

VITALITYPRO™

TAKE RESPONSIBILITY FOR YOUR HEALTH



The **VITALITYPRO™** is an expanded version of our comprehensive StressPro™ that helps an individual develop and maintain a healthy, productive lifestyle within a demanding career. Our unique assessment includes recommendations for creating a customized action plan that balances personal and work related commitments.

VITALITYPRO™

- Provides feedback on personal vitality strengths
- Creates an individual action plan to sustain a healthy lifestyle
- Highlights recommendations for balancing personal and professional lifestyle demands
- Suggests strategies and techniques for increasing levels of satisfaction

The **VITALITYPRO™** is a comprehensive component of the first step of the proprietary “D.E.L.I.” approach and PLUS (Personal Longevity Under Stress) workshops offered by the

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The **VITALITYPRO™** provides a road map for an individual to balance personal and professional commitments by increasing available energy for critical personal, family and professional priorities. The **VITALITYPRO™** snapshot highlighted in the written report outlines an action plan to manage a demanding career within an active lifestyle.

Our research has shown that “burn-out” is a perceived poor return on energy. As a result, the **VITALITYPRO™** combined with our PLUS™ workshops has proven to be an effective process for preventing burn-out and the re-occurrence of any previous stress issues.



We are committed to helping increase and sustain both personal and corporate wellness.



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For over 12 years, **stepupphysio** has been providing unique health solutions for clients in a wide variety of therapeutic treatments. With cutting edge health care, **stepupphysio** is a leader in not only rehabilitation services but also proactive, preventative lifestyle programs.

For more information about the **VITALITYPRO™** and **stepupphysio's** other services please visit www.stepupphysio.com or call 416.207.9395.

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