

# WHAT TO EXPECT WITH THE RENEW YOU STRATEGY PROGRAM

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## **DURING YOUR FIRST VISIT**

- 1 - 1/2 hour consultation
- Complete health history covering your specific health concerns
- Measurement of health parameters: weight, height, blood pressure, temperature, pulse rate, respiration rate, salivary pH, urinalysis, and body measurements
- Assessment of your body composition and cellular health via Bio-Impedance Analysis (BIA)
- Diet and exercise recommendations based on your individualized assessment

## **EACH WEEK THEREAFTER**

You will meet with both the ND and RHN at which time they will monitor your progress, review your diet, pH and exercise logs and address any obstacles that may arise. Supplementation may be prescribed based on your individual need.

**FOR FURTHER INFORMATION, PLEASE CONTACT OUR FRONT  
DESK STAFF WHO WILL BE HAPPY TO HELP YOU**

(519)- 751-3488 OR [information@ndoc.ca](mailto:information@ndoc.ca)