



# THE HEALTH & PERFORMANCE EXPERIENCE

Achieve team potential through better health.

## A patented system for achieving holistic wellness that is perfect for professional organizations.

Our Health and Performance Experience is led by Dr. Ryan Lazarus, our Director of Health and Wellness and always referred to as “the guy behind the teams”.

Dr. Lazarus’ patented system for achieving holistic wellness is perfect for professional organizations. Participants will learn about the unique genetic and biological compositions of their bodies while also learning the habit-forming techniques they can use to serve those bodies better. By combining comprehensive diagnostic testing with individualized performance prescriptions, we’ll help your team achieve optimal health and performance.

Dr. Lazarus will provide the health framework for your organization’s employees including single or multi-day support to help all of your employees become true Wellness Warriors.

### Beyond an experience

#### Assessment of underlying syndromes and lifestyle habits

Our Health and Performance Experience is a proven system that will elevate all aspects of each participant’s well-being. This program transforms individuals and improves overall team health by addressing how our six essential elements will support optimal health and performance.

#### 1. Nutrition Evaluation

Assessment to evaluate mineral status using a zinc tally test.

#### 2. Functional Movement Screen

Assessments to analyze ideal human movement.

#### 3. Mindfulness Test

HRV feedback test to identify stress-coping capabilities



Dr. Ryan Lazarus is the model of health. His knowledge and implementation strategies are remarkable and he has an amazing reputation for inspiring and motivating everybody.

-- Mark Ibanez  
KTVU Sports Anchor



#### Format:

Virtual / in-person

#### Key components

- Nutrition evaluation
- Functional movement screen
- Mindfulness and cardiovascular training
- Health assessment

#### Ideal for:

- ✓ Helping employees understand their health better
- ✓ Learning the value of nutrition
- ✓ Realizing the impact of habits on work and overall health
- ✓ Achieving optimal employee health and performance

## About lat35

For companies committed to high-performance development, Lat 35's approach of adventure paired with academics goes beyond the status quo for leadership and team training approaches. Through world class performers, impactful stories and visceral lessons, Lat 35 gives leaders and teams real tools to make a difference in and beyond their organization, as the experience gained

Our goal is to create premium experiences where the best come to learn and share. Lat 35 was established on a foundation that encourages leaders to focus on processes that drive their teams to desired outcomes.

No matter the size or lifespan of a team our process will take you through a program, using a combination of experiences, academic debriefs and story telling.

### THE LAT35 PROCESS:

