






# LIVE YOUR HEALTHIEST LIFE

WITH **P!vio**™







## WHAT IS HOLDING YOU BACK?

Committing to self-betterment and a sustainable healthy lifestyle is a deeply personal and often challenging choice. We hear many reasons why people are not ready to take the leap, including:

-  Lack of time
-  Needing additional knowledge or support
-  Motivation
-  Unsure where to begin
-  Complacency



**The encouraging news is that Pivio provides proven resources and tools to guide you each step of the way. The Pivio solution is:**

-  Offered over 12 short weeks
-  A support system with educational resources offered throughout the program
-  Focused on behavior change techniques to inspire and sustain motivation
-  Easy to follow and will help you get started on your journey toward better health

## THINK ABOUT YOUR HEALTH JOURNEY... WHAT IS YOUR WHY?

You likely have personal reasons for making healthy changes. Is it for you:



Self



Kids



Pets



Family

Whoever (or whatever!) inspires you, you have support with the Pivio community to help you become the healthiest version of yourself.

With Pivio you're invited to embark on an exciting health journey to achieve your goals and keep pushing for (or possibly uncover) what motivates you. Through the clinically proved program, you can get to the root cause of what is causing unhealthy habits and learn how to form healthy ones through sustainable behavior change techniques.



## HERE'S WHAT YOU CAN EXPECT WITH PIVIO

A 12-week journey, Pivio is a powerful lifestyle medicine program that can get you to a place of optimal health. You are offered the opportunity to:

**EXPERIENCE** a complete, whole-person approach to healthy lifestyle transformation

**LEARN** healthy, lasting habits for long-term results

**BUILD** a support system with your peers

**DISCOVER** how lifestyle medicine can be applied to your daily life

**GAIN** a comprehensive framework to pivot towards a healthier you

## HOW PIVIO CAN HELP

Pivio is a program that offers a path to consistency through small everyday lifestyle choices. It is not an overwhelming "all at once" process, but rather progresses over 12 weeks. It's built to help you learn and set life long healthy habits.

## SUPPORT EVERY STEP OF THE WAY

On the Pivio journey, you can expect to be surrounded by:



Past Pivio participants



Team members from your organization



Pivio expert partners (physicians, coaches, dietitians, nutritionists, etc.)



Your family, friends, and local community members

**READY TO LEARN MORE AND JOIN THE PIVIO COMMUNITY?**

**Pivio**<sup>TM</sup>

