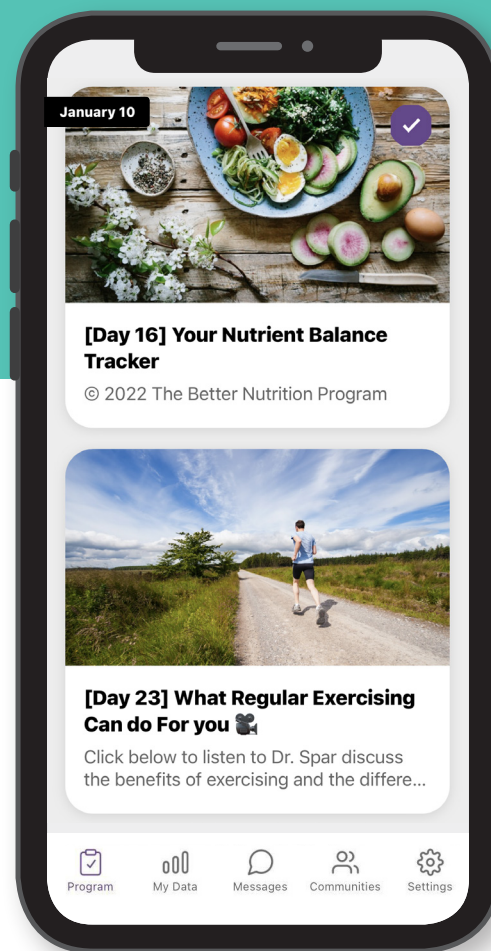


Better Men's Health™

In this program designed specifically for men, Ashley Koff RD is joined by Integrative Men's Health expert Dr. Myles Spar to teach you about enhancing your current lifestyle and nutrition practices (wherever your starting point) for better health. Health is much more than what you eat and how you move your body, it includes good sleep hygiene, proper breathing, meaningful relationships and a topic top of mind for a lot of us- stress management, something they'll discuss in great detail. In this interactive program you'll gain a wealth of knowledge from 40 years of combined experience and research, engage with trackers, and learn tips and tricks for hacking your way to better health. All of it is customizable for you and what works best for YOUR life. They will help you identify better practices, and your coach will help you figure out how and which techniques to implement right away. This is an invitation toward better health. We can do this together. Let's go!

WHAT'S INCLUDED

- 5 weeks of Better Men's Health™ content delivered daily to your app
- Two one-on-one sessions with your coach & unlimited messaging during the program
- Bi-weekly group sessions with award-winning nutrition expert **Ashley Koff RD** + other experts
- Deliciously doable recipes & meals ideas
- Tips & Tricks to identify better nutrition and lifestyle choices
- VIP Online support community



READY TO GET STARTED?

Simply make your purchase and then look for an email from Programs@thebetternutritionprogram.com.
We look forward to meeting you and accelerating your way to better/optimized health!

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These programs are not intended to replace or contradict your practitioners recommendations including medications, supplements, and food recommendations. Access is available only through a licensed or credentialed healthcare professional.



Better Men's Health™, powered by **The Better Nutrition Program** and **Ashley Koff RD**, in partnership with the leading authority in Integrative Men's Health, **Myles Spar, MD**, is an interactive program to help guys identify and implement better nutrition and lifestyle practices so they can achieve their health goals. How is this program different than all the others? We invite you to drown out all the noise out there and learn from 40 years of combined expertise in the fields these two experts have dedicated their lives to. This program is fun, engaging AND includes the personal support of a health coach. Wherever you are on your health journey- maybe you've never considered the impact of diet and exercise let alone other wellness practices such as sleep and stress management or on the flip side- maybe you're preparing for your tenth triathlon! There's much to learn and build upon from optimal nutrition pillars to supporting your brain, muscle and cellular function through exercise and other self-care techniques. Our personalized approach will help you start right where you are and guide you toward a future for better health.

This 5-week evidence-based and practitioner-proven program is packed with informative videos, tips/techniques and trackers to engage you as you learn more about better nutrition and lifestyle choices through an app on your phone. You will meet virtually with a personal coach twice throughout the program, to help you personalize the recommendations for you and your lifestyle (plus, you can message them any time!), AND because we thrive in community, we offer access to Koff and her team of experts in live bi-weekly group sessions. We know there is a big difference between knowing what to do and doing it more often. This personalized program meets you where you are and helps you make your *deliciously doable choices*.

If you desire to feel better inside and out, whether starting from ground zero or stepping to the next level of physical intensity, this program IS FOR YOU. It's as easy as asking your practitioner to sign you up, and getting a welcome email from us with your access to the app. You will receive a message from your coach and your first video from Ashley Koff RD. Our personalized approach will guide you every step of the way. Let's do this!