

BREATHE WELL AND LIVE LUNG CLINIC PRESENTS:

WEIGHT LOSS WEDNESDAYS

**YOUR JOURNEY TO A
HEALTHIER, HAPPIER YOU
STARTS HERE!**



**TRANSFORM
YOUR WAISTLINE**



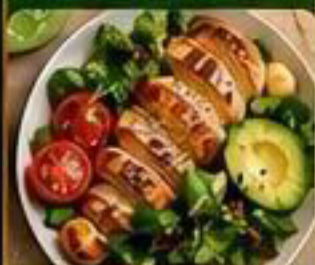
**BOOST
YOUR CONFIDENCE**



**IMPROVE
YOUR HEALTH**

OUR SERVICES

DIETITIAN / NUTRITIONIST



- ✓ Personalized Meal Plans
- ✓ Portion Control Guidance
- ✓ Healthy Eating Education
- ✓ Sustainable Lifestyle Strategies

FITNESS COACH



- ✓ Customized Workouts
- ✓ Strength & Conditioning
- ✓ Weight Loss Support
- ✓ Accountability & Motivation

MADEROTHERAPY (WOOD THERAPY)



- ✓ Lymphatic Drainage
- ✓ Improved Circulation
- ✓ Reduction of Cellulite
- ✓ Reduce Fluid Retention
- ✓ Tighten & Tone

BODY SCULPTING



- ✓ Non-Invasive Fat Reduction
- ✓ Body Contouring
- ✓ Shape & Tone
- ✓ Boost Confidence

ADDITIONAL SUPPORT & WELLNESS



Body Composition
Analysis



Progress Tracking
& Measurements



Health Screening
& Monitoring



Lifestyle Coaching
& Accountability



Stress Management
& Mindfulness



Group Support
& Challenges



Maintenance
& Long-Term
Success



WHATSAPP & CALLS

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★ **REAL PEOPLE. REAL RESULTS. REAL TRANSFORMATIONS!** ★