

*reVamp™ - nutrition*

**Hoebel Fitness**



# About Us

*reVamp®-nutrition* is a comprehensive nutrition and weight management program from Hoebel™ Fitness that combines **Nutritional Counseling** with **Metabolic Typing™**. Participants take a test to determine if they are a *protein, carbohydrate, or mixed* Metabolic Type™ in order to optimize the foods that react best with their metabolism. They then work with a certified **Nutrition Coach** to create a personalized nutrition program with customized meal plans, snack and supplement suggestions, shopping and dining advice, weekly food diaries and more. Participants also have the option to work with affiliate food delivery companies and personal chefs to have healthy meals more conveniently integrated into their busy lives.

Each program is 4 to 8-weeks and can be done in both *groups* and *privately*. Participants meet in-person with their Nutrition Coach every other week and are given phone and email support during other times. The program starts with a 60-minute in-depth consultation that reviews not only what the client eats, but their current exercise routine, stress levels, quality of sleep and over-all lifestyle. Follow up sessions can range from 30 to 60-minutes and focus on fine-tuning the clients' nutrition and lifestyle to improve how they feel physically, mentally and energetically. When a meal causes a "bad" reaction such as sweet cravings, bloating, poor focus or low energy, the Nutrition Coach will adjust the *amount of food* (portion size), the *ratios of food groups* (amounts of protein, carbohydrate & fat), the *meal timing* (when they ate) and *other factors* until the clients feel 'balanced' throughout the day and their optimal weight is achieved.

*reVamp®-nutrition* aims to take the struggle out of daily breakfast, lunch and dinner decisions and to help deal with the social and emotional role food plays in our lives. Our goal is to better educate our clients on proper eating and to help them gain more awareness and self-control around food. Nutrition is the foundation to mindful and healthy living.

*reVamp®-nutrition...you are what you eat*



# Services & Rates

## 1-on-1 & Group Services

### Metabolic Typing™ Test

- to determine if client is a Protein, Carb or Mixed Type

### Health History & Lifestyle Review

- assess factors such as medical conditions, sleep and stress

### Customized Meal Plans

- healthy and convenient breakfast, lunch and dinner options

### Food, Exercise & Sleep Diary Review

- daily tracking of food, drink, exercise and sleep

### Snacks & Supplements

- effective options to help curb hunger and increase energy

### Dining & Shopping

- practical advice on dining-out, ordering-in and grocery shopping

### Affiliate Food Delivery Companies

- healthy and convenient delivery of 5-meals/day to home or office

### Affiliate Personal Chefs

- gourmet meals prepared by a chef and delivered to home or office

### Affiliate Medical Doctors and Labs

- detailed analysis of different hormones for health and weight loss

### Seminars & Articles for Clients

- group onsite seminars at work or in-home
- to enhance the knowledge of nutrition and healthy living for each client

## Overview

### Week 1:

- Metabolic Typing™ test
- health history review
- nutrition consultation (55 min)

### Week 2:

- nutrition coaching (phone / email)

### Week 3:

- nutrition follow up (55 min)
- food diary review (with reactions to food)

### Week 4:

- nutrition coaching (phone / email)

### Week 5:

- nutrition follow up (55 min)
- food diary review (fine tuning)

### Week 6:

- nutrition coaching (phone / email)

### Week 7:

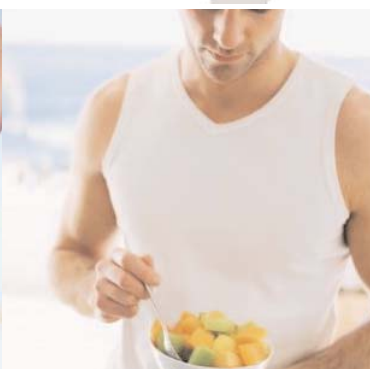
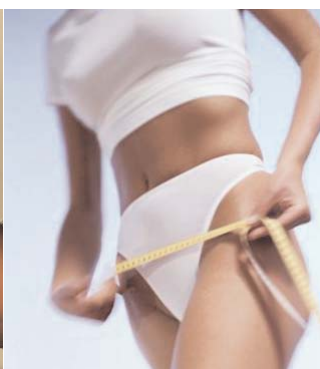
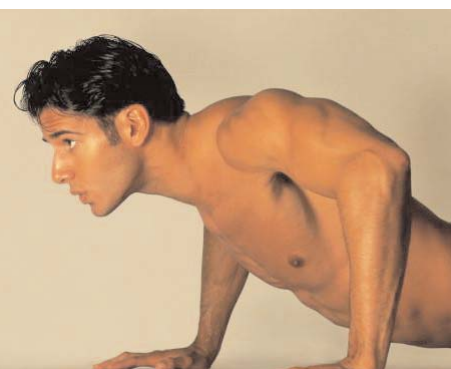
- nutrition follow up (55 min)
- food diary review (fine tuning)

### Week 8:

- nutrition coaching (phone / email)

## Program Rates

Please contact [Hoebel Fitness](http://Hoebel Fitness) at 212.366.1342 or [info@hoebel.com](mailto:info@hoebel.com)





workout instructor for Star Jones



co-host of Fit Family on Discovery's Fit TV



led kickboxing workout for Charles Gibson & Diane Sawyer



hosted celebrity workout for Discovery's I Lost It!



guest kickboxing instructor for Brian Kilmeade & anchors



recurring lifestyle-fitness expert and workout instructor



reVamp® for Brides featured as a whole-body program for brides-to-be



reVamp® for Brides featured as a bridal-fitness program for brides-to-be



bodyBrasil™ class featured as new workout



vinyasaBrasil™ fusion yoga class featured as new trend



voted "Best Workout" in New York '01



Best Exercise Class '02



Best Exercise Class '99



bodyBrasil™ class featured as new workout

Hoebel Fitness

**Brett Hoebel** is the creator of *reVamp - nutrition* and founder of **Hoebel™ Fitness**, a leading-edge lifestyle-fitness company that focuses on **physical well-being**, **mental clarity** and **self empowerment** and is dedicated to inspiring people with mindful, healthy living. As an international fitness expert and one of the most sought-after weight-loss, nutrition & lifestyle coaches in New York, Brett has worked with different celebrities including Victoria's Secret supermodels Doutzen Kroes and Karolina Kurkova, supermodel and television host Veronica Webb and actresses Emmy Rossum and America Ferrera. Brett



was also the co-host of *Fit Family*, a reality-fitness show on *Discovery Channel* and has appeared on *The View*, *Good Morning America* and *Fox News*. He is a recurring fitness expert on *The WB-Morning Show* and has been featured in various publications including *Vogue*, *The New York Times*, *InStyle*, *Elle*, *Allure*, *Shape* and *Self Magazine*. For the second time, *New York Magazine* awarded Brett and some of his exercise programs 'Best of New York'.

Brett is also an award-winning group fitness instructor and nationally recognized personal trainer. He holds certifications in Nutrition & Lifestyle Coaching, Metabolic Typing™ Nutrition, C.H.E.K. Holistic Exercise Kinesiology, Personal Training, Hatha Yoga and Pre-Natal/Post-Partum Conditioning. Brett also has an extensive background in biomedical research and martial arts including Afro-Brazilian capoeira and Muay Thai kickboxing. When not in New York, Brett travels to Los Angeles and Rio De Janeiro Brazil to teach his different classes, work with certain clients, study capoeira and meet with different health & fitness professionals.

## Testimonials

"I thought I new a lot about nutrition, but going through reVamp® taught me so many new things. I used to always eat low fat foods, but the Metabolic Typing™ part of the program showed me why that was not the right approach for my metabolism. I now I have more energy throughout the day and I don't feel hungry after meals. I lost the weight I wanted to before my wedding...I never would have achieved these kinds of results on my own!"

Laurie B. Marshall, Esq.  
Trademark Counsel  
Major League Baseball



"I travel a lot for work and also dine-out regularly with clients - this used to make it difficult to stay on any nutrition routine. After going through the program, I now find it easy to order the right meals at restaurants and have a consistent nutrition plan when I'm out of town. It feels great to have gotten the results I wanted, especially after traveling so much this year."

Melissa Carty  
VP, Financial Sales

"reVamp® is amazing...I went down 2 dress sizes in 8 weeks!!! This program was easy to follow and taught me more effective ways of improving my nutrition than counting calories and fad diets. It was a relief not to have to worry about the calories in every meal or to try the next diet trend... this allowed me to concentrate more on how I felt from the food, which was the most important thing. I have more energy and my body is slimmer and sexier than ever!!"

Jennifer Barnett  
Managing Editor  
Redbook

# Contact Us

For press inquiries, please contact Siren PR

212.625.3500 • [Carolyn.C@SirenPR.com](mailto:Carolyn.C@SirenPR.com) or [Lindsay.Weiss@SirenPR.com](mailto:Lindsay.Weiss@SirenPR.com)

[www.SirenPR.com](http://www.SirenPR.com)

*...fitness from within*

Hoebel Fitness