



TRUST
RESPECT
CREDIBILITY
SUCCESS

Login

Username

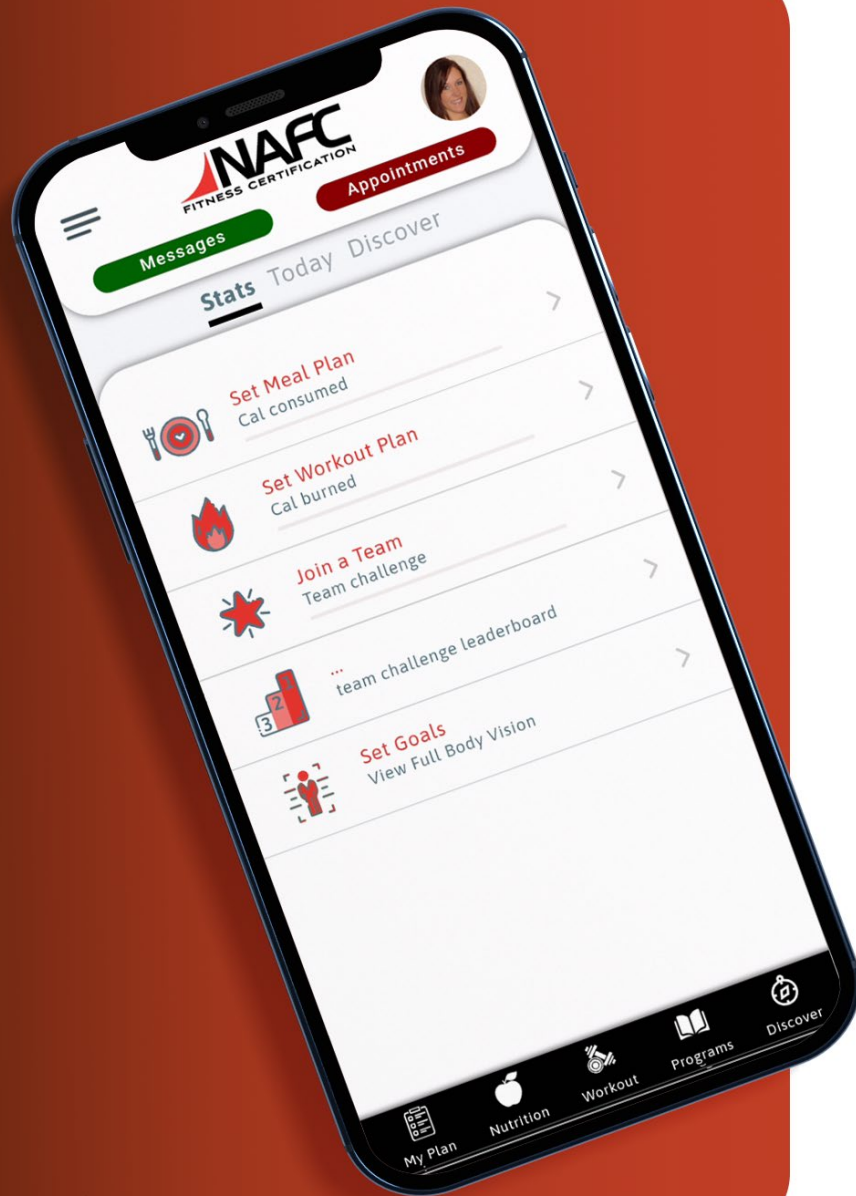
Password



[Create an account](#)

[Forgot Your Password?](#)

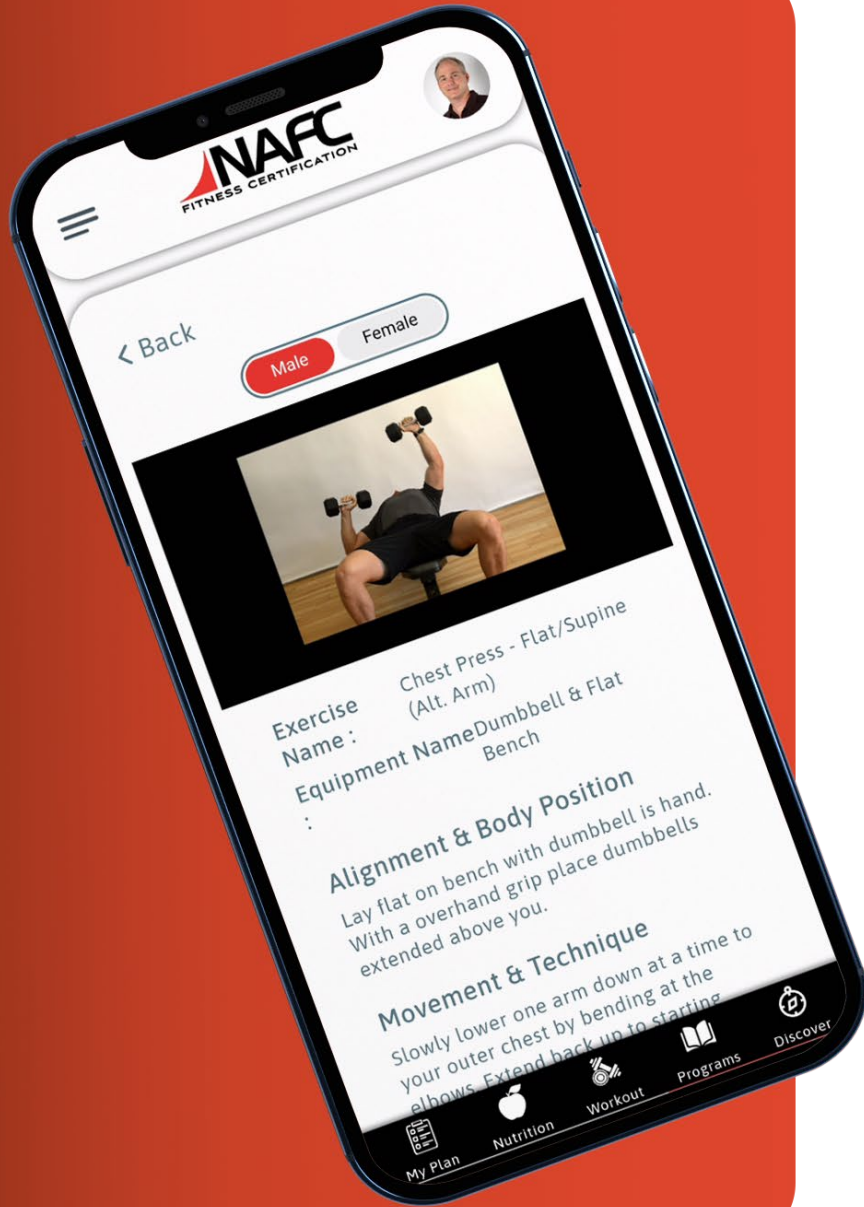
Login



Your Success in an APP (& Desktop) *brought to you by **NAFC***

All the tools you need for success (All highly customizable)

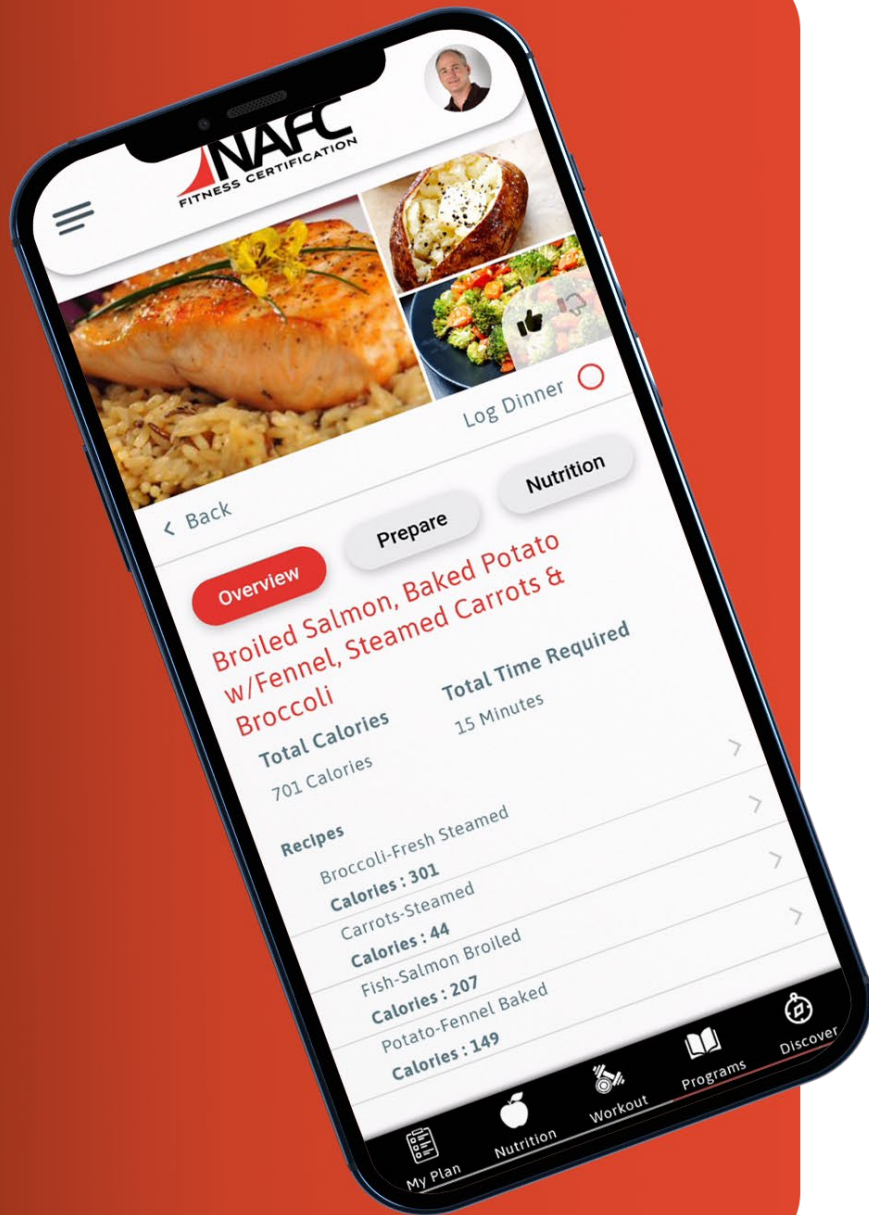
- ❑ **White Labelled to YOUR brand or workplace**
- ❑ **New Revenue streams**
 - *Train virtually through HIPAA compliant Virtual Meeting portal*
 - *Offer a legitimate Corporate Wellness platform to companies*
- ❑ **Highly customizable **Workout & Nutrition Tools** for your CUSTOMERS**
 - *Trainer Profiles*
(Including: Bio, Specialties, Scheduling, & Testimonials)
 - *Workout & Nutrition programming*
 - *Scheduling & Financial Management*
 - *Client Education*



Workout (Per exercise or 30–60-minute style video)

Athletes require very specific exercises to improve performance. General fitness can be accomplished by 30–60-minute follow along video demonstration

- ❑ *Fully Customizable workout programs*
 - *Videos & Descriptions are fully modifiable*
- ❑ *Home and in gym workout programs*
- ❑ *Equipment centric workouts*
- ❑ *Yoga & Pilates videos*
- ❑ *Athletic performance workouts (with built in periodization schedule)*
- ❑ *3 Strength tests to develop starting weights for all equipment*

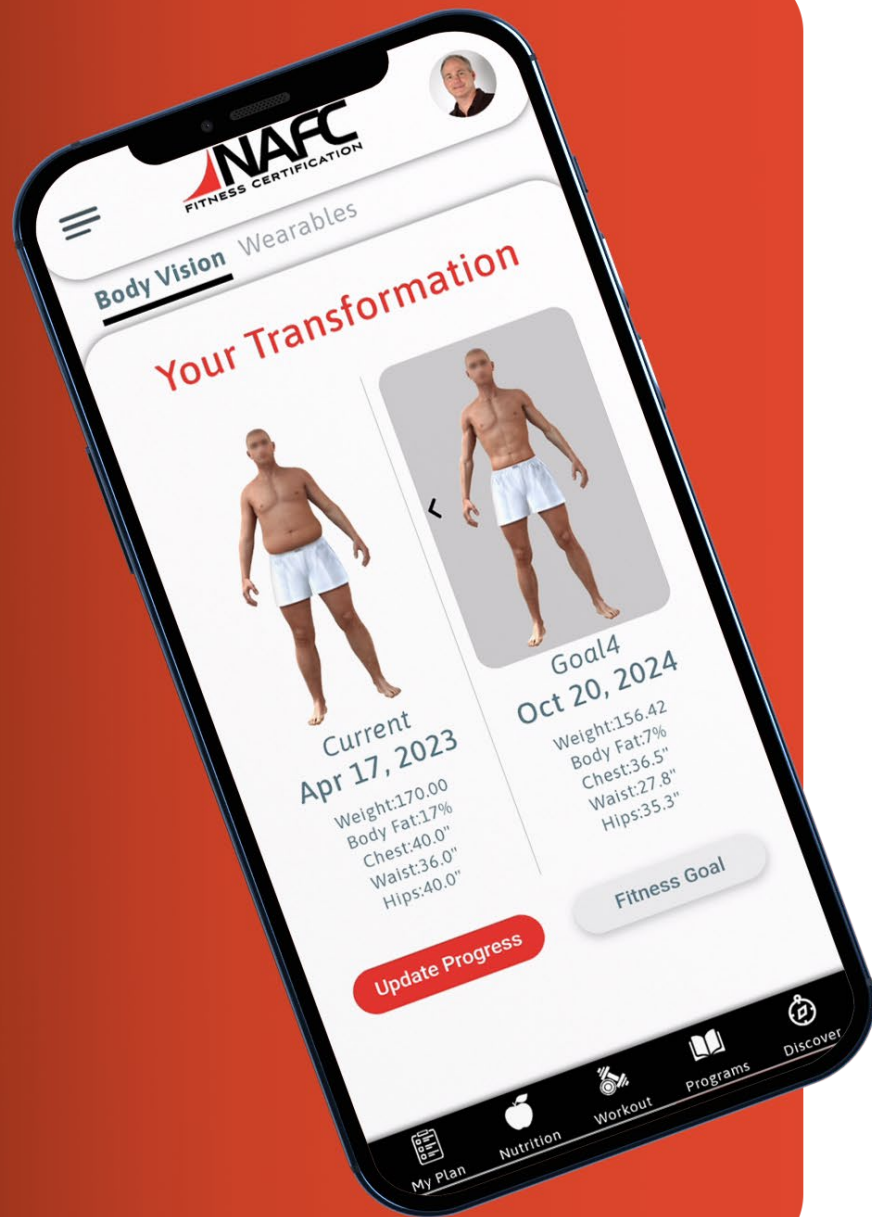


Nutrition

Our platform continues to be unique to each user in our Nutrition offering. We have created over 4,016 meals in many different ethnicities, and protein sources to allow our users to select the flavors and spices they enjoy in health-based recipes.

We provide meals that the user will enjoy (as much as their body will!)

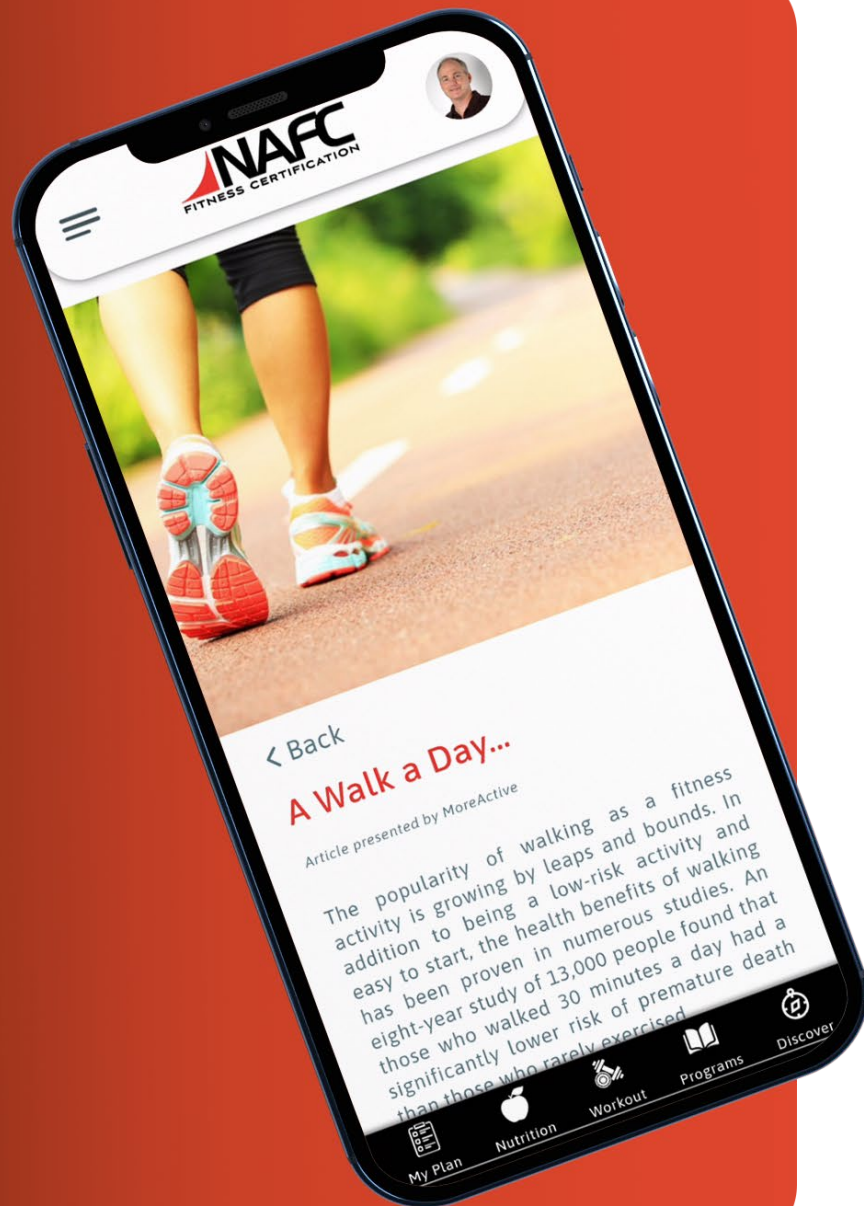
- ❑ **Diabetic** - Supports a healthy blood glucose response
- ❑ **Ketogenic** - High Fat/Low Carb plan that encourages the body to burn fat instead of carbs
- ❑ **Paleo** - Based mainly on foods we could hunt or gather in the Paleolithic days
- ❑ **Low Carb** - A plan restricting complex carbs and sugars for weight loss & health
- ❑ **Zone** - A lower carb plan created by Barry Sears to promote weight loss
- ❑ **Athletic Performance** - Higher protein to support lean body mass & recovery
- ❑ **Gluten Free** - For those that have a gluten intolerance or choose to eat a gluten free diet



Body Transformation – *See It! Achieve It!*

This unique proprietary platform allows our users to see into the future and know what date they can realistically achieve their desired goals.

- ❑ We know appearance is a high priority among members.
- ❑ *We help motivate the users*
- ❑ If user increases activity levels the goal date dynamically reduces accordingly
- ❑ We break the process into 4 manageable phases



USER Interests / Needs (Education)

Knowing what is next is critical for user success...

- ☐ Article & Video information supplied by many industry experts
- ☐ Built in quiz capability to assure the knowledge is learned (optional)
- ☐ Automatically identify topics needed for users from Assessments (Bloodwork, DNA testing, Online Health Risk Assessment, etc.)
- ☐ User-centric personal preferences to receive articles they are interested in
- ☐ Community news
- ☐ Chronic disease courses
- ☐ Mindfulness education including Tools & Techniques
- ☐ Daily inspiration messages

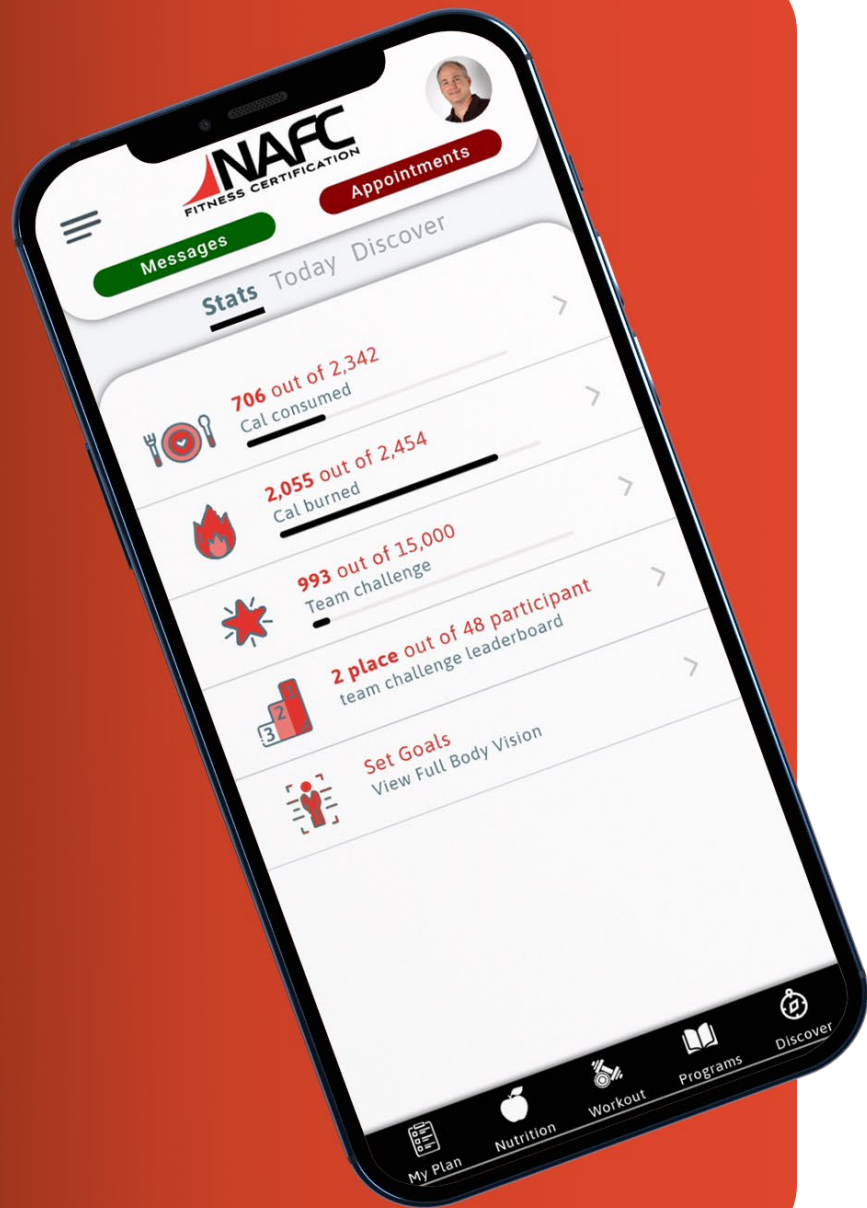


Secure Virtual Meeting

Virtual Video Meeting feature per Expert

Virtual Appointments, Scheduling & Payment

- ❑ *HIPAA compliant Virtual Meeting feature available for each Experts*



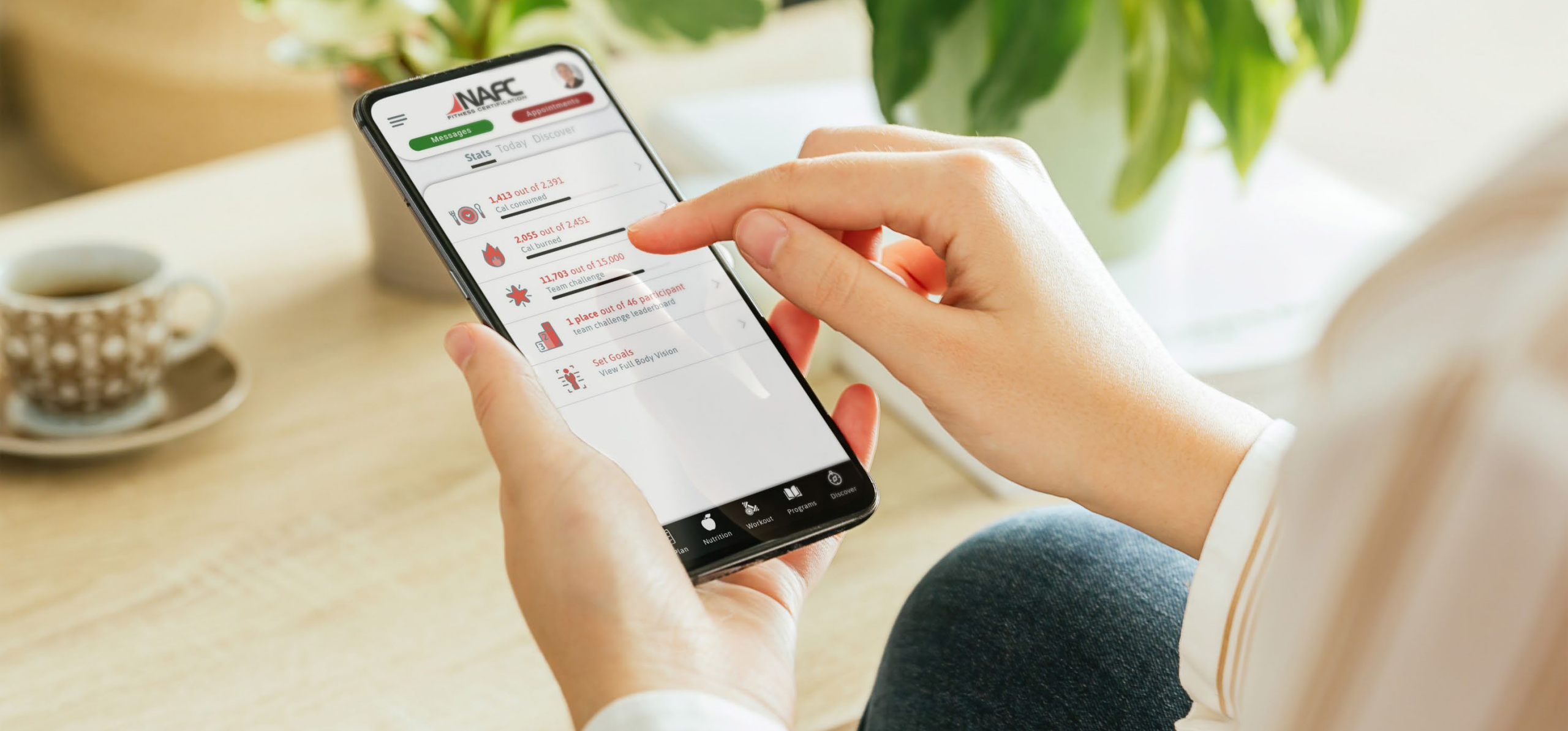
All USER data is available in private App & Desktop

We guide each USER to RESULTS based
on Goals, Needs and Commitment level

*Our TODAY page filters out all the content that does
not help the client succeed! Helps keep the focus on
what is relevant and actionable.*

Based on USER input and User Preferences:

- ☐ Ethnicity & Proteins in food
- ☐ Activities they are interested in
- ☐ Commitment levels
- ☐ Mental & Emotional needs
- ☐ Programs & Classes to educate and inspire them
- ☐ And more



HOME

Dashboard

Member View

ADMIN

Companies

Client Manager

Financial Dashboard

Marketing / Forms

Learning Center

CONTENT

Content

Workout Manager

Nutrition Manager

Meal Plans

Meals

Recipes

Food Items

Supplement Blocks

Supplements

Translate

NAFC-Trainers

NUTRITION MANAGER

MEALS

UPDATE

Add Meal

Meal Name

Baked Salmon, Sweet Coconut Rice, Lemon Asparagus, Fruit Salad

Meal Type

Breakfast

Lunch

Dinner

Snack

Protein Type

Beef & Other Red Meats

Poultry

Pork

Seafood

Ethnic Type

American

Chinese

Japanese

Italian

CPF

40% - 30% - 30%

Tags

gluten free x

zone x

write some tags

239 kcal (Calories)

51.64% Carbs

32.39% Protein

15.97% Fat

Recipe	Servings	Calories	Carb	Protein	Fat	Fiber	Action
Fish-Salmon Baked	2 oz	106 g	1.34 g	13.96 g	4.94 g	0.07 g	
Rice-Sweet Coconut	2 oz	93 g	15.66 g	1.16 g	2.9 g	0.44 g	
Asparagus-Lemon	1 oz	10 g	1.56 g	0.75 g	0.05 g	0.71 g	
Fruit-Salad	1 oz	30 g	7.17 g	0.27 g	0.07 g	0.53 g	

Add Recipe

Lock for Author

Off

On

Copy Meal

Unlimited Levels of Control & Management

Control of Content & Financial Information is critical


- Delivered / Controlled by Organization / Community: (Unique per block / Type)
 - 100% White Label Option
 - Branding Content
 - News
 - Training
 - Education
 - Financial data / accounting
 - Permissions levels / access
 - Commissions are automated

The screenshot displays the NAFC Content Management System (CMS) interface. On the left is a red sidebar with navigation links: HOME (Dashboard, Member View), ADMIN (Companies, Client Manager, Financial Dashboard, Marketing / Forms, Learning Center), CONTENT (Content, Workout Manager, Nutrition Manager), MY PROFILE (Expert Profile), and DEVELOPERS (Admin Settings). The main header includes the NAFC logo, a Translate dropdown, and the site name 'NAFC - National Association for Fitness Certifications'. Below the header is a breadcrumb trail: COMPANIES > COMPANY DETAILS > UPDATE > CONTENT MANAGEMENT SYSTEM. The central area shows the 'Login Page' configuration. It includes three preview images: 'Login Page Background Image' (a couple lifting weights), 'Login Page Sidebar Image' (the NAFC logo with the tagline 'TRUST RESPECT CREDIBILITY SUCCESS'), and 'Login Form Overlay Background Color' (a red overlay with the same NAFC logo and tagline). To the right of these images are three color pickers: 'Login Form Overlay Background Color' (#ED362F7A), 'Login Text Color' (#000000FF), and 'Login Button Background Color' (#ED362FFF). A 'Preview' button is located below the color pickers. At the bottom right of the configuration area is an 'Update' button.

Content Control & Management

We know that our clients' brands are important to them and their members.

- ❑ *Fully White Labelled branding*
- ❑ *Co-Branding is also optional with your Brand and your Customer's Brand*
- ❑ *Branded Articles, Videos, Classes & Programs can be added by any experts on your team and coming from NAFC corporate*

EnglishManagement ViewLogout


TodayGoalsNutritionWorkoutChallengesResourcesPrograms/ClassesMy Profile

Monday, May 01Donald Hoskyns

Your Messages


Connected Devices

Select a single wearable and/or optional HeartMath tracker




Allows you to sync steps, water consumption, sleep, and caloric information from your Fitbit device.

Edit Settings




Allows you to sync steps, sleep, and caloric information from your Garmin device

ACTIVATE




Allows you to sync zone data from your Myzone belt

ACTIVATE



Allows you to sync zone data from your Apple Watch (Desktop View Coming Soon)

ACTIVATE



Allows you to sync data from your HeartMath device

ACTIVATE

Your Appointments


Connectivity to Many Tracking Technologies

We track all MEMBER activity ON and OFF of the APP (All HIPAA Compliant)

Some Examples of data that is tracked:

Steps & Caloric Burn

- ☐ *Caloric Consumption*
- ☐ *Sleep*
- ☐ *Weight & Body Measurements*
- ☐ *Resting Heart Rate & Blood Pressure*
- ☐ *Education Articles, Videos, Classes & Programs completed*
- ☐ *Bloodwork and / or DNA results (And improvements over time)*



English

Management View

Logout

Today

Goals

Nutrition

Workout

Challenges

Resources

Programs/Classes


My Profile

Monday, May 01

Donald Hoskyns

Your Messages

Your Appointments



Dr Samantha Jones

See the world



123 Sunnyside Lane, San Deigo, California, 92130

(703) 655-1033

Schedule a Session

Part Of My Care Team

Testimonials

Chelsea H.

87lbs in 11 months... and kept it off for 3 years

Thanks to Valentus platform and products I have lost the weight and kept it off due to all I learn about my body and nutrition

Specialties:

- Art & Movement Therapy
- Natural Medicine Doctor

- Health Coach
- Oncologist / Oncology / Cancer

- Endocrinologist / Diabetes
- Primary Care Doctor / General Practitioner / Family Medicine

- Integrative Medicine Doctor

About Dr Samantha Jones:

Dr. Samantha Jones was born in DuBois, Pennsylvania and is a graduate of Boston University. She obtained her medical degree at Thomas Jefferson University in Philadelphia. His residency was at Thomas Jefferson and its affiliated Wills Eye Hospital, and he completed his training with fellowships at the University of Boston in cataract and corneal surgery. Dr. Samantha Jones has nine years' experience in ophthalmic surgery, with special interest in cataract surgery, corneal transplantation, and laser refractive procedures. She is a founding member of Precision LASIK Group, Chief of Ophthalmology at The Hospital of Central Boston, and co-medical director of the See Clearly eye bank.

Trainer Profile Pages

Constant Contact with USERS

Many features that allow EXPERTS to promote their skills and expertise:

- Appointments setting and sync with calendar
(Including Payments if applicable)
- Messaging (HIPAA compliant)
- Setting Availability
- Pricing per service
- HIPAA release form completion
- Profile builder wizard
(Easy to use creation of profiles)

English
Management View
Logout

Today
Goals
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Workout
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Programs/Classes
My Profile

Monday, May 01
Donald Hoskyns

Your Messages

Health Data & History

Your Appointments

○ BODY MEASUREMENTS

○ HRA QUESTIONNAIRE

○ FITNESS TEST

○ STRENGTH TEST

○ BLOOD PRESSURE

○ BLOOD PANEL

○ DNA TEST

○ SLEEP

○ STEPS

○ CALORIC BURN

○ NUTRITION DATA

○ WATER CONSUMPTION

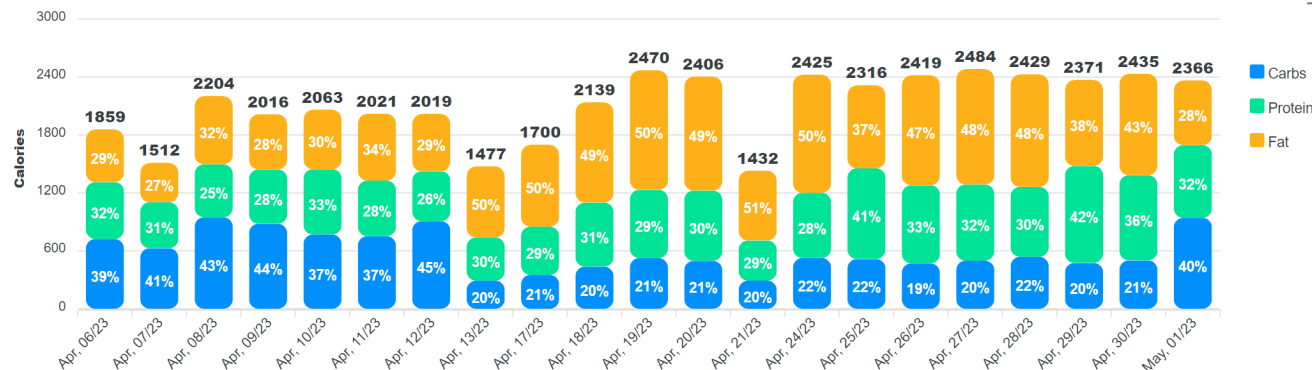
○ PARTICIPATION POINTS

○ QUIZ SCORES

NUTRITION Data

1 Month

Back



Track & Monitor RESULTS of Users

Data Tracking over time is KEY, to show RESULTS members are achieving!

Creating change is what we are all about: (Tracking change is critical to maintaining improvements!)

- Starting measurements
- Test RESULTS over time
(Improvements over time)
- Aggregate (entire group) and Individual
(All HIPAA compliant / shared or private)
- Graphs appear in 5-day, 1 month, 3-month, 6-month, 12-month views

The image displays two overlapping screenshots of the NAFC (National Association of Fitness Certification) Client Management interface. The top screenshot shows the 'MY CARE TEAM MEMBERS' page, which lists three clients: Becky Gonzalez, Donald Hoskyns, and Ryan Yang. Each client entry includes a profile picture, contact information, and various health metrics such as Telemed Time, Measurement Number, AWV status, and Health Score. The bottom screenshot shows a detailed view of Becky Gonzalez's profile, including her personal information, a list of tracking metrics (calories consumed, calories burned, steps, water intake, sleep, and participation points), and a section for health data and history (blood pressure, blood panel, and DNA test). The interface features a red sidebar with navigation options like Dashboard, Member View, Companies, Client Manager, Appointments, Messages, Telemedicine, Form, Financial Dashboard, Marketing / Forms, Learning Center, Content, Workout Manager, and Nutrition Manager. The top navigation bar includes a Translate button, a dropdown menu for NAFC-Trainers, and a user profile icon.

Client Management

Constant Contact with Clients

Many tools allow EXPERTS to stay on top of USERS needs and goals:

- ❑ Track “KEY” data on clients
(Still have access to ALL data)
- ❑ Send reminders for
Appointments, supplements,
what to bring, Messaging (all
HIPAA compliant)
- ❑ Keep track of billable time
(Telemedicine and in person)
- ❑ And more...

English
Management View
Logout

Today
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My Profile

Tuesday, May 02
Donald Hoskyns

Your Messages

Workout

Fit - Level 2 (Intermediate) Gym

Click below after you complete each set

Today's Activity:

Week 1: Wednesday

Duration: **36:15**

Calories Burned: **201**

Log All Activities / Get Next Day

View Future Workout

1	✓	W	f
2	m	w	f
3	m	w	f
4	m	w	f
5	m	w	f
6	m	w	f
7	m	w	f
8	m	w	f

Warmup / Cardiovascular
Treadmill - Jog - Incline (Alt Arm) [☒ Body Weight (Body Weight)]

Set #	# Reps	Distance (Miles)	Duration (Min.)	Heart Rate	Rest (Sec.)
1	1	-	5	143.3	60

Stretching / Flexibility
Stretch Latissimus Dorsi - Standing - Incline (Alt Arm)

Set #	# Reps	Hold (Sec.)
1	1	15

Stretching / Flexibility
Stretch Tricep - Standing - Incline (Alt Arm)

Set #	# Reps	Hold (Sec.)
1	1	15

Dynamic / Functional Movement
Push-Up - Incline (Alt Arm) [☒ Body Weight (Body Weight)]

Set #	# Reps	Distance (Yards)	Duration (Sec.)	Heart Rate	Rest (Sec.)
1	15	-	-	121.5	15

Resistance Training
Shoulder Press - Standing - Incline (Alt Arm) [☒ Barbell (Free Weight)]

Set #	# Reps	Duration (Sec.)	Weight	Tempo	Rest (Sec.)
1	15	-	?	1-0-1	15

Nutrition & Workout Management

Extremely Modifiable Nutrition & Workout tools

Nutrition:

- ☐ Linked to USDA Nutrition database (allows ultimate flexibility)
- ☐ Add Foods or Supplements as needed
- ☐ Create you own plans or modify ours (7 Plans included in base level platform)

Workout:

- ☐ Gym style workouts (Sequence of exercises)
- ☐ Follow along video (Book Camp, Yoga, etc.)
- ☐ Includes simple workouts (i.e. walking dog)



Overview of this Great Opportunity!

NEW Revenue Opportunities

- ☐ *Profile will be added to Search Tool to find employment (If desired)*
- ☐ *Stay current with CEC / CEU available in Management Section*

NEW Revenue Opportunities

- ☐ *Profit from Training customers **Virtual** or **Live***
 - ☐ *You set the fees and profit from online clients*
- ☐ *Offer a true package for **"Corporate Wellness"** or any other large groups.*
(Make revenue from thousands of online members you may never speak to)

