



Roseville Health
& Wellness Center

Comprehensive Wellness Program

**This is a 12 week program for individuals
who are ready to create a new lifestyle!**

Whether your goal is to lose weight, eliminate medications or get your health back on track this is the program for you.

The Comprehensive Wellness Program utilizes a Nutritionist, Private Trainer, Wellness Coach and Stress Management therapies as an excellent web of services to work cohesively together for a successful outcome.

- *2 times per week with an exercise physiologist*
- *2 times per month with a life coach*
- *2 times per month with a nutritionist*
- *2 times per month massage*
- *Full membership*
- *Group exercise classes prescribed based on individual needs/goals*



To learn more about this program contact
Lisa Schetter at 916-677-1200

1650 Lead Hill Blvd, Roseville | 916.677.1200
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Success Story

A New Year's Resolution Kept



Last year at this time I was at yet another holiday party having cocktails and hors d'oeuvres. I was at my highest weight, and felt tired and uncomfortable in my clothes. I looked at my friend, and said "let's make our New Year's resolution together to lose weight and get in shape. Enjoy that cocktail, because next week we get to work." Thus began our journey.


I called Lisa Schetter at the Roseville Health and Wellness Center and told her I needed the New Year's Resolution package ON STEROIDS. Hire everyone, just help me to lose weight. I am a physician. I know nutrition and physiology. I am married to an athlete, and my 2 boys are athletes, so I know exercise. Yet I had been unable to lose weight. I blamed my job and the long hours. I blamed my family and the constant sports, travel, and homework commitments. I blamed everything but me.

Lisa came through with a great package that seemed both reasonable and daunting in its commitment. The first step was to block time on my work schedule for my appointments with the dietician, lifestyle coach, and trainer. I was amazed at how easily this was done. I was almost disappointed that work and family did not fall apart without me for an hour.

The staff was great! The nutrition counseling was practical. I know the science behind nutrition, but she knew how to make it work for me. She also knew what my workouts were like, so that my nutrition could support this. The lifestyle coach was a big help to me. She broke down my barriers to making time for myself, often times with humor, as we laughed at the ridiculous things I tried to do. As a perfectionist, I really did not ask for help often, because I want to make sure it is done right. I learned that I could allow others to help me, and that not everything had to be done perfectly or my way. The exercise trainer had the hardest job. I did not understand how out of shape I was. I had several medical problems to deal with, and a torn ACL. He was able to gradually build my exercise routine to a vigorous level under surveillance (and a heart rate monitor).

I have lost a total of 35 lbs and 3 dress sizes, and have kept it off for 8 months now. I feel a greater sense of well-being and love the camaraderie of the friends I have made at the gym. More importantly, I have improved my health. My kids know that my gym time is protected, and do not call me during this time. I have earned and demanded their respect of my time. I am also modeling for them that taking care of oneself is important. This was an amazing return on investment.

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