

Integrated Wellness Online is a personal health and performance corporation that specializes in the assessment, management and development of optimal biomarkers, and performance metrics. Our clients are diverse, but we specialize in programs for busy professionals and young athletes. At first glance the two populations may seem unrelated and quite different; but when compared directly, possess many similarities. The two groups share an environment of constant competition, minimal physical recovery, and variable emotional support. To be successful in their respective “arenas” both groups routinely push past physical limitations, manage strong emotions, and operate without excuse. Athletes and the successful elite compromise physiology by challenging the endocrine, digestive, immune, musculoskeletal, nervous, and cardiovascular systems to maintain homeostatic balance. The busy achieving professional has large amounts of mental and emotional stress compared to the athlete which has high amounts of physical and emotional stress.

Therefore, programs designed for these clients must accurately evaluate physical, emotional, and psychological allostatic factors when providing interventions to maintain health, improve metrics or reach goals. Our process is simple: build health first, expand wellness second, develop fitness third and optimize performance last. Not all clients will need each program to reach their goals; but the plans are designed in a manner that allow individuals to progress through consecutively or be taken individually. Our plans require some level of weekly commitment, dietary adherence, and lifestyle restructuring. Our recommendations contain four pillars: optimal nutrition, restorative lifestyle behaviors, appropriate exercise, and proper supplementation in that order. Each plan contains some combination of our four pillars, but frequency, intensity and concentration will vary. Our clients can be seen in the studio location if local, coached virtually online, or on site at a third- party facility, (church, corporation, gymnasium, school, field, etc.). In select cases a combination of the above locations may be incorporated.

For new clients, we begin the intake process by collecting health metrics, daily behaviors, and physical capacity measures via in clinic evaluation or online survey. Next the collected information is summarized, scored, and organized on a scale of minimal health, wellness, fitness, and athletic standards. Last, the evaluation information provides a reference point for personal goal setting, program placement, and progress tracking.

We look forward to partnering with your efforts in pursuing increased health, wellness, fitness, or athletic ability.



Personal Health and Performance Consultant Group

**Sport Performance Program Benefits include:**

- Increased Muscle Mass for Greater Sport Performance
- Reduced Body Fat Level to Support Optimal Performance
- Improved Bio-motor Abilities (Speed, Vertical Leap, Agility, Mobility and Strength)
- Increased Ligament and Tendon Strength to Increase Power and Decrease Joint Stress
- Corrected Muscular Imbalances to Reduce or Minimize Overuse Injuries
- Proper Diet and Exercise Strategies that Increase Recovery, Decrease Inflammation, Support Muscle Growth and Maximize Energy Production
- Personalized Meal, Exercise, Lifestyle and Supplement Recommendations Based on Your Individualized Evaluation
- Weekly Feedback on Dietary Intake and Recovery Strategies

Please Email at [dupagefit@yahoo.com](mailto:dupagefit@yahoo.com) to schedule your evaluation or set up at 10 minute consultation



**Chad Earl MS**