



CAPPA MIND & BODY HEALTH MANAGEMENT



CONSULTATION

We begin with a thorough consultation to evaluate your goals and concerns.

MEDICAL EVALUATION

We collect medical & lifestyle data, then advise accordingly on further testing needed.



PHYSICAL ASSESSMENT

We assess your strength, flexibility, range of motion & recovery.

HEALTH REPORT

We prepare a comprehensive & customized health report.



LIFESTYLE PLANNING

We create a detailed healthy lifestyle plan to address ALL goals and concerns.

SOLUTIONS

We directly or indirectly provide the necessary training, coaching & therapy.



ALL - INCLUSIVE

- *NUTRITION
- *EXERCISE
- *HABITS & ROUTINES
- *SLEEP & STRESS
- *ACCOUNTABILITY



Engineer your Evolution
WWW.CAPPAHEALTH.ORG

