# END AVORS WELLNESS APP

The Endeavors Wellness App is an innovative resource for a community-based wellness experience, including individualized virtual or in-person training with our health coach, progress tracking, and more.

### NUTRITION

- Meal Planning
- Search and Browse Meal Suggestions
- Dietary Restrictions and Custom Caloric Intake Available

### **FITNESS**

- Consultation-Based Programs
- Programs Developed Based on Goals and Equipment Available
- Participate in Fitness Challenges

### WELLNESS

- Meditation and Yoga Classes On Demand
- Customized Tracking of Habits and Goals
- Messaging within a Shared-Goal Community and Individually with Health Coach

## ...AND MORE!



MEET SLOANE JENNINGS NASM - CPT & CNC, AFFA - GX Instructor

Endeavors VWC Fitness Coordinator VWCcommunity@endeavors.org



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(726) 207-4892

endeavors.org/vwc

@EndeavorsVWC.SATX

	0	Day 1	
Т	↓≣ Regi	ular	-
	Duration	n: est. 37 minutes	
	Equipme	-	
	<u>Š</u> Body Weight	2월 - 프로 Cable Foam Suspension Roller	
	Ŕ	Walking 5m ♥90s rest	1 A
		Foam Roller Back 30s	
1	-1	Foam Roller Quadricep 30s	
		Foam Roller Calf 30s	1
1		Cable Standing Chest Fly 2 sets x 12-20 Reps 45s rest between sets	1
1		Cable Single Leg Kickback 2 sets x 12-20 Reps 445s rest between sets	
		Cable Rope Squat to Row 2 sets v12 20 Res START NOW	
		Suspension Squat 2 sets x 12-20 Reps 4 45s rest hetween sets	
		and the second	