**Cholesterol**

WepaFit Cholesterol Lowering Meal Plans are designed to help you manage your cholesterol levels, whether you need to lower your LDL (bad cholesterol) or increase your HDL (good cholesterol). If you’re currently taking cholesterol-blocking medication, a WepaFit meal plan could help you drop your cholesterol levels to where your doctor may decide you don’t need it anymore. Each personalized meal plan includes the food groups and portions that you need to take back control of your health.

**Diabetes**

WepaFit Diabetes Management Meal Plans are designed to help you manage your glucose/sugar levels if you’ve been diagnosed with Type 1, Type 2, or Hypoglycemia. Even if you’re taking insulin, a WepaFit meal plan could help bring your blood sugar to healthy levels to where your Doctor may decide to reduce—or even eliminate—your medication. Each personalized meal plan includes low glycemic foods and the right food portions you need to take back control of your health.

**High Blood Pressure**

WepaFit Blood Pressure Management Meal Plans are designed to help you manage your blood pressure if you’ve been diagnosed with hypertension, pre hypertension or hypertension during pregnancy. Even if your doctor has prescribed blood pressure medication, a WepaFit meal plan could help you drop your blood pressure readings to healthy levels and eliminate the need for pills. Each personalized meal plan includes the food groups and portions that you need to take back control of your health.

**Weight Loss**

WepaFit Weight Loss Meal Plans are designed taking into consideration your current caloric needs, your goal weight, and how fast you want to achieve your goal. Because we’re all different, the amount of protein, carbs, and fats will be calculated to fit your unique needs. Your meal plan will be modified as needed until you reach your weight goal.

**Employee Wellness Programs**

Wouldn't it be refreshing to walk into a company where you feel the environment is different, where people seem motivated, inspired and happy doing what they do? Truth is, a healthy employee is a happy employee, not to mention one that’s more productive and more efficient. By promoting your employees’ health and wellbeing—both mental and physical—you’re helping them go a long way towards enjoying a happier life and, in turn, be more productive workers.

Many health insurers base the coverage and costs of the plans they offer to companies on past claims. Preventable chronic illnesses can lead to higher costs of certain types of prescription drugs, such as those used to treat asthma or diabetes. If they see these claims are high, especially due to preventable chronic illnesses, the cost of the plans they offer will be higher. **According to *Corporate Wellness Magazine,* every $1 invested in employee wellness programs yields roughly $4 in savings through reduced sick days, higher productivity and decreased overall health costs.** Healthy employees simply cost less.

WepaFit Wellness Programs are customized to fit your company's unique needs. Our services range from weekly to monthly on site wellness presentations, group exercise classes, and one-on-one coaching on site, online, and/or over the phone. We also offer customized meal and workout plans to help your employees manage and prevent the most common chronic diseases (e.g., high cholesterol, high blood pressure, diabetes, allergies, depression, anxiety, and sleep disorders, among others). All our programs are lead by highly educated and certified professionals in the fields of nutrition and fitness.

**Body Building/Bikini Competition Training**

**Body Building Meal Plan**

WepaFit’s "Eat 2 Compete" Meal Plans are designed to help you meet your unique caloric needs and build lean muscle mass for that ultra cut, super lean look just in time for your moment on the spotlight. To get you stage-ready, we calculate your basal metabolic rate, protein, carbs, and fat needs and provide you with a customized, easy-to-follow meal plan that is modified as you progress towards your goal. In each phase, you'll enjoy 3 to 4 daily meals and 3 snacks. This plan includes a Nutritional Analysis to help you find the supplements that are best for you. Are you ready to bring to home the hardware?

**Body Building Workout Plans**

WepaFit Body Building Workout Plans are mass-gain exercise programs that will help you build size and strength. WepaFit applies the principles of overload—among other strategies—to help break through lifting plateaus, gain muscle, and drop fat without losing muscle. This plan includes a Nutritional Analysis to help you find the supplements that are best for you.

**Bikini Meal Plan**

WepaFit "Eat 2 Compete" Meal Plans are designed to meet your unique caloric needs and help you build lean muscle. To get you stage-ready, we calculate your basal metabolic rate, protein, carbs, and fat needs and provide you with a customized, easy-to-follow meal plan that is modified as you progress towards your goal. This plan includes a Nutritional Analysis to help you find the supplements that are best for you. Are you ready to rock that stage?

**Bikini Workout Plan**

WepaFit Bikini Workout Plans are designed to help your body achieve that super lean yet feminine look just in time for your moment in the spotlight. WepaFit applies the principles of overload—among other strategies—to help break through lifting plateaus, gain muscle, and drop fat without losing muscle. This plan includes a Nutritional Analysis to help you find the supplements that are best for you.

**Sports Nutrition Meal Plans**

Athletes’ nutritional needs are different from those of sedentary people. Athletes need high carbohydrate, low fat diets to fuel their training and competitions. However, they often fall short on their protein or caloric needs. If these needs are not addressed, they will have trouble meeting their strength goals. A lack of protein and adequate calories can also increase an athlete’s chances of illness or injury.

WepaFit Sports Nutrition Meal Plans are designed to meet each athlete’s individual nutritional needs. We provide a comprehensive and sound nutritional plan to help improve athletic performance, increase endurance and strength, speed recovery time, and maintain good health. Each meal plan lists the foods that should be consumed during training season, pre games/competitions, between games/competitions, and post games/competitions using the Prepare-Refuel-Recover Method.

We can provide presentations for the entire athletic department, for individual teams and clubs, professional groups and sports clinics. This program includes nutritional analyses to help the athletes find the supplements that best suit their physical and nutritional demands.