

Wellness Garage offers services both on-site and virtually. Contact us or book a **free medical consultation** for more information.

SERVICES

- Comprehensive health and risk assessment
- Personalized health planning
- One-to-one health, nutritional and fitness coaching
- Body composition and bone density analysis
- Advanced physiological assessments including VO2max and substrate utilization

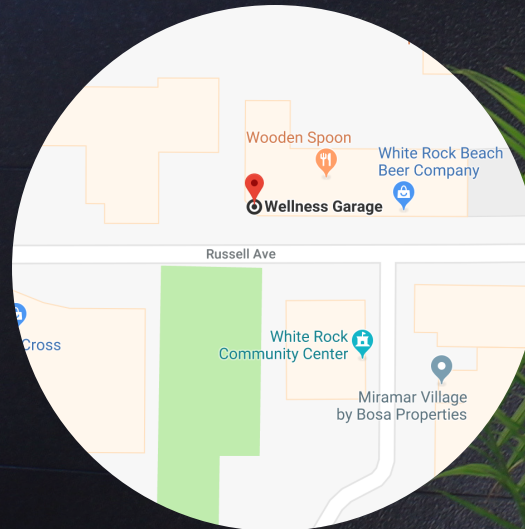
MEDICALLY SUPERVISED PROGRAMS FOR:

- Management of chronic diseases (ex: diabetes, CVD, osteoarthritis, etc)
- Athletic and fitness optimization
- Vital longevity
- Weight loss
- Precision health and wellness

CONTACT US

Hours:
Monday-Friday 9am-5pm

Visit Us:
15165 Russell Avenue
White Rock, BC



Phone:
604-535-7010

Email:
info@wellnessgarage.ca

Website:
www.wellnessgarage.ca



Wellness
GARAGE

Precision Lifestyle Medicine

MANAGE CHRONIC CONDITIONS

Manage and reverse chronic conditions through evidence-based programs and medically-supervised personal coaching.



RESTORE HEALTH AND VITALITY

- One-to-one coaching
- Team of experts including physician, nutritionist, kinesiologist and health coach
- Holistic and sustainable lifestyle approach to chronic conditions

FEEL CONFIDENT ABOUT YOUR FUTURE

Get a complete picture of your health and where it might be headed using leading edge health assessments and the latest science.

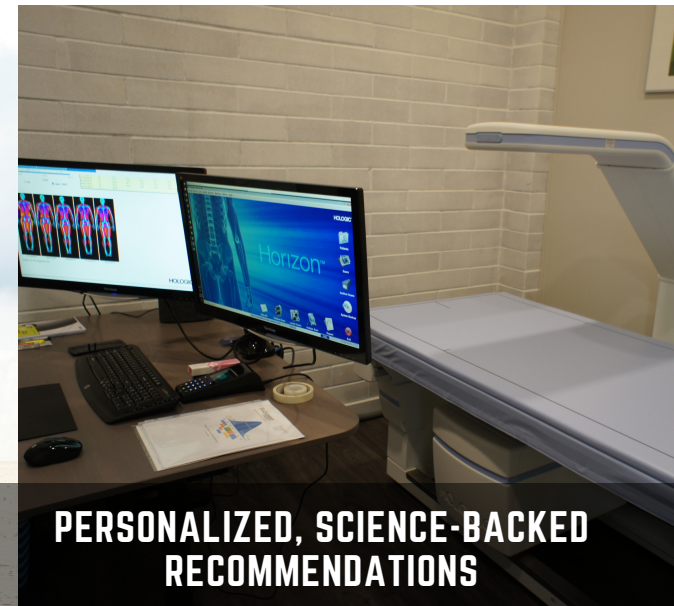


UNDERSTAND, REDUCE AND ADDRESS HEALTH RISKS

- Risk assessment for over 50 diseases
- Baseline health of 16 core biological systems
- Health evaluation and personalized recommendations across six areas of lifestyle

OPTIMIZE PERFORMANCE

Advanced assessments and personalized strategies for fitness and nutrition based on your unique biological make-up, base fitness level and goals.



PERSONALIZED, SCIENCE-BACKED RECOMMENDATIONS

- VO2max and substrate utilization
- DXA scan for body composition
- Functional Movement Assessment
- Precision Nutrition
- Key biomarkers assessment