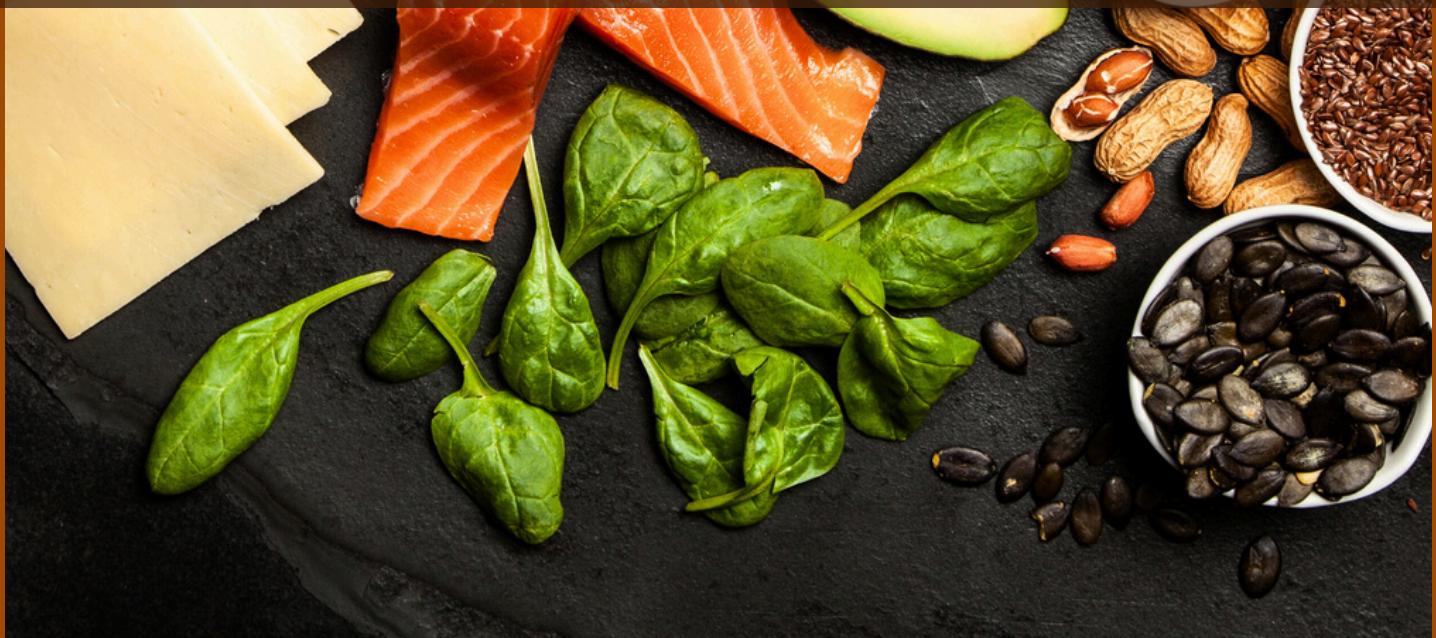




KETO DIET & PROTOCOL



NUTRITION



KETO
DIET & PROTOCOL

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01

UNDERSTANDING THE KETOGENIC DIET



WHAT IS KETO?

What is Keto?

The ketogenic diet, commonly known as "keto," is a high-fat, moderate-protein, and very low-carbohydrate diet. Its primary goal is to shift the body's metabolism away from carbohydrates and towards fats and ketones, a metabolic state known as ketosis.

The Basics of Keto

In a typical diet, carbohydrates are the body's primary source of energy. When you consume carbohydrates, they are broken down into glucose, which enters the bloodstream and provides fuel for your cells. Any excess glucose is stored in the liver and muscles as glycogen. However, the ketogenic diet drastically reduces carbohydrate intake, usually to less than 50 grams per day, forcing the body to find alternative energy sources.

Ketosis: The Metabolic State

When carbohydrate intake is minimal, the body's glycogen stores become depleted. In response, the liver starts to convert fatty acids into ketones, which can be used as an efficient alternative fuel source for the brain and other tissues. This state of increased ketone production is known as ketosis.

Macronutrient Breakdown

The typical macronutrient distribution on a ketogenic diet is:

- Fats: 70-75% of total daily calories
- Protein: 20-25% of total daily calories
- Carbohydrates: 5-10% of total daily calories



02

FOOD CHOICES ON KETO



FOOD CHOICES ON KETO

Food Choices on Keto

Proteins

- Meat: Beef, pork, lamb, poultry, and game meats.
- Fish and Seafood: Salmon, sardines, mackerel, tuna, and shrimp.
- Eggs: Whole eggs are a staple in a keto diet.

Fats

- Oils: Olive oil, coconut oil, avocado oil, and MCT oil.
- Butter and Ghee: High-quality grass-fed options are preferable.
- Nuts and Seeds: Almonds, walnuts, chia seeds, and flaxseeds.
- Avocados: High in healthy fats and fiber.

Low-Carb Vegetables

- Leafy Greens: Spinach, kale, arugula, and Swiss chard.
- Cruciferous Vegetables: Broccoli, cauliflower, cabbage, and Brussels sprouts.
- Others: Zucchini, bell peppers, asparagus, and cucumber.

Dairy

- Cheese: Cheddar, mozzarella, blue cheese, and goat cheese.
- Heavy Cream: Used in coffee or for making keto-friendly desserts.
- Greek Yogurt: Unsweetened varieties are best.

Beverages

- Water: Essential for hydration.
- Tea and Coffee: Without sugar; use heavy cream or MCT oil for added fat.

03

BENEFITS OF A KETOGENIC DIET



Benefits of the Ketogenic Diet

Weight Loss: The high-fat and protein content of the diet promotes satiety, reducing overall calorie intake. Additionally, the body's shift to fat as a primary fuel source enhances fat burning.

Blood Sugar Control: Lower carbohydrate intake helps stabilize blood sugar levels, making the keto diet beneficial for individuals with type 2 diabetes or insulin resistance.

Enhanced Brain Function: Ketones are a more efficient fuel for the brain than glucose, which can lead to improved mental clarity and focus.

Cancer Management: Some research suggests that the ketogenic diet may help inhibit cancer growth by reducing blood glucose and insulin levels, creating an unfavorable environment for cancer cells.

Cardiovascular Health: The diet can improve cholesterol levels, increasing HDL (*good cholesterol*) and reducing triglycerides.



04

POTENTIAL SIDE EFFECTS



POTENTIAL SIDE EFFECTS OF A KETOGENIC DIET

Potential Side Effects

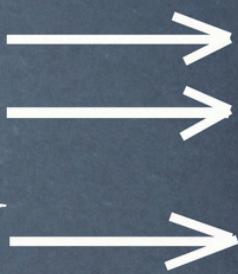
Transitioning to a ketogenic diet can come with some temporary side effects, often referred to as the "keto flu." Symptoms may include headache, fatigue, nausea, dizziness, and irritability. These effects typically subside within a few days to a week as the body adapts to ketosis.



The ketogenic diet is a powerful dietary strategy that can offer numerous health benefits, from weight loss to improved cognitive function and potential cancer support. By understanding and adhering to the principles of the keto diet, individuals can achieve and maintain a state of ketosis, optimizing their health and wellness. As with any significant dietary change, it is essential to consult with your healthcare professional before starting the ketogenic diet, especially for those with preexisting health conditions.

KETO

10% CARBS
20% PROTEIN
70% FAT



05

KETO & CANCER: UNDERSTANDING THE LINK



THE LINK BETWEEN KETO & CANCER

Understanding the Link Between Keto & Cancer

Cancer Cells & Glucose Dependency

Cancer cells typically have a higher rate of glucose uptake compared to normal cells. This phenomenon, known as the Warburg effect, describes how cancer cells predominantly produce energy through glycolysis, even in the presence of adequate oxygen. This reliance on glucose makes cancer cells vulnerable to therapies that reduce glucose availability.

Mechanisms of Action

The ketogenic diet may impact cancer growth and progression through several mechanisms:

Reduction in Blood Glucose and Insulin Levels: By drastically reducing carbohydrate intake, the ketogenic diet lowers blood glucose levels. As a result, insulin levels also decrease. Insulin is a hormone that can promote cell proliferation, including cancer cell growth. Lowering insulin may help slow the growth of tumors.

Increased Ketone Production:

In ketosis, the liver produces ketones from fatty acids, which can serve as an alternative energy source. Unlike healthy cells, many cancer cells cannot efficiently use ketones for energy. This selective energy deprivation can inhibit cancer cell growth while supporting the energy needs of normal cells.

Anti-Inflammatory Effects:

Chronic inflammation is a known contributor to cancer development and progression. The ketogenic diet has been shown to reduce inflammatory markers in the body, potentially creating an environment less conducive to cancer growth.

Oxidative Stress:

The ketogenic diet may increase oxidative stress in cancer cells, leading to cell damage and death. Normal cells can better manage oxidative stress, giving them a survival advantage in a ketogenic state.

While research is still in the early stages, several studies and clinical trials have explored the ketogenic diet's potential in cancer therapy:

Animal Studies: Preclinical studies in animal models have shown that the ketogenic diet can reduce tumor growth and improve survival rates. For example, studies on mice with brain tumors have demonstrated slowed tumor progression and enhanced survival with a ketogenic diet.

Human Studies: Clinical trials involving human participants are ongoing, but early results are promising. Some studies have reported improved outcomes in patients with glioblastoma (a type of brain cancer) and other cancers when the ketogenic diet is used as an adjunct to standard therapies.

Case Reports: There are numerous anecdotal reports and case studies suggesting that the ketogenic diet may help stabilize disease progression and improve quality of life in cancer patients.



CHALLENGES & CONSIDERATIONS

Challenges & Considerations

Individual Variability:

The effectiveness of the ketogenic diet may vary based on the type of cancer, the stage of the disease, and individual metabolic responses. Not all patients may respond similarly to dietary changes.

Nutritional Adequacy:

It is crucial to ensure that the ketogenic diet is nutritionally balanced, particularly for cancer patients who may already be dealing with malnutrition or other health challenges. Consulting with a healthcare provider or a registered dietitian is essential.

Integration with Conventional Therapies:

The ketogenic diet should not be considered a standalone treatment for cancer. It is most effective when used in conjunction with standard cancer therapies, such as surgery, chemotherapy, and radiation.

The ketogenic diet presents a promising adjunctive therapy for cancer management, offering potential benefits through multiple mechanisms, including reduced glucose availability, anti-inflammatory effects, and increased oxidative stress in cancer cells. While research is ongoing and more robust clinical evidence is needed, the ketogenic diet's role in cancer treatment highlights the importance of metabolic interventions in oncology.





06

BREAKFAST



BREAKFAST

CRUSTLESS QUICHE

INGREDIENTS

- 6 Eggs
- 1 cup Milk Alternative (coconut, almond, etc.)
- Salt & Pepper To Taste
- 1 cup Optional Ingredients **

INSTRUCTIONS

Preheat your oven to 350 degrees F.

In a large bowl whisk together the milk, egg, salt & pepper.

Stir in any additional ingredients.

Pour the egg mixture into a 9-inch pie pan, and bake uncovered for about 45 minutes. Or until the center is set, and not jiggly.

Store any leftovers in an airtight dish in the refrigerator.

*** Optional Add-in's-Be creative to your taste!*

- Green Onions
- Broccoli
- Spinach
- Onions
- Garlic
- Chives
- Asparagus
- Tomatoes
- Any type of meat you desire



BREAKFAST

EGG CUPS

INGREDIENTS

- 1 cup Diced Red Pepper (*I find this to equal 1 red pepper*)
- 1 cup Diced Green Pepper
- 1 cup Dice Yellow Onion (*You can use white if that's what you have.*)
- 2 cups Packed Baby Spinach Roughly Chopped
- 1 cup Mushrooms Diced
- 2 Minced Garlic Cloves
- Salt To Taste
- 4 Large Eggs
- 4 Large Egg Whites
- **Optional Toppings-hot sauce, chives, dairy free sour cream

Once the vegetables are chopped, this comes together very quickly!

Preheat oven to 350 degrees F and generously grease a standard non-stick 12-slot muffin tin with cooking spray. Set aside.

In a large non-stick cooking pan, cook red pepper, green pepper, and onion in oil until the peppers have softened. Add in spinach, mushrooms, and garlic and continue cooking for 2 minutes. Season with salt, then set aside.

Whisk together eggs until smooth, then stir in the cooked vegetables.

Pour the egg/veggie mixture evenly into the prepared muffin pan, then bake until the eggs have cooked through.

These are easily kept in the refrigerator for heat and eat breakfasts. You can also freeze them on a single sheet pan in the freezer until frozen and then place in a gallon zip lock bag!



07

LUNCH/DINNER



STUFFED ZUCCHINI BOATS

INGREDIENTS

- 4 Zucchini's
- 1 Jar of Your Favorite Marinara
- 1 Pound Lean (98%) Ground Turkey Meat
- Shredded or Thinly Sliced Almond Cheese

Wash your zucchini's and cut them right down the middle lengthwise. Take out a spoon and scoop out the middle/flesh. Put flesh aside in a small bowl. Once they are all cut and flesh scooped out, line them up in a baking pan.

Preheat your oven to 400. Begin frying your ground turkey in a skillet until all pink is gone, chopping as it cooks into small pieces. Once the turkey is fully cooked, add your marinara sauce to the ground turkey and stir until combined and slightly warm.

Take your baking pan lined with zucchini's and scoop the turkey and marinara mixture into the "boats". Once they are full, sprinkle or line the top with your almond cheese. Cover them with aluminum foil and place in the oven for 25 mins or until the zucchini's are fork tender. Enjoy!

These store in the fridge for 5 days safely. To reheat you can microwave them until warm or re-bake in the oven until warm.



HARVEST SKILLET

INGREDIENTS

- 3/4 lb. Bacon
- 3/4 lb Broccoli Florets
- 2 Parsnips
- 2 Apples
- 1 Onion
- 1 tbsp Dried Sage
- 1/2 tsp Salt

Cut bacon into 1-inch pieces. Add to a skillet and cook over medium heat for 12 minutes, or until golden, stirring a few times. When cooked, use a slotted spatula to transfer to a plate lined with a paper towel, reserving the bacon fat in the skillet.

While the bacon is cooking, cut the broccoli florets into 1/2 inch pieces. Peel and dice the parsnips into 1/4 inch pieces. Core and chop the apples. Chop the onion.

Add the broccoli, parsnips, apples, onion, sage, and salt to the skillet. Cover and cook over medium heat, stirring a few times until tender about 12 minutes. Add the bacon back to the skillet and mix well.

Check the seasoning and adjust to taste.

Divide mixture into 4 containers and store in the refrigerator.



BAKED CHICKEN BREAST

INGREDIENTS

1 Chicken Breast (Preferably organic, free-range)

INSTRUCTIONS

First Pre-heat your oven to 450 degrees.

(This seems high, but with chicken breast, higher and shorter helps to prevent drying them out.)

Wash and season your chicken breast how you would like.

SUGGESTED SEASONINGS

Italian Seasoning, plain salt & pepper, turmeric, garlic, chili powder

Be as creative as you would like-to your taste preference.

Grease the baking pan with oil or butter.

Place your chicken breast on the greased sheet and cover with aluminum foil and place in the oven.

Set you timer for 15 mins and check your chicken with a meat thermometer it should read 165 for safety.



LUNCH/DINNER

OPEN FACED BURGER

What is an opened face burger you may ask?

It's a burger without a bun!

Use your lettuce as your bun and make your burgers as you prefer.



ROASTED CHICKEN

Preheat your oven to 350 degrees.

Wash and pat dry your chicken and place in a roaster pan.

Season the chicken inside and out with salt and pepper-massaging all the way around.

Use garlic and butter to rub inside the bird cavity, leaving the remaining inside.

Bake chicken uncovered in the preheated oven until no longer pink at the bone and the juices run clear, about 1 hour and 15 minutes.

An instant-read thermometer inserted into the thickest part of the thigh, near the bone, should read 180 degrees F. (82 degrees C)

Remove from heat and baste with melted margarine and drippings.

Cover with aluminum foil and allow to rest about 30 minutes before serving.



Once your chicken has cooled and you've eaten dinner, remove the remaining meat off the bones and store in a glass container for upcoming recipes.

Take the bones of your chicken and either freeze them in a gallon bag or let's make some bone broth! This takes some time, but it is super easy and has amazing benefits for your digestion and your body!

BONE BROTH

2 1/2 lbs. of Chicken Bones or 1 Chicken Carcass
1 Tbsp Apple Cider Vinegar (ACV)
1 tsp Salt
1 Medium Onion, Peeled & Halved
2 Ribs/Sticks Celery Stalks (*cut into thirds, with leaves attached*)
2 Medium Carrots, Peeled & Halved
2 smashed garlic cloves
1 Bay Leaf (*optional, but nice*)

Filtered Water (*stockpot: 16 cups, 6Qt Slow Cooker: 12 cups, Instant Pot: 10-11 cups*)

I prefer filtered water but this depends on how you feel about your faucet water-use what you feel best with.

Place everything in a slow cooker on low heat and forget it for 15 hours! Once it's done you should have a rich in color and nourishment broth!

Strain everything out and bottle it up. I use mason jars; they work the best. Keep refrigerated.

Pull out to drink through out the day or use in other recipes or you can make a delicious soup. Enjoy!



EGG & AVOCADO SALAD

INGREDIENTS

2 Avocados, Small & Ripe
2 tbsp Chives, Fresh
6 Eggs
1/3 cup Sauerkraut
2 tbsp Lemon Juice
1 Black Pepper
1/2 tsp Salt
1/2 tsp Garlic
1/4 tsp Dill
2 tbsp GreekYogurt, Plain

INSTRUCTIONS

Cut the avocado into cubes. Place in bowl and gently mash with a fork.

Chop the eggs, add to the bowl with other ingredients and combine well.

Can be served over a bed of lettuce, a scooped out tomato half or as a sandwich between two pieces of gluten-free bread.



VEGGIE & FETA FRITTATA

INGREDIENTS

6 eggs
1/2 cup Lactose Free Milk
1/2 cup Feta Cheese
1/2 Grated Zucchini
1 cup Chopped Spinach
Paprika (or spice of choice)
Thyme
1/4 cup Chopped Green Onion

INSTRUCTIONS

Preheat oven to 350 F. Prepare a cast iron skillet or glass baking dish by coating it with olive oil.

Microwave chopped sweet potato in a bowl until slightly soft.

In a bowl, whisk together eggs, milk, and seasonings. Fold in the, spinach and zucchini and pour into prepared skillet or baking dish.

Bake for 40-45 Minutes. If you find the top is getting over-baked, simply cover with a piece of foil for the remainder of the cooking time or until the center is no longer loose.



CHICKEN MEATBALLS WITH HERB SAUCE

INGREDIENTS

Olive Oil Spray
1 tbsp Extra Virgin Olive Oil (EVOO)
1/2 Red Onion, Minced
2 Garlic Cloves, Minced
1 Pound Ground Chicken
1/4 cup Chopped Fresh Parsley
1 tbsp Dijon Mustard
3/4 tsp Kosher Salt
1/2 tsp Fresh Ground Pepper
1/2 tsp Paprika

SAUCE

One 14-ounce Can of Coconut Milk
1 cup Chopped Fresh Parsley, Divided
4 Chopped Green Onions
1 Garlic Clove, Peeled & Minced
Zest & Juice of 1 Lemon
Sea Salt & Ground Pepper
Crushed Red Pepper Flakes (for serving)

INSTRUCTIONS

Preheat the oven to 375°F. Line a baking sheet with aluminum foil and spray it with olive oil.

In a skillet, heat the olive oil over medium heat and sauté onions until translucent. Add the garlic.

Cool onion garlic mixture slightly and stir in the chicken, parsley, and mustard. Add a dash of salt and pepper. Begin making the chicken balls forming the mixture into small balls and transfer to the prepared baking sheet. Bake the meatballs until fully cooked for approximately 18-20 minutes. Meat should reach the 165F in temperature.

SAUCE

Combine the coconut milk, parsley, scallions, garlic, lemon zest, and lemon juice in a blender until smooth. Add salt and pepper to taste.



THAI CHICKEN CURRY

SLOW COOKER RECIPE

INGREDIENTS

2 cups Chicken Stock
4 tbsp Thai Thai Red Curry Paste
1 Coconut Aminos
1 tablespoon Minced Ginger
1 tablespoon Fish Sauce
3 Cloves Garlic, Minced
1 lb. Chicken Breast Cut Into Small Pieces
1/2 small Butternut Squash Cut Into 1" Cubes
1 Medium Sweet Vidalia Onion, Chopped
1-2 Chili Peppers (*Use less or more depending on the amount of heat you like.*)
14 ounce Can Coconut Milk

** Optional-Cilantro, Chili Pepper, & Lime To Serve

INSTRUCTIONS

Place all the ingredients, except for the coconut milk into your slow cooker and stir together well. Set your crockpot to cook on high for 4 hours.

After 4 hours, stir in the coconut milk and let it sit while you prepare the rice, cauliflower rice, or quinoa to serve.

Top with a little cilantro, lime, and, if you like it extra spicy, some chopped chili peppers.

Enjoy!



08

SALADS



CREAMY CUCUMBER SALAD

INGREDIENTS

- 1 Cucumber
- 1/2 Greek Yogurt
- 1/2 cup Fresh Chives & Dill
- 2 Tbsp Apple Cider Vinegar

INSTRUCTIONS

Chop the chives and dill adding them to the yogurt and apple cider vinegar.

Thinly slice the cucumber, add to the bowl with the yogurt mixture, and stir.

Refrigerate until ready to serve.



SALADS

ROASTED BROCCOLI DETOX SALAD

INGREDIENTS

1 lb Broccoli Chopped
2 cups Spinach or Kale Chopped
1/2 cup Chopped Sweet Red Pepper (*I like small sweet peppers*)
2 tsp to 3 tsp Coconut Oil
1/2 c Plain Yogurt or Kefir Yogurt
2 tsp Apple Cider Vinegar
1 Clove of Garlic Minced
1/2 to 1 tbsp Extra Virgin Olive Oil (EVOO)
1 tsp Lemon Juice
1/2 cup Diced Purple Onion
1/2 tsp Everything Bagel Seasoning or Seasoning of Your Choice
1/4 cup Sunflower Seeds
Sea Salt & Pepper to Taste

INSTRUCTIONS

Preheat oven to 425F.

Roast 1/2 lb of broccoli in 2-3 tsp oil and seasoning of your choice for extra flavor for approximately 20 minutes.

Place the other 1/2 lbs broccoli florets in a large mixing bowl. If you don't want to roast half, just toss all raw broccoli florets in a large bowl.

DRESSING

Mix yogurt, apple cider vinegar, garlic, salt/pepper, olive oil, lemon juice, and onion in a small bowl.

Place roasted broccoli and raw broccoli in one bowl add sunflower seeds, sweet peppers and spinach. Toss gently.

Drizzle dressing, mix, and serve!





SALAD DRESSINGS

SALAD DRESSINGS

SALAD DRESSINGS

CREAMY KEFIR SALAD DRESSING

1/2 cup Kefir, Plain Flavor
2 tbsp Ground Mustard
2 tsp Honey
1-1/2 tbsp Water
1/2 tsp Apple Cider Vinegar (ACV)
1/4 tsp Minced Garlic
Pinch of Salt & Pepper to Taste
A Pinch of Oregano or Thyme

SESAME & GINGER DRESSING

1 tbsp Extra Virgin Olive Oil (EVOO)
1 tbsp Sesame Oil
1 tbsp Coconut Aminos
1 tbsp Rice Vinegar
1 Clove Garlic, Minced
1 tsp Fresh Ground Ginger
1/4 tsp Pepper

GUT HEALTHY RANCH

1 cup Plain Greek Yogurt
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1/2 tsp Dill Powder
1 tbsp Fresh Chives, Minced
Dash of Cayenne Pepper & Salt, To Taste

GINGER & TURMERIC VINAIGRETTE

1/4 cup Extra Virgin Olive Oil (EVOO)
2 tbsp Apple Cider Vinegar (ACV)
1 tsp Turmeric
1/2 tsp Ground Ginger
1 tsp Honey
1 tsp Garlic
Salt & Pepper, To Taste



09

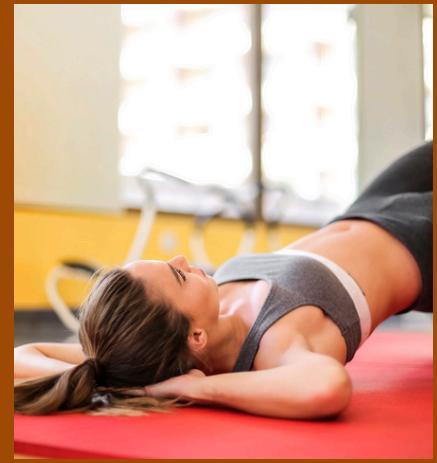
FINDING FITNESS IN GREEN BAY



FINDING FITNESS IN THE GREEN BAY AREA



FITNESS IN THE GREEN BAY AREA



bCentered Training

Pilates Training Studio

Website: <https://bcenteredtraining.com>

Phone: 920-227-5167

bCentered Training Pilates Studio is the only integrated Pilates, Barre, and Yoga studio in Northeast Wisconsin. Under the direction of certified and experienced instructors, we offer private and semi-private training as well as a variety of small classes. Their studio was created to provide a supportive and professional fitness environment to help you on your journey for physical and mindful balance in your life. --- New! Yoga for Trauma individuals or small groups.

Drop in: \$18 Mat/Barre/Fusion (30-day expiration)

Drop in: \$26 Equipment/Circuit (30-day expiration)

10 classes: \$150/\$15 per class Mat/Barre/Fusion (6-month expiration)

10 classes: \$230/\$23 per class Equipment/Circuit (6-month expiration)



Renee Eckberg Fitness

<https://www.reneeckbergfitness.com>

email: reneeckbergfitness@gmail.com or via her website

To help you make sustainable changes and enjoy the journey!

Renee believes living a healthy lifestyle begins with maintaining a strong and fit body, especially as you age. Her aim is to help you identify your fitness goals, design a personalized exercise program that fits your needs and guide you every step of the way. Together, Renee will work with you on a sustainable way to exercise. This is a lifelong adventure; enjoy the journey!

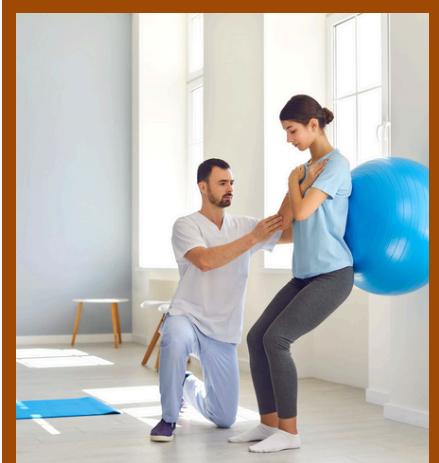
PERSONALIZED PROGRAM

\$250-Every month

VIP Access-Unlimited access to Coach-Strength Training Program-Nutrition Guidelines



FITNESS IN THE GREEN BAY AREA



MVMT Performance & Rehabilitation

<https://www.mvmtgb.com>

Phone: 920-309-6588

MVMT Performance & Rehabilitation loves helping people that want to stay active, healthy, in the activities they love, and living the lifestyle they deserve. They have helped people of all ages and fitness levels - from CrossFit athletes, hockey athletes, high school, and collegiate athletes, to parents that want to stay fit to keep up with the kids. The one thing they make sure you know how to do is move efficiently and take care of yourself. Their goal is to help you live the life you want free from medications, frequent doctor visits, and constant aches and pains.

PELVIC FLOOR PHYSICAL THERAPY

Leaking while jumping is common but NOT normal. MVMT is here to tell you that there are things you can do to decrease these occurrences and get rid of pelvic floor issues all together!

At MVMT Performance & Rehabilitation, they do much more than kegels. Their pelvic floor physical therapy clinic in Green Bay, WI is customized to you and structured to help you reach your goals.

With their pelvic floor physical therapy specialists, they will work with you as a team to find a fitness forward program that works for you.

COMMON SYMPTOMS OF PELVIC FLOOR DYSFUNCTION

Incontinence

Urgency

Heaviness

Pressure

Bulging

Pain with intercourse

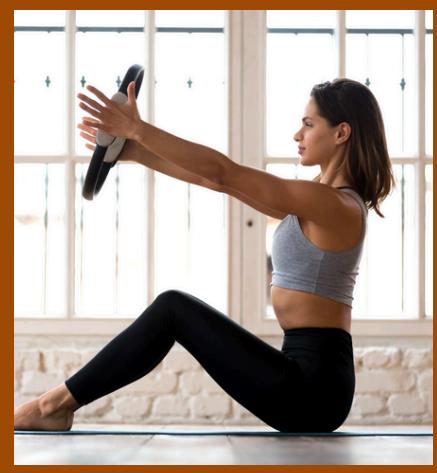
Poor core strength

Diastasis Recti

Lumbopelvic pain



FITNESS IN THE GREEN BAY AREA



Inspirit Therapy

<https://inspiritpt.com>

(920) 338-9670

PILATES

STOTT PILATES is a contemporary, anatomically based approach to Joseph Pilates' original exercise method. Its exercises safely deliver optimal strength, flexibility, and endurance, without adding bulk. This stress-relieving method can be performed on a mat or using dedicated STOTT PILATES equipment.

Classes:

Pre-paid: \$15 per class

Drop-in: \$18 per class

Private: \$75 per 1-hour training

\$560 for a package of 8 trainings

Private: 2 times per week

\$60 per 1-hour training

\$480 for a package of 8 trainings

Semi-Private: \$88 per training

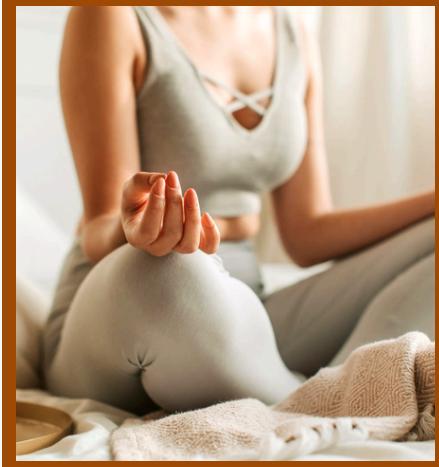
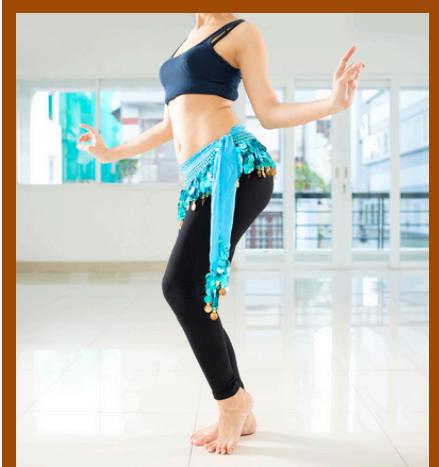
\$640 for a package of 8 trainings (\$320 per person)

For class times and descriptions, please visit their calendar of events

- Yoga
- Functional Fitness
- Yoga Foundations
- Dynamic Sculpt
- Seated Yoga Stretch



FITNESS IN THE GREEN BAY AREA



BELLY DANCING

Learn about the history of belly dance and why it's more than just fitness. What is belly dance? The answer to this question depends on who you ask and where you believe it is from. The Orient, Middle East, Africa, Greece? This ancient form of dance has many names and shares movements most natural to the body from around the world. But each culture that has embraced its gifts from the beginning of time has created meaningful movements that tell stories about the people who dance them. You are invited to take the time required to learn about belly dance cultures, styling, and interpretation.

There is not one name for this art form simply because so many styles and forms of the dance exist throughout many cultures. However, most Americans call this beautiful expression "Belly Dance".

Thursday Night

6:30 PM to 7:30 PM- Beginner Belly Dance

7:45 PM to 8:45 PM - Mixed Level Belly Dance

Upcoming Session Dates

- April 29th to June 10th (7 weeks)
- June 24 to August 12th (8 weeks)
- September 9th to October 28th (8 weeks)

Prices vary due to the length of each session.

Check their website: <https://inspiritpt.com>

- \$90.00 6-week session
- \$105.00 7-week session
- \$120.00 8-week session
- \$18.00 drop-in

MEDITATION

Meditation is a practice to train the mind and body in stillness to attain a deeper inner awareness. The benefits of meditation are vast. It builds focus, calmness, peace, connection, mindfulness, and stillness. Get to know yourself on a different level and join a meditation class. The class involves minor body movement and breath work to ready the body and mind for meditation. If you want to learn how to meditate, or how to breathe more effectively, come join Alex.

Meditation Ages 14+ -- Kids Meditation Series -- Saturday mornings

For more information for times and dates, checkout their website:

<https://inspiritpt.com>



FITNESS IN THE GREEN BAY AREA



ABOVE AVERAGE FITNESS TRAINING

<https://aboveaveragepfs.com>
(920)-321-4254

Above Average Personal Fitness Systems offers the benefit of Dan, a certified personal trainer and sports nutritionist with over 15 years of experience. For Dan, it's about a focus to consistently continue his education to bring the latest research to the work he offers his clients.

So many people are intimidated by walking into a public gym, which holds them back before they even start. Which is why all of the training sessions offered at Above Average Fitness Training are completely individualized and private. You won't be in the awkward position of feeling watched or judged.

No matter what age or physical condition you are in, you are capable of working out, and working out hard. Dan works with you to help you get on the road to a long, healthy life with a fitness and nutrition program crafted specifically for you. Not only will Dan help you reach your goals, he'll help you exceed them!

"There is no better time than the present to get started on your fitness journey."



GUT HEALTH IS VITAL FOR OVERALL HEALTH.

FOR BETTER DIGESTION, IMMUNITY, CLARITY,
HORMONE BALANCE, THYROID FUNCTION,
MENTAL CLARITY, IMPROVED MOOD, AND
AN ABUNDANCE OF ENERGY ...

CREATE A HEALTHY GUT!





LINDGREN FUNCTIONAL NUTRITION