

# Get Started Guide



## 1 Nutrition

Take a deeper dive into your wellness and learn from the specialists in this extensive [video](#) on nutrition and fitness.



## 2 Intermittent Fasting

Deepen your knowledge about intermittent fasting through [experts](#) and be empowered to start now.



## 3 Get Active

Get started now with this 20 minute full body HIIT workout [video](#) and build up to this 7 day [video](#) series.



## 4 Self Care

Prioritize yourself and your self care now and let these [experts](#) show you how to love yourself unconditionally.