

ENDEAVORS 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

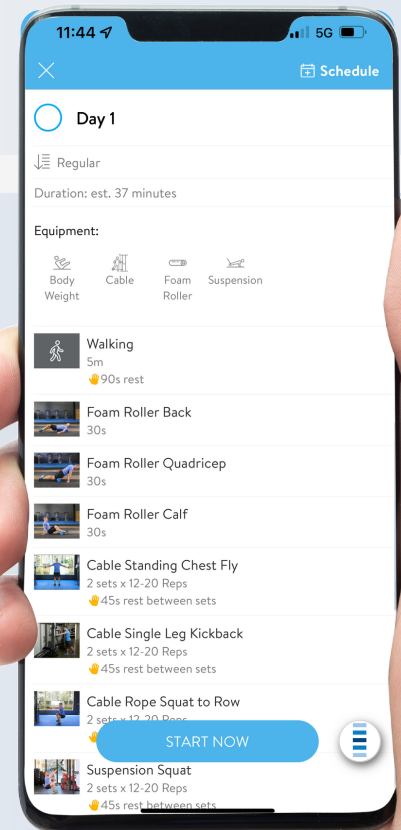
FITNESS

- 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
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**\$25 PER MONTH
SIGN UP
TODAY!**



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endeavors.org/vwc

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