

# LIVE HEALTHIER FOR LONGER

## Work With Elite Experts To Reach Your Goals

Leverage the experts & techniques that leading edge Pro Athletes, Fortune 500 & Silicon Valley executives turn to improve performance, reduce injury and increase health span.

- ILLNESS
- INJURY
- MOBILITY
- WEIGHT LOSS
- HEALTHSPAN**
- AEROBIC CAPACITY
- PERFORMANCE
- RECOVERY
- STRESS

## Know How Healthy You Actually Are

Schedule a patent pending assessment targeting **Recovery, Athletic Performance and/or Healthspan**. Use cutting-edge equipment & research to quantify 100's of your wellness biometrics.

The evaluation process was more comprehensive than anything I ever received in the NFL.

~ STEVE YOUNG



## Decode Your Results With Our Cross-Discipline Wellness Team

Discover (1) what invisible factors may be limiting your wellness, performance or healthspan and (2) which workouts, recovery, nutrition, supplements & lifestyle will support your goals.

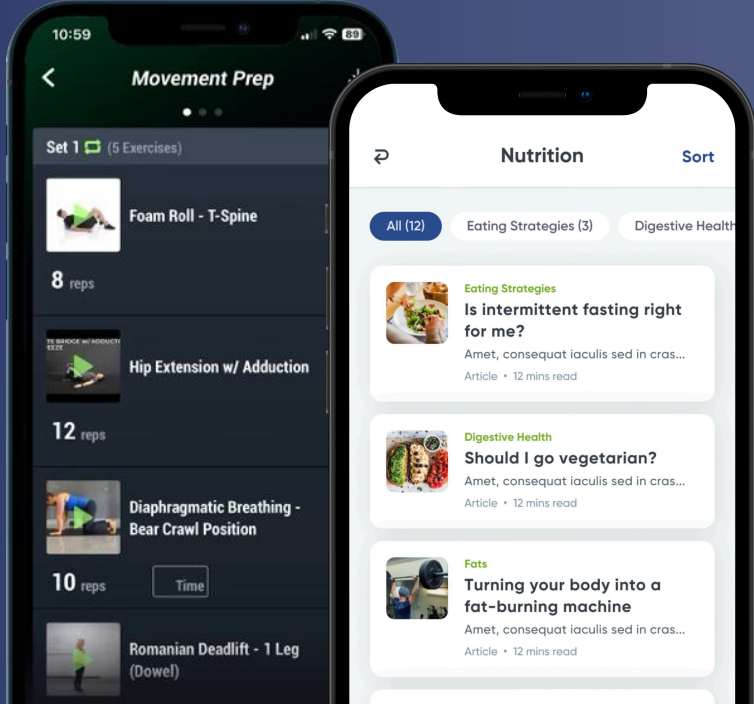
I love fitness, numbers and wearables. Apeiron Life has given me systematic awareness of what's going on in my body while keeping me on track and accountable.

~ CONDOLEEZZA RICE


















## Start A Bespoke Daily Wellness Program & Track Your Progress

Filter out the noise & focus on the highest impact, scientifically validated activities for YOU. Use wearables & the Apeiron Life App to see the daily impact of your plan.



# WE WILL HELP YOU UNDERSTAND AND IMPROVE YOUR HEALTH

No matter where you are on the health continuum

The Health Continuum	MEDICAL CONDITION	PERSONAL INJURY	PERSONAL FITNESS	ATHLETIC PERFORMANCE	OPTIMIZATION + HEALTHSPAN
					
	CONDITION	FITNESS		HEALTHSPAN	
	Expert driven lifestyle assessment & 6 weeks of programming designed to:	Enhance function/health after injury, surgery or a medical condition	Enhance performance (and resilience to injury) in fitness and athletics		Broaden the definition of fitness to include maximizing the predictors of healthspan
	Apple employee price	\$6,500	\$6,500		\$11,500
	AREAS TESTED	4 Healthspan Domains™ + Blood Work (Varies With Needs)	4 Areas + Blood Work		7 Areas + Blood Work
	Body Composition	TBD			
	Muscle Fitness	Recovery Focused	Performance Focused		
	Blood Work	Processing	Processing		
	Mobility				
Cardiovascular Fitness	Apeiron Life’s team will select 4 core areas based on your condition or Injury.				
Balance		-			
Sleep and Stress		-			
Cognition		-			
Bone Density		-			
Self guided exercise program tailored to your goals	6 Weeks	6 Weeks		6 Weeks	
Sport-specific conditioning (skilling, golf, cycling, etc.)	-				
Adaptive coaching (app)	Basic Tracking	Basic Tracking		Full	
Live training or nutrition session	2	2		2	

Scan this QR code to get in touch or email [membership@apeiron.life](mailto:membership@apeiron.life)



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