

GONE RUNNING WELLNESS PROGRAM

WE WILL PROVIDE INSTRUCTION AND SUPPORT TO BE
PHYSICALLY FIT, EMOTIONALLY STRONG + NUTRITIONALLY WELL.

HEALTH

Tips on new habits to
lead a natural and
vibrant life

SHARE WITH KIDS



WORKOUT



DO IT

Learn simple
workouts that pump
the heart rate + ease
the mind

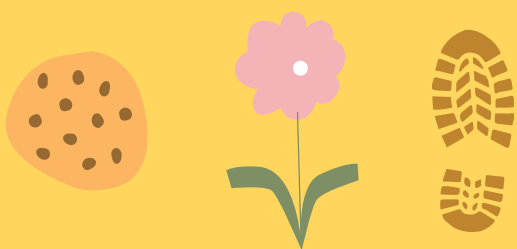
RECIPES

Learn how to make
delicious and nutrient
rich snacks + meals

WHOLE FOODS



FAMILY TIME



FUN

activities
that unite!

BASIC FOOD PREPARATION SKILLS
NUTRIENT RICH RECIPES
KID FRIENDLY HEALTHY SNACKS
INDIVIDUALIZED FITNESS PLAN
INDIVIDUALIZED NUTRITION PLAN

HERE'S HOW IT WORKS

