



THE WELL WOMAN · BY HOLISTIQ

The Well Woman

*Something feels different. Or maybe you
want to stay ahead of what comes next.*

Prepare · Navigate · Thrive

Personalized wellness for women navigating changes in energy, sleep,
strength, metabolism and hormonal life stages, and for those who
want to build a healthier future.

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Board-Certified Holistic Health Practitioner
Plainview, NY 11803 · Virtual consultations available

“I just don’t feel like myself anymore.”

Maybe you’ve caught yourself thinking:

“I’m gaining weight even though I haven’t changed that much.”

“I’m exhausted, but I still wake up in the middle of the night.”

“My energy isn’t what it used to be.”

“My workouts don’t seem to work the same way anymore.”

“I can’t tell if it’s hormones, stress, metabolism or just getting older.”

You’ve tried eating healthier. More protein. Less sugar. Different workouts. Supplements. Better sleep habits.

Everyone seems to have an answer.

But none of it feels like a plan made for you.

You may not need to try harder.

You may need to understand differently.

Two starting points. One goal: feeling well in your own body.

PATHWAY 1

Something feels different.

Your sleep, energy, weight, concentration, strength or recovery has changed.

You want to understand what may be contributing to these changes and what you can realistically do about them.

PATHWAY 2

I feel well. I want to stay that way.

You want to take a proactive approach to your strength, metabolism, movement, nutrition and long-term wellbeing.

You're not waiting for a problem to start investing in your health.

You don't have to wait until your body demands your attention to start taking care of it differently.

Prepare • Navigate • Thrive

01

Prepare

02

Navigate

03

Thrive

PREPARE

Build before you need to rebuild.

Develop healthy foundations through strength training, balanced nutrition, restorative sleep, movement and sustainable habits.

NAVIGATE

Understand what's changing.

Explore changes in energy, sleep, weight, recovery, stress and hormonal life stage without assuming one factor explains everything.

THRIVE

Build for the decades ahead.

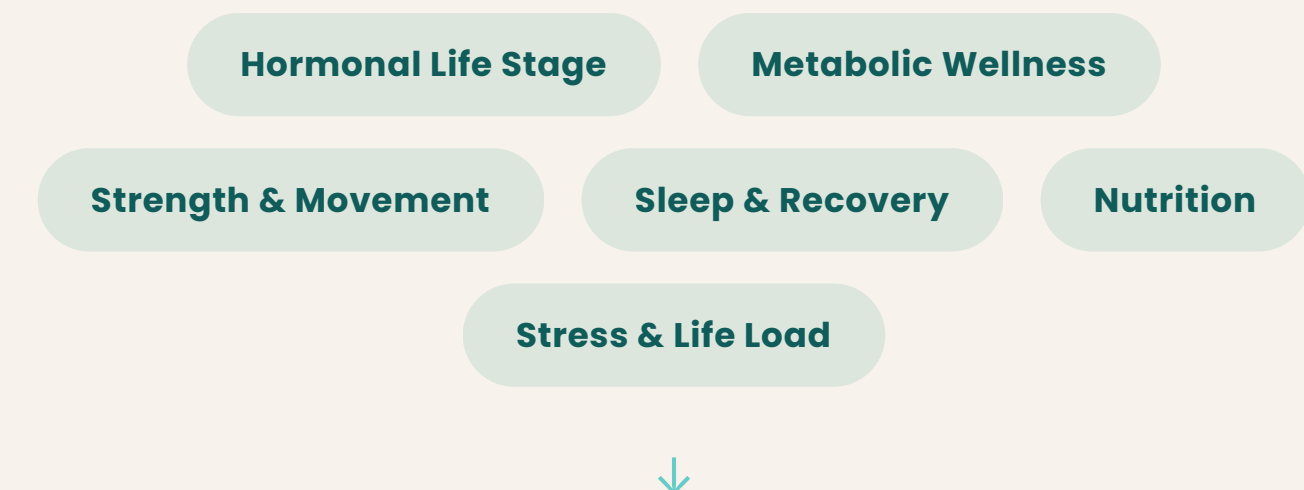
Support strength, mobility, physical function, metabolic wellness and the everyday habits that help you stay active and independent.

Your body changes. Your wellness strategy should evolve with it.

What if it's not just your hormones?

Hormonal transitions can affect how you feel. But hormones are rarely the only part of your health story.

Your sleep, stress, nutrition, movement, muscle health and daily responsibilities can also influence your wellbeing.



YOUR PATTERN

Your body doesn't experience these areas separately. Your wellness plan shouldn't treat them as separate either.

The Well Woman brings these pieces together to help you understand your priorities and make informed, sustainable changes.

Start with the woman. Not another generic wellness protocol.

You don't need 20 more things to do.

You need to know which few things deserve your attention.

Created by Dr. Anubha Goel, PT, DPT, The Well Woman combines more than 20 years of experience in movement and physical function with a personalized, whole-person wellness approach.

Rather than beginning with a standard diet, supplement routine or menopause protocol, we begin with your story.

LISTEN

Understand what you're experiencing, what has changed, what you've tried and what matters most to you.

LOOK DEEPER

Explore relevant patterns in your movement, strength, nutrition, sleep, stress, recovery and hormonal life stage.

CONNECT

Bring the information together, identify practical priorities and develop a plan that fits your life.

Your health is about more than how you feel today. It's also about how well your body supports you tomorrow.

Meet Your HealthPrint™

From scattered information to a clearer starting point.

Your personalized HealthPrint™ brings together your concerns, lifestyle patterns, wellness goals and relevant information into one organized picture.

Instead of giving you another overwhelming list of recommendations, it helps identify your three most relevant wellness priorities and where to begin.

YOUR HEALTHPRINT™		SAMPLE
<i>Example: A woman experiencing low energy, interrupted sleep and reduced strength.</i>		
1	Sleep & Recovery	Build a more consistent sleep and recovery routine.
2	Strength & Movement	Create a realistic progressive movement plan.
3	Nutrition & Energy	Improve meal structure, protein intake and hydration habits.

YOUR HEALTHPRINT™ HELPS ANSWER

What deserves my attention?

What habits may be worth changing?

What are my top three priorities?

What should I focus on first?

The example is illustrative. HealthPrint™ is a wellness-planning tool, not a medical diagnostic test. Optional bioenergetic assessments are complementary wellness tools and cannot diagnose hormonal, nutritional or other medical conditions.

Six areas, one connected picture.

HORMONAL LIFE STAGE

Understand changes associated with your life stage and recognize when medical evaluation may be appropriate.

METABOLIC WELLNESS

Explore patterns involving weight, appetite, energy, physical activity and daily habits.

STRENGTH & MOVEMENT

Build a sustainable approach to strength, mobility, movement confidence and physical function.

SLEEP & RECOVERY

Improve routines that support more consistent sleep, recovery and daytime wellbeing.

NUTRITION

Develop realistic strategies around protein, fiber, hydration, meal structure and food quality.

STRESS & LIFE LOAD

Look beyond generic stress advice to understand how responsibilities, routines and recovery fit into your life.

Because real life isn't divided into six separate categories. Neither is your wellbeing.

From wondering what's happening to knowing what you're working on.

1

DISCOVER

Begin with your comprehensive Women's Wellness Discovery Assessment.

2

UNDERSTAND

Receive your personalized HealthPrint™, bringing together your wellness history, goals and relevant patterns.

3

PRIORITIZE

Identify the three areas where focused attention may offer the most practical value.

4

BUILD

Develop your personalized 12-week wellness roadmap, including movement, nutrition, sleep, recovery and lifestyle strategies.

5

ADJUST

Receive personalized follow-up, accountability and plan refinements as you progress.

6

MOVE FORWARD

Review your progress and receive your personalized Next 90 Days plan.

12 Weeks. One Personalized Plan. Ongoing Support.

THE WELL WOMAN · 12-Week Personalized Wellness Program

DISCOVER

- Comprehensive Women's Wellness Discovery Assessment
- Personalized HealthPrint™
- Identification of your top three wellness priorities
- Movement and strength assessment

BUILD

- Personalized 12-week wellness roadmap
- Individualized nutrition and lifestyle strategies
- Strength and movement guidance
- Sleep and recovery support
- Stress and daily-life strategies

STAY SUPPORTED

- Five personalized follow-up sessions
- Structured between-session accountability
- Progress review and final reassessment
- Personalized Next 90 Days plan

YOUR INVESTMENT

\$1,995

Payment plans available, in 3 installments.

Optional add-on: Bioenergetic assessment · \$199

A complementary wellness tool, not a medical diagnostic test.

Not another collection of wellness advice. A structured plan built around your needs, goals and everyday life.

Progress is bigger than a number on the scale.

Your goals are personal. Your progress should be too.

Depending on your starting point, we may track:

Energy and daily stamina

Sleep consistency

Strength and mobility

Movement habits

Nutrition consistency

Recovery routines

Stress-management practices

Daily physical function

Confidence in managing your wellness

Success isn't about doing everything perfectly. It's about understanding your priorities, building meaningful habits and knowing how to move forward.

YOUR MEDICAL TEAM STAYS YOUR MEDICAL TEAM

The Well Woman complements appropriate medical care. Medical diagnosis, laboratory evaluation, prescription treatment and hormone therapy decisions remain with your licensed medical providers. Individual results vary.



Not ready to commit to 12 weeks? Start with one conversation.

YOUR FIRST STEP

Women's Wellness Discovery Assessment

\$299

You don't have to know whether it's hormones, metabolism, stress or something else affecting how you feel.

And you don't need to figure everything out before asking for support.

We'll start with your story, explore your concerns and goals, and identify where your wellness efforts may be best focused.

A personalized starting point for your next chapter of wellbeing.

***Program credit:** \$200 of your Discovery Assessment fee will be applied toward The Well Woman 12-week program when you enroll within 14 days.*

BOOK YOUR DISCOVERY ASSESSMENT

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YOUR BODY CHANGES. YOUR WELLNESS STRATEGY SHOULD TOO.