

# NEWSLETTER

DECEMBER 2024

ISSUE# 1

“ Fun Functional Fitness For Each Version Of Oneself ”

## FUNCTIONALLY EVOLVED

At FUNtionally EVolved, we are dedicated to bridging the gap between low-impact exercise, senior fitness, and beyond. Our comprehensive online services cater to individuals of all fitness levels and needs. We ensure everyone has access to engaging and effective fitness solutions with offerings that include online personal coaching, program consulting, and booking live fitness programs for your home, business, or facility. Whether you're looking for personalized guidance or seeking to implement a fitness program in your community, FUNtionally EVolved has the tools and expertise to help you achieve your goals. Join us today and experience fitness that's truly for EVERY-BODY!



## Meet Our Coaches

- Ruben Pereyra: 2024 IDEA WORLD Emerging Trailblazer Recipient An industry leader dedicated to making fitness accessible for all.
- Ginny Robinson: A dynamic dancer and trainer with a Masters Degree, focusing on flexibility and injury prevention.
- Denaé Cotton: A passionate dance fitness expert specializing in low-impact routines.

## SUBSCRIPTION TIERS

### Tier 1: Limited Access - \$30

This entry-level tier includes essential features such as:  
**Wellness Assessment:** Personalized reports and resources.  
**Access to Library:** Gain knowledge through our educational materials.  
**Workout Builder:** Create custom workouts tailored to your preferences.

### Tier 2: Unlimited Access - \$40

For those seeking more comprehensive support, Tier 2 offers all the benefits of Tier 1 plus additional features, including:  
**Nutrition Tracking:** Full access to advanced nutrition tracking tools to monitor your intake.  
**Expanded Resources:** Access to a larger library of workouts, educational content, and wellness materials.

## What FUNtionally EVolved Offers Through Our Partnership with My Life Well:

- Wellness Assessment
- On Demand Videos: 8 per month
- Mental Wellness
- Nutrition
- Social Wellness:
- Physical Wellness
- Diabetes Prevention
- Challenges & Rewards
- Compliance & Tracking

[SIGN UP >>](#)



## ONLINE PERSONAL TRAINING

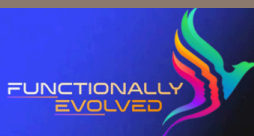
ONE-ON-ONE PERSONAL TRAINING AT \$65 FOR A 45-MINUTE VIRTUAL SESSION.








Don't miss our range of merchandise to keep you motivated on your wellness journey. Join us and experience how fitness evolves for each version of yourself with FUNCTIONALLY EVolved.



[SHOP NOW](#)

 On Demand Videos	 Diabetes Prevention Program	 Beginning Yoga Course
 Mental Wellness Course	 Workouts	 Groups
 Challenges	 Nutrition	 Progress Tracker
 Activity Calendar	 Achievements	 Wellness Assessment