



# Optimal Health Training & Nutrition



**Do you want your patients eating healthier and exercising consistently?**



## **Online Personalized Exercise & Nutrition Program!**

**Refer your patients for personal training & nutrition programs to help them recover faster and achieve optimal health!**

**Build your credibility and broaden the scope of your practice!**

**Receive great long term commissions!**

### **Patients Will Receive:**

Initial 8-week MASTER training and nutrition program that consists of:  
Evaluation • Custom Nutrition Program • Custom Exercise Program With Step by Step Videos  
Weekly Consultations • Daily Monitoring • Blood Evaluation For Eating and Supplement Protocol (if desired) • Feedback to Health Professional on Progress

*You can request specific eating or training plans for the patient or let our certified nutritionists and professional trainers design one specifically for them.*

**\*Research shows consistent exercise and proper nutrition can improve a persons health more than anything else!!**

**It's simple: Just refer patients to [www.OptimalHealthTrainer.com](http://www.OptimalHealthTrainer.com) to set up skype/phone consultation.**

**Please see reverse for more information**

\*American College of Sports Medicine, Natuional Institute of Health and the U.S. Surgeon General



# HEALTH PROFESSIONAL WILL RECEIVE:

## Commissions

**\$50** ~ initial 8-week “Health Trainer MASTER” Program  
**\$10** ~ continue monthly on “Health Trainer PRO” Program  
profit from OHS product sales thru our  
“Preferred Patient Program”  
(orders placed by you or trainers)

## HEALTHY RETIREMENT

### 5 year Optimal Health Trainer Retirement Plan

Simply tell your patient to go to [www.optimalhealthtrainer.com](http://www.optimalhealthtrainer.com) and sign up to receive a personal trainer and nutrition coach using your Doctor code.  
You receive immediate and ongoing commissions for life.

## Pro-Forma EXAMPLE

If Doctor refers only one client a week to initial training package and receives \$50 per client (4 per month).  
Clients continue on monthly with training at reduced cost (\$10 commission per client per month).  
Each client buys the basic Optimal Daily Nutrient Essential Pak and  
Optimal Complete Nutrition monthly (\$40 commission).  
Initial 8-week training package ~ 4 patients ~ \$200 monthly to Doctor  
Monthly progress training ~ 4 patients ongoing ~ \$40 monthly to Doctor  
Product commission ~ 4 Optimal DNE Paks & Optimal Complete Nutrition ~ \$200 monthly to Doctor

YEAR 1:	48 Initial Referrals	\$2,400 Profit	<b>= \$20,640 Profit 1st year with one referral per week</b>
	Product Commissions	\$15,600 Profit	
	Ongoing	\$2,640 Profit	

**YEAR 3: \$75,000 Net profit income to Doctor.**

**YEAR 5: Over \$100,000 Net profit income yearly for life to referring Doctor.**

For more information see  
[www.OptimalHealthTrainer.com](http://www.OptimalHealthTrainer.com)  
or call: 800-890-4547

