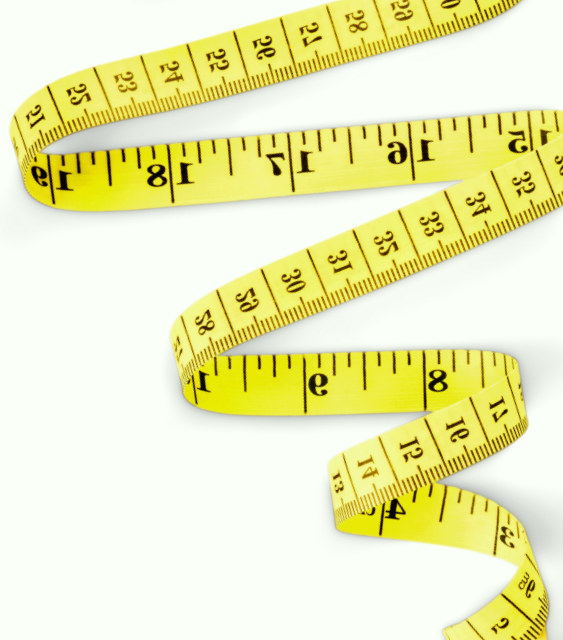


ELEVATE E

PERFORMANCE

ELEVATE | PERFORM | SUSTAIN



HOLISTIC METABOLIC PROGRAMME

"The groundwork for all happiness is good health." — Leigh Hunt

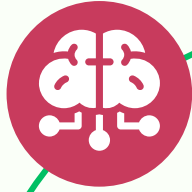


Lab Test and Optimization of Results

Digestive System, Hormone System, Detox System, Immune System

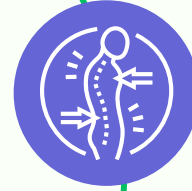
Mind Training

Brain health and Power
Visualization, Breathing,
Optimism, Thought
Patterns



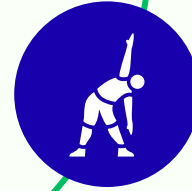
Physician Consultation

Medically supervised
programme



Posture

Working Posture,
Alignment



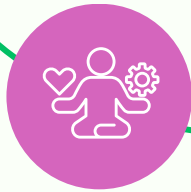
Physiotherapist-Driven Functional Fitness

Flexibility, Strength,
Agility, Coordination,
Power, Balance,
Endurance



Nutrition

Metabolic Typing,
Super Foods



Stress Management

Meditation, Breathing,
Energy Exercises, Detoxifying Sauna
and Restorative Deep Tissue BodyWork



Rehab

Stability, Stretching,
Injury Prevention
and Recovery



Sleep Coaching

Energy, Hormone
Optimisation,
Sleep Hygiene,
Monitoring
Technology

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PERFORMANCE

HOLISTIC METABOLIC PROGRAMME



IS THIS YOU?

- **Struggling with Weight Management:** Facing challenges in losing or maintaining a healthy weight despite various efforts?
- **Managing Type 2 Diabetes, Prediabetes or Hypertension:** Seeking effective strategies to control blood sugar levels and reduce reliance on medications?
- **Dealing with fatigue, cravings, foggy brain, and other signs of blood sugar fluctuations and metabolic imbalance?**
- **Looking for support in helping your child achieve a healthy weight and normal labs?**
- **Looking to enhance your metabolic health for overall wellness and healthy ageing?**

We are here to help you!





TRANSFORM YOUR HEALTH FROM WITHIN

While weight seems to have become the stark parameter for health assessment, we at Elevate Performance believe your health is more than your weight; it reflects your energy, mental clarity, and ability to thrive over the long term. Prioritising these aspects is essential for a fulfilling life. At Elevate Performance, we have curated our Metabolic Health Program to help individuals and families optimise their health through dietary strategies, lifestyle changes, and expert guidance tailored to their unique needs. Experience our transformative programs and exceptional care from the comfort of your own home.

All we need from you is the desire and commitment to transform into your best version!

OUR UNIQUE APPROACH ENTAILS



1

PHYSICIAN BASED APPROACH

We have an experienced team of nutritionists, physiotherapists and psychologists working with you. All our programs are devised and overseen by a physician



2

EVIDENCE-BASED NUTRITION

We have an experienced team of nutritionists, physiotherapists and psychologists working with you. All our programs are devised and overseen by a physician



3

LIFESTYLE BEYOND FOOD

We take it all into account – movement, sleep, stress and of course your mindset – We look at you as a whole and not just your symptoms



4

PERSONALISED SUPPORT

We take it all into account – movement, sleep, stress and of course your mindset – We look at you as a whole and not just your symptoms

EXPECTED OUTCOMES



1

OPTIMISED BODY COMPOSITION

We aim at getting you healthy without any restrictive or fad plans



2

IMPROVED BLOOD SUGAR CONTROL

Stabilising glucose levels, potentially reducing or eliminating the need for medication



3

ENHANCED ENERGY AND VITALITY

Better energy levels is always the best way to improve motivation.



4

REDUCED RISK OF CHRONIC DISEASES

Lower the risk of developing cardiovascular diseases and other lifestyle-related health issues.



**STAY FOCUSED
ON *YOUR* OWN
JOURNEY AND
CELEBRATE YOUR
PROGRESS.**





SPORTS MEDICINE CENTER

BOOK

YOUR

APPOINTMENT

Book a call back - <https://elevateperformance.getomnify.com/#!/home>

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health.wellness@elevateperformlab.com

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