



Benefits:

The Ideal Protein method is a ketogenic weight loss method requiring weekly coaching supervision for maximum results. Women, on average, lose 2 – 3 lbs of fat per week, men, on average, lose 3 – 5 lbs of fat per week.

- This protocol has shown to reduce cholesterol, blood pressure, and blood sugars and is considered anti-inflammatory.
- Other benefits include: improved sleep, better mobility, mental clarity and improved breathing.
- You will learn about high glycemic and high carbohydrate foods, protein foods, portion control, time of day to eat, food triggers, stress triggers and how to manage difficult eating situations.
- You will have unlimited access to your weight loss coach during reasonable hours.

7Company will offer on-site consultations:

7Company will offer the educationally based Ideal Protein weight loss protocol onsite (Tysons HQ) to your employees.

- Interested employees will be required to complete a health profile and be evaluated for participation in the program.
- During the first appointment you will be given a full overview of the weight loss program and baseline measurements, weight and detailed body composition will be taken.
- Thereafter the weekly visits will be 15 minutes, conducted at HQ. At the weekly coaching meeting you will be weighed, measured, body composition performed, weekly food journal reviewed and plan reviewed for the upcoming week.
- You will be able to order your Ideal Protein foods prior to the weekly coaching visit so that the coach can bring the food to the appointment.
- Employees are welcome to attend, at no additional cost, the various workshops offered at the 7Company Lansdowne location. These include:
 - Monthly cooking demos
 - Maintenance workshops
 - Organization workshops
 - Wardrobe transition workshops

Costs:

The discounted enrollment cost to employees (and immediate family members) is \$378.50 (normally \$503.50), a onetime non-refundable fee. This includes the starter kit and administrative fees:

- All Ideal Protein food needed for the first week
- One month worth of supplements
- Shaker bottle
- Ideal Protein Salt
- Weekly coaching for 3 months
- Weekly body composition analysis for 3 months
- Daily educational and motivational video emails
- After the first week, you will need to order food for the next week. A minimum of 3 boxes of food is required and the cost ranges from \$87 to \$96 (plus tax) depending on what food you select. The 3 boxes of food is equivalent to 21 meals.
- 7Company will deliver the food to the employee at their weekly visit at no additional charge. The employee may elect to visit the Lansdowne location if preferred or in-between visits if additional food is needed.
- After the first three months on the weight loss program, there will be a monthly coaching fee of \$35.00 per employee, per month should you want to continue the program.