

You train them 2-3 hours a week. Healthy Enough helps you see what happens during the other 165+ hours.

Great workouts can be undone by what happens the rest of the week. Healthy Enough gives you and your clients an easy way to track nutrition, exercise and healthy habits — so you can keep them on track, improve results, and increase client retention.

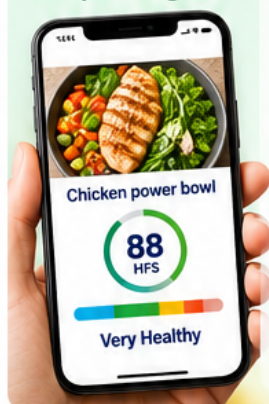


"I can see my clients' nutrition and activity, not just their workouts. It's a game changer."

HE-Food

Simple Tracking.
Deeper Insights.

-  Photo entry
-  Voice entry
-  Barcode scan
-  Search foods
-  Saved meals & recipes
-  Food quality score
-  54 nutrients vs. 30 DRIs



HE-Move

Five Key Components.
One Simple Score.

-  **Movement**
Daily activity
-  **Aerobic**
Cardiovascular fitness
-  **Strength**
Muscle and bone health
-  **Flexibility**
Mobility and function
-  **Balance**
Fall prevention

Trainer Dashboard

Keep more clients on track.
See trends. Intervene early.



Nutrition and Movement Drive Better Training Results



Adequate
protein intake



Better
food quality



More
consistent energy



Regular
exercise



Maintain
lean muscle



Healthy
body composition



Meet personal
goals



Long-term
success

Proven with Real Users

In a 237-person pilot, participants were monitored through the professional dashboard and contacted when they began trending off track.



67%

achieved our adherence criterion, even when dropouts and participants who failed to maintain Food and Move scores ≥70% were counted as non-adherent.

From Data to Stronger, More Engaged Clients

A simple process to support your clients between sessions.



Measure
Food and Move
scores



Detect
When clients
trend off track



Coach
Reach out and
provide support



Improve
Better adherence,
stronger clients,
higher retention

A Simple 90-Day Pilot

Start with 10-25 trainers and 50-100 clients. No major integration required.



10-25
trainers



50-100
clients



HE-Food
+ HE-Move



Trainer
dashboard



Weekly
reports



Implementation
support



90-day
results

A Valuable Tool for Individual Trainers or Fitness Organizations

- ✓ Improve client results and retention
- ✓ Support GLP-1 and weight-loss clients
- ✓ Works for in-person or online training
- ✓ Can be branded for your organization
- ✓ Simple to launch and scale



Let's Explore a Pilot Together →



Happier, Healthier Clients
Better Results



Higher Retention
Stronger Relationships



A Competitive Advantage
In a Crowded Market



Science-Based Approach
Validated and Practical



HEALTHY ENOUGH™
HealthyEnough.org