart & lungs, improve circulation, burn calories, and boost your mood. Some options that we combine include walking, running, cycling, jump rope, mountain climbers, lateral shuffle, elliptical, stair climbing, burpees, and more!

**30-Minute Booty Sculpt:** A workout that targets the glutes and incorporates the abdominals and thighs.

**30-Minute Isolated Sculpt:** Targeting an isolated area of muscles (e.g., **shoulders** – anterior, lateral, & posterior deltoids, **triceps** – lateral, medial, & long heads, **thighs** – quadriceps, hamstrings, adductors, etc.)

**30-Minute Weekly Check-in:** These are used to have a brief check-in for those wanting an accountability companion. In your 30-Minute check-in, we discuss the week and any areas that you felt victorious, and areas that you need guidance and recommendations on moving forward with your goals. Check-Ins are a great way to maximize your time, effort, and energy, making sure you're supported and on track!

**45-Minute Booty Camp:** Booty Camp is a collaborative community where you work out with peers like you, wanting to shape their mind, body, and get moving! This happens 1x per week and is held on property outdoors (weather permitting), or indoors.

**50-Minute Lower Body Sculpt:** The lower body includes your quadriceps, glutes, hamstrings, calf muscles, and abdominals. We engage in muscle toning exercises as well as combine cardio for an all-around glow and lift!

**50-Minute Upper Body Sculpt:** The upper body includes your chest, shoulders, back, biceps and triceps. We work together to sculpt and tone each area for a more lifted and firm physique.