



## Are you ready to reach your nutritional and fitness goals?

When you team up with Sterling Family Practice and Beachbody you receive a functional medicine Nurse practitioner to individualize your care and help you choose a personal meal plan, personal fitness program that meet your health needs and helps you reach your goals.

Beachbody has multiple fitness programs ranging from 10-60 minutes to meet your needs including popular programs such as 21 day fix, P90X, 10minute trainer, Insanity and PIYO from amazing trainers such as Shaun T, Tony Horton, Autumn Calabrese and Chalene Johnson.

Team Beachbody has an on demand program where you can stream your workouts anytime and anywhere.

Challenge packs include your choice of fitness program, 30 day supply of Shakeology, a free 30 day VIP membership trial of [teambeachbody.com](http://teambeachbody.com) and admission to a challenge group.

Shakeology is delicious nutritional shake with phytonutrients, antioxidants, enzymes, pre and probiotics, fiber, adaptogens, vitamins and minerals.

When you purchase a program, you receive Jessica Scalzo FNP as your free coach to give you daily motivation, advice, encouragement and support.

Visit my website and Facebook today to learn more and make an office visit to develop your plan.

[www.beachbodycoach.com/jessscalzo](http://www.beachbodycoach.com/jessscalzo)

<https://www.facebook.com/journeytohealthwithjessica/>