



Let us Help
Enhance
Your Life

Vanderbilt Executive Health Physicals



Meet Malcolm

61 years old
Managing Obesity,
Elevated Fasting Blood
Sugar and High Cholesterol

How We Helped

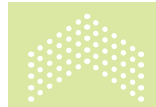
The Executive Health Physicals team partnered with Malcolm, a Director in the oil and fuel industry, to improve his health and well-being. We started with a comprehensive evaluation and scheduled monthly follow ups for ten months. Malcolm credited this ongoing accountability as the key to his success. We helped Malcolm change his diet, both by addressing the content of meals and snacks, as well as the spacing between them. We encouraged better hydration and frequent exercise, including walking, weight training and interval training.

Highlighted Results

Malcolm has taken full advantage of his company's sponsorship of Executive Health Physicals as a covered employee benefit. Specifically, he has:



Lost 9% body fat and reduced BMI by 2.4



Gained 13 pounds of muscle



Reduced his waist circumference so much, **he had to buy a new belt**



Reduced diastolic blood pressure from **85** (above normal) to **64** (normal range)

As a result of his re-commitment to health, Malcolm has more energy, increased stamina and improved well-being. He even started a new hobby: kayaking with his family!

Ready to Achieve?

Want to learn more about how we accommodate the fast-paced schedules of business executives, entrepreneurs and entertainers to optimize their health and performance? Contact us today at: 615-343-1163