

## VitalLAUNCH

Our most in-depth program, VitalLAUNCH, utilizes the power of group dynamics. Participants will receive nutritional education as well as 26 small-group training sessions.

## VitalLAUNCH*Express*

This program incorporates the educational material used in VitalLAUNCH but is designed for those who cannot commit to the full LAUNCH program. Put a group of six or more together and we will come to your location.

## VitalLAUNCH Individual

This individual approach offers participants flexibility while utilizing the same program material as VitalLAUNCH.

## VitalCOACH: Premium ♦ Standard ♦ Maintenance

Our VitalCOACH programs are designed for individuals familiar with our medically based wellness philosophy but desire individual accountability, support and guidance at varying levels of involvement.

**Please see the back of this flyer  
for a detailed description of  
program contents.**

**VitalSigns ♦ 2531 Willow Point Way  
Knoxville, TN ♦ 37931**



**Medically Based – Nutrition / Fitness / Wellness**

## What is VitalSigns?

Created and supervised by the physicians of Trinity Medical Associates, VitalSigns was developed to treat and prevent disease using a prescription of proper nutrition and exercise as well as stress relief, adequate sleep and freedom from substance abuse while minimizing the use of medicine.

## What sets VitalSigns apart?

- ❖ Nutrition: sound nutrition produces 75% of the participant's healthy transformation. Our approach, which has consistently produced the most impactful medical outcomes, is not a diet but a new lifelong eating philosophy.
- ❖ Exercise: we have a "meet you where you are" philosophy that helps break down perceived barriers.
- ❖ Behavior modification: our experience has shown initial success and ongoing accountability to be key in a participant's continued motivation.
- ❖ Our team consists of licensed medical and certified fitness professionals.
- ❖ VitalSigns programming is conducted using both one-on-one and group interactions.
- ❖ Group dynamics provide accountability and encouragement.
- ❖ One-to-one teaching and coaching is provided in the context of personal relationship.
- ❖ Our nurse practitioners and physicians' assistants are able to work with the participants' personal physicians to adjust medications as needed.

**To sign up or for more information contact us at 865.249.7566 or  
email [info@vitalsignswellness.com](mailto:info@vitalsignswellness.com)**

medically based  
**wellness**