



WILDERBODY

Welcome to WILDERBODY – your gateway to a vibrant, healthier you! If you're a woman over 40 looking to navigate the challenges of midlife with grace, energy, and vitality, you're in the right place. Our program is specifically designed to address your unique needs, helping you release weight, make permanent food and diet changes, and boost your vitality using the power of WILDERBODY by WILDFIT.



COACH:

**WENDY
HARMON, PHD**

www.vitalitylifemap.com



WILDFIT

RESET YOUR BODY

RESET YOUR LIFE

EAT THE WAY NATURE INTENDED



WILDFIT.



"Through my WILDFIT journey, I was able to get off ALL my medications - blood pressure pills, acid reflux pills and allergy pills. I sleep better. My knee replacement has no inflammation. I have energy! My relationship with food has totally changed. I feel fantastic every day!"

DONNA NIKIFORUK

EMBRACE YOUR TRANSFORMATION

This is a food methodology that works for women who want to release weight, live longer and with greater vitality. WILDFIT will teach you how to train your brain to stop wanting foods that aren't good for you, and to start wanting foods that truly nourish and energize you.

PROGRAM HIGHLIGHTS

Food Freedom

Vegan

Vegetarian

Gut Health

Hormone Balance

Sustainable Results

ACHIEVE LASTING WELLNESS & VIBRANT HEALTH

By embracing WILDFIT, you'll not only transform your own life but also contribute to a healthier world. It's a journey of self-discovery, empowerment, and making choices that resonate with your body's needs

WILDFIT.



"This is not just a challenge that transforms your physical being, it is an emotional journey that is everlasting."

CAROLINE

THE WILDFIT DIFFERENCE

A HOLISTIC APPROACH TO HEALTH

The WILDFIT difference lies in its holistic approach to wellness. It empowers women to achieve food freedom, optimal health, and lasting vitality through mindful eating and sustainable lifestyle changes.

WHAT YOU'LL DISCOVER

Discover a new way of thinking about food that empowers you to make choices that align with your body's needs.

Explore the connection between what you eat and how you feel, uncovering the keys to lasting energy and vitality.

Learn how to break free from unhealthy eating habits and develop a positive relationship with food that nourishes both body and soul.

Gain insights into the impact of nutrition on your overall well-being, and unlock the secrets to a healthier, happier you.



AT A GLANCE

BENEFITS

- Achieve food freedom
- Develop a positive relationship with food
- Boost energy levels
- Improve overall well-being
- Break free from unhealthy eating habits
- Sustainable weight management
- Enhance mental clarity and focus
- Support optimal health and vitality



REFLECTION

HOW'S YOUR HEALTH RIGHT NOW? ARE YOU FEELING ENERGIZED, OR MORE ON THE SLUGGISH SIDE? DO YOU FEEL LIKE YOU NEED TO RELEASE SOME WEIGHT OR IMPROVE YOUR STRENGTH? HOW ABOUT YOUR MENTAL WELL-BEING? DO YOU GET 8 HOURS OF SLEEP EVERY NIGHT? DO YOU LOSE YOUR TEMPER OFTEN?

WHAT ARE YOUR GOALS? HOW DO YOU WANT TO FEEL IN 10, 20 OR 40 YEARS FROM NOW? THIS IS WHERE YOU DREAM A BIT!

START YOUR HEALTH JOURNEY TODAY!

CONTACT US:

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GIFT YOURSELF A HEALTH STRATEGY SESSION