

Heart Healthy Overview

Dr. Doug's Healthy Heart Challenge

Leap into Spring with everything you need to strengthen your heart and jumpstart your metabolism!

First Name

Last Name

Email

[Sign Up & Start Today!](#)

The Healthy Heart Challenge

The Well World® Mobile App & Designs for Health Supplements make it easier to achieve!

Well World App Access
Easy-to-Use Mobile App
Download your customized plan
Track your nutrition, supplements, exercise, mood, meditation and more!

Healthy Heart Supplements
Designs for Health supplements for heart health.
(your secret weapon!)
Shipped Directly to You!

Everything you Need!
Free membership
Share your progress
Get moral support from others!

It's never been easier to get heart healthy!

1. Sign up for the Healthy Heart Challenge below
2. Download the Well World App with your plan
3. Order Your Supplements from the App to complete your purchase
4. Dr. Doug will personally invite you to private Facebook coaching!

Everything is delivered right to your doorstep!

Why should you take the Healthy Heart Challenge?

Support your Heart
Nearly 50% of Americans - a shocking 1 in 4 adults - have some form of Cardiovascular Disease (CVD). But research has shown that a heart-friendly diet combined with exercise, improved sleep and avoiding prolonged sitting, can greatly improve overall cardiovascular health and metabolism.


Feel More Energy
When your heart is healthy and your metabolism is working well, you feel better, gain more energy and stamina, and you are even able to think more clearly and focus better!

Lose Weight
It's no surprise that a lean, heart-healthy diet combined with some movement to keep your metabolism going strong may have some additional benefits - often including weight loss - and yes, a trimmer waistline!



ABOUT
Dr. Doug Howell, DC.
 Doug Howell is here to serve you. He combines extensive knowledge in the field of chiropractic medicine with a passion for helping people feel better. It is his goal to create a friendly and professional atmosphere that you can rely on for all of your chiropractic and wellness needs.

For Chiropractic care, please contact our practice today to schedule your appointment!



SIGN-UP NOW AND START TODAY!

Get everything you need to start your **Healthy Heart Challenge!**

Get the 28-day Cardiometabolic Plan, your Healthy Heart supplements and the Well World App to help you follow and track your progress - complete meal plans, recipes, shopping lists and more!

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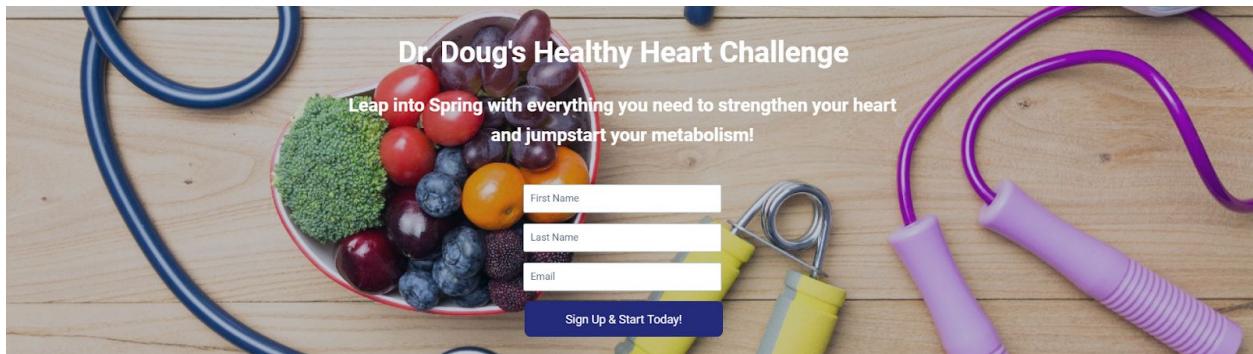
How to use Zapier: <https://vimeo.com/428855793/716c89eda2>

Branded Logos:

<https://drive.google.com/drive/folders/1L7m-GJK4ZhDZkdxRSsKlpwMaToVGoF5M?usp=sharing>

BREAKDOWN SECTION BY SECTION

SECTION 1



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[FORM]

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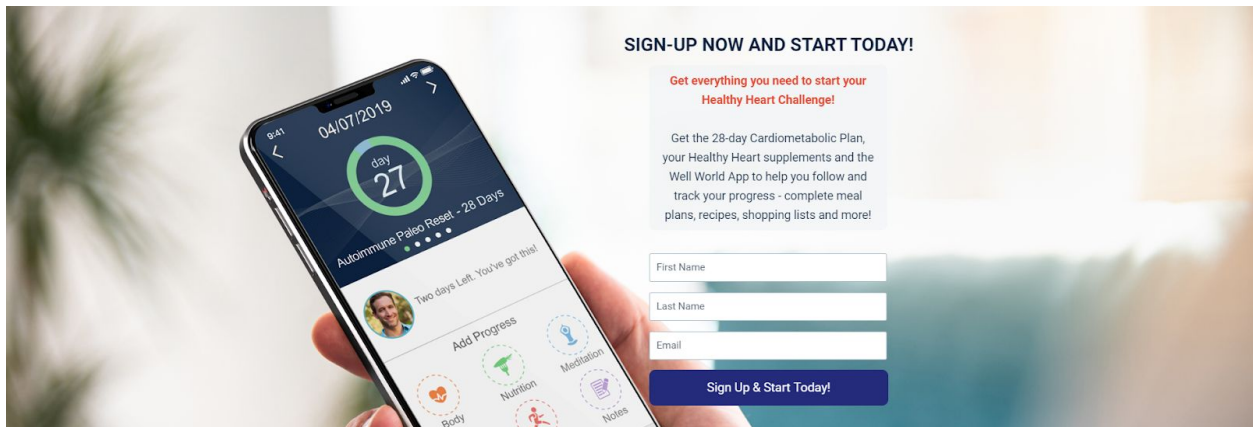


YOUR NAME

Your bio

Images for this section:

Your headshot



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