

Your Life and Health Blueprint

CREATING AND LIVING A LIFE OF HEALTH, FITNESS, AND VITALITY

MIA SCHEID, OWNER

FITNESS ARTS



Mia Scheid is a trained healthcare provider, business owner, martial artist, teacher trainer, and health educator. She has had the opportunity to work with people of all ages, backgrounds, and interests. Her focus is on empowering her clients to produce outstanding results in areas that are important to their personal health and wellness goals. She brings to her practice decades of experience drawing out people's individual strengths and developing strategies for optimal results. Mia's rich background includes more than 25 years of experience in coaching, education, and training to thousands of individuals in their journey to discovering their personal blueprint for health. She is a significant force in helping people overcome obstacles which prevent them from their health and wellness goals.

Dr. Paik, M.D., Ph.D

With more than 50 years of experience as a physician and a pathologist, Dr. Paik offers breadth and depth of knowledge and wisdom rarely found in today's fast-paced world of medicine. She believes that nature holds the answers to a healthy and productive life. Dr. Paik is committed to her philosophy that medicine is both science and art. She will provide the knowledge, data, and expert guidance needed to successfully attain your health goals. Dr. Paik is passionate about her collaborative approach to caring for the whole person with a strong connection of mind, body, and spirit.

Are you healthy enough to meet your life's opportunities, challenges, and adventures?

LIFE IS ABOUT CREATING YOURSELF!

In order to create the life of your dreams, you need a healthy body. A body that will perform for you on demand. Discover your BLUEPRINT. Everybody has one. Your blueprint includes your preferences and your lifestyle. It's the sweet spot.

PERSONALIZED EXPERIENCE

All across the country, people are struggling with their weight, lack of vitality, and the inability to discern and sustain wellness/fitness programs that's right for them, because they are designed for the masses. They're struggling with obstacles that have kept them from eating better, moving more, and making their health a priority. They're struggling to adopt the lifestyles they need to fend off preventable disease, live longer, and spend less on healthcare. They are living in a vicious cycle of temporary change fueled by quick-fix solutions, and as a result, many of their achievements are short lived.

THE FOUR PILLARS OF HEALTH

At Fitness Arts, we help people end that vicious cycle. We are professionals who have the behavior change, physical activity, and nutrition coach-

ing skills necessary to empower people to sustainable healthy life-style changes. We help you rediscover your blueprint for health by accounting for your preferences, your likes, dislikes, past successes, and challenges are all unique to you. Transformation can be simple.

First, discover your blueprint by implementing Fitness Arts' "FOUR PILLARS OF HEALTH" along with the best natural products and regimens that are personalized for you. You can start by making healthy, informed choices you need to improve how you feel every day. Then add the solutions for your most important health priorities and concerns. Start and maintain the most essential pillars of health, and you can expect long-lasting sustainable results. By getting to know you, we are able to customize an experience to help achieve and keep your wellness goals.

Your life story is being written. Don't wait for someday. Make the decision to be in the best shape of your life no matter what age you are today. It's possible! Remember that you are the only one that can make the difference in your own health and well-being. Take charge of your life, and make small behavior changes that can make your healthy lifestyle sustainable. Together, we have the power to transform your body from ordinary to extraordinary.

TESTIMONIALS

"Under Mia's guidance and care, I've gone from a size 14 to a size 6 with no dieting! As a breast cancer survivor, I used to feel tired and rundown all the time and now I feel healthier and stronger than I have in my entire life. I travel on long International flights (to China) weekly for my job. Through proper nutrition and supplementation, and the right food choices, I've learned how to take better care of myself and share my knowledge! People keep asking how I feel and look so good!"

Stephanie, International Flight Attendant

"Mia and the Fitness Arts staff have been a great addition to my healing. I have spent years going to doctors who could not help me with my body and self-image. With some work and great motivation (from Mia and the staff), I feel like my health is finally in my hands. I feel better than I have felt in years. The future is great knowing that I have this team on my side."

Janet, Healthcare Professional

Visit www.fitnessarts.org to find more testimonials from Fitness Arts patients.

Fitness Arts is located at 4001 Park Dr., Palatine. Call 847-397-2787 for your appointment.