

ARÉTĒ

High Precision, Luxury Health and Performance.



Arétē is for high performers ONLY and is a multiple 5 figure investment.

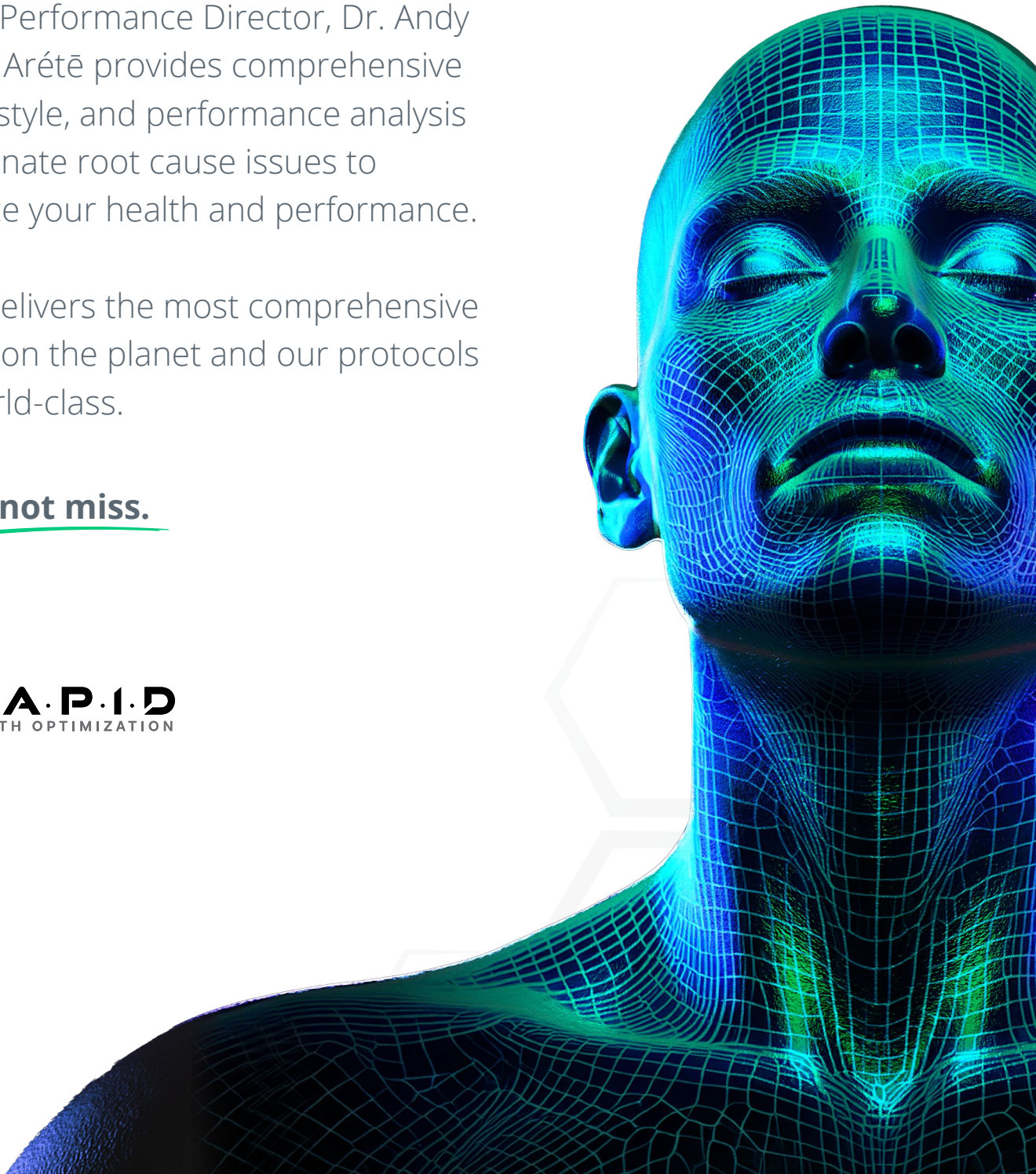
Why Arétē?

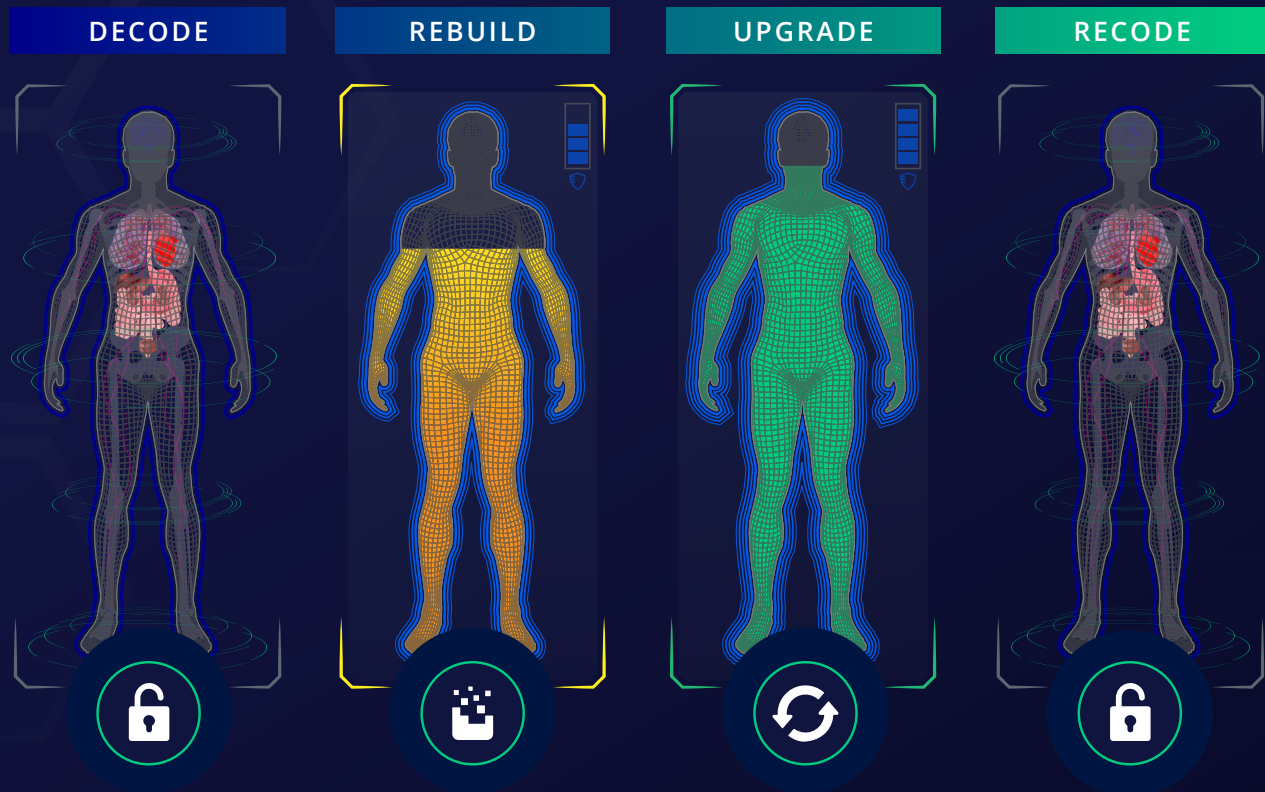
We believe optimal health is the number one strategic advantage across all competitive landscapes.

Led by Performance Director, Dr. Andy Galpin, Arétē provides comprehensive lab, lifestyle, and performance analysis to eliminate root cause issues to optimize your health and performance.

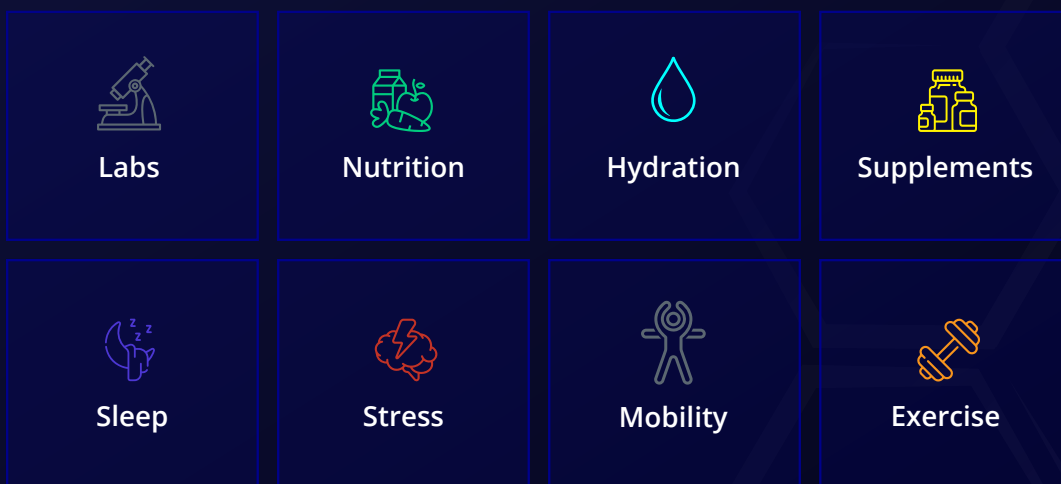
Arétē delivers the most comprehensive testing on the planet and our protocols are world-class.

We **do not miss.**

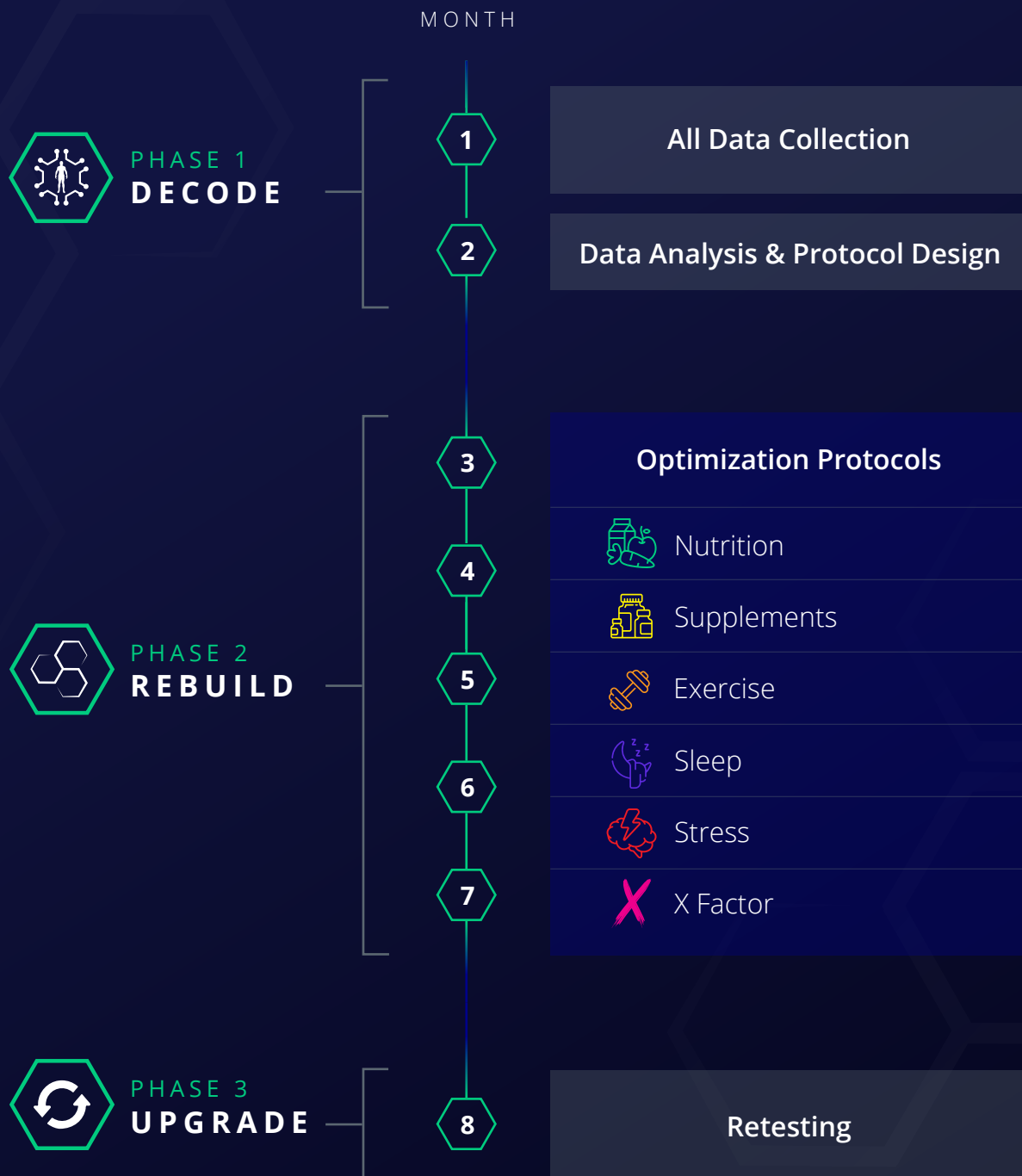




We focus on these areas:



8-Month Program Timeline



The Massive Science Experiment



DECODE

Performance

Movement Quality	VO2 Max	Cognition
Endurance	Bone Health	Memory
Aerobic Capacity	Mobility	Focus
Metabolic Flexibility	Joint Health	

Individualized

Symptoms
Personality
Preferences
History

Lifestyle

Sleep
Nutrition
Mental Health
Habits
Hydration

Molecular Signature

Blood Stool Urine Saliva Sweat



Labs & Assessment Overview



DECODE

Molecular Signature

1. Vitality Blood Chemistry
2. Micronutrients
3. Endocrine System
4. Immune System
5. Food Sensitivities
6. Gut health
7. Cellular Health
8. Inflammation
9. Anabolic Potential



Body Composition & Bone Mineral Density

1. Total Body Fat %
2. Fat Tissue (lbs)
3. Lean Tissue (lbs)
4. Bone Mineral Content (BMC)
5. Visceral Fat (lbs)

Cardiovascular Fitness & Performance

1. VO₂ Max Test
2. CO₂ Tolerance
3. Lower Body Strength
4. Upper Body Strength
5. Metabolic Efficiency
6. Muscle Imbalances
7. Joint Health
8. Recovery Capacity

Sleep

1. Sleep Quality
2. Sleep Architecture
3. Sleep Timing
4. Sleep Regularity
5. Nervous System Stability
6. Resilience
7. Recovery Capacity
8. Readiness

Subject Matter Experts

1. Strength and Conditioning Coach
2. Physical Therapist
3. Behavioral Specialist
4. Nutrition and Supplements
5. Sleep

Sample Report



Decode Summary

Decode Summary

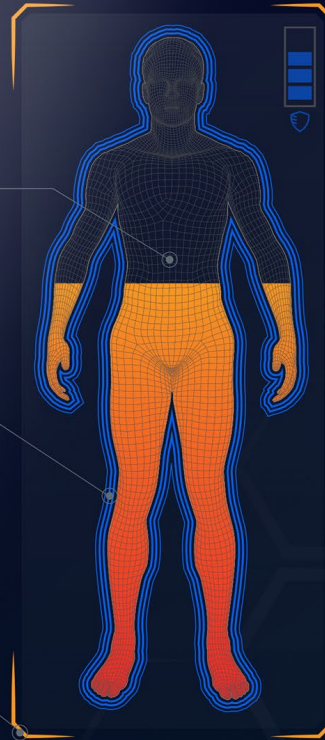
ANDERS VARNER

True Physiological Potential



Physiological Resilience

Adaptability



YOUR SEVERE & CONCERNING PERFORMANCE ANCHORS

- | | |
|--------------------|-----------------------------|
| 1. Gut Health | 5. Micronutrient Status |
| 2. Cellular Health | 6. Physiological Resilience |
| 3. Toxic Load | 7. Sleep |
| 4. Immune Function | 8. Inflammation |

BioMolecular & Optimiz

You've waited long enough. It's time to see what we found and how we can help. It'll come in three major

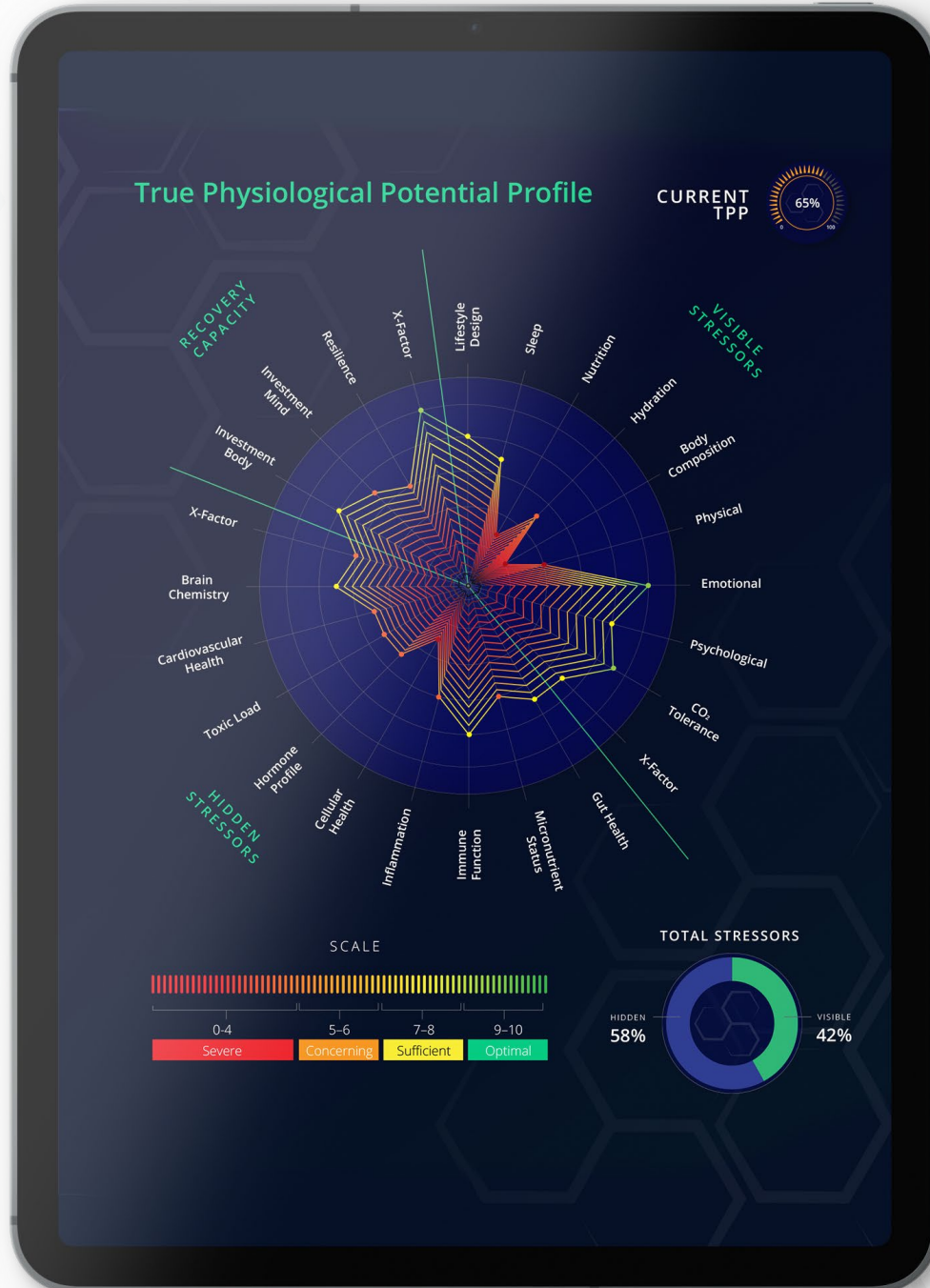
1. BioMolecular Bl
2. Optimization Pl
3. Labs

We want to get straight to the point with some of the measures we've identified. "Maximize Your Results" we walk you through everything you need to keep that on their screen. This report. Smart idea.

I know you're anxious to see the results. Better you understand what we found, it, and how we plan to solve it. Executing the plan and g

THE NEW
ANDERS V
STARTS M

Decode Summary



Biological Age

Biological Age is another way scientifically validated and dri state - thus, modifiable by yo chronological age, or the amo overly concerned with your B big puzzle.

35 ACTU

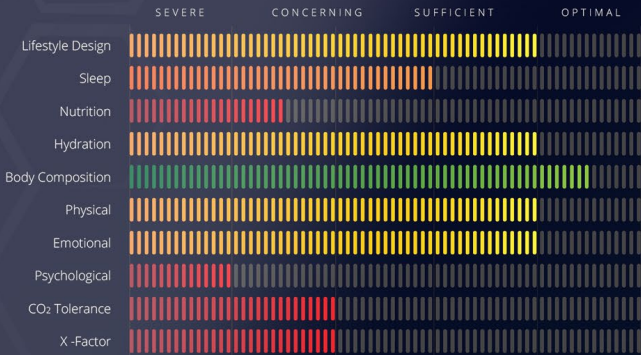












Suf

SAMPLE REPORT

Decode Summary

Visible Stressors Summary



VISIBLE STRESSORS		PERFORMANCE ANCHOR
	Lifestyle Design	Demanding business, slight quadrant shift needed
	Sleep	Insufficient total time; Inconsistent waking times; Short latency period sign of sleep deprivation; Feels great waking up though
	Nutrition	Significant inconsistencies and variabilities inhibiting optimal nutrition. Poor micronutrient rich food sources, high processed meat consumption, poor omega3:6 intake, insufficient fiber, insufficient protein from quality sources, suboptimal timing strategy.
	Hydration	Fluid intake slightly low, but sufficient
	Body Composition	Great lean muscle mass; High fat content
	Physical	Program is decent, just need a system and execution
	Emotional	Great, no concerns
	Psychological	High stress and lacking discipline, but otherwise good
	CO2 Tolerance	Extremely poor; Needs improvement
	X-Factor	Lots of joint pain

TOTAL VISIBLE STRESS SCORE 57%

Hidden Stressors Summary



HIDDEN STRESSORS	
	Gut Health
	Micronutrient Status
	Immune Function
	Inflammation
	Cellular Health
	Hormone Profile
	Toxic Load
	Cardiovascular Health
	Brain Chemistry
	X-Factor


TOTAL HIDDEN STRESS SCORE

Optimization Protocol

dy Armor)

icker it is, the better you
ntal distress, and more.

acked up.
at part of your



Promote
ENVIRONMENT

SCORE
81/195

58%

> 29%

Strong likelihood of
legitimate short and/
or long-term health
concerns. May require
medical attention.

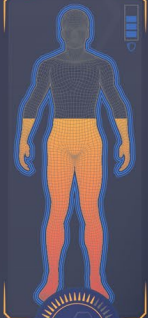
Optimization Plan

ANDERS VARNER

CURRENT TPP 65%


ADAPTABILITY: 58% RESILIENCE: [||||]

DECODE



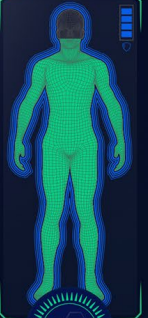
TPP 65%

REBUILD



TPP 79%

UPGRADE



TPP 93%

Here is what we will focus on:

Rebuild Phase

WEEKS 1-4

X-Factor

WEEKS 5-8

Supplements

WEEKS 9-12

Rehab

Upgrade Phase

WEEKS 13-16

Exercise

Resilience Phase

WEEKS 17-20

Exercise

Optimization

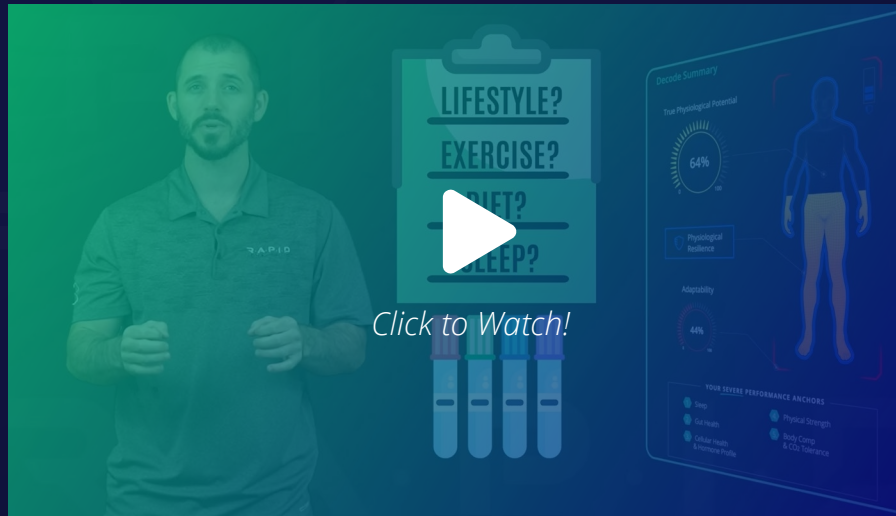
PRIORITY HEI

KEY Sleep

Dan Garner Analysis Video

Want to know what it is like to be a RAPID client?

Watch this **FREE** video where we breakdown a personalized Health Report.



ARÉTĒ

Unwavering commitment to achieving excellence in the pursuit of one's highest potential.

8-MONTH PROGRAM

- Comprehensive, personalized testing
- Focused and ultra-efficient solution programs
- Dedicated personal high performance coach
- Monthly progress reports
- Strategic refining and updating based upon your changing physiology and life
- Permanent Optimized performance

**Unlock Your True
Physiological Potential**



Arétē is for high performers ONLY and is a multiple 5 figure investment.

