

## Heart Healthy Overview



### 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!

First Name

Last Name

Email

**Sign Up & Start Today!**

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**



**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!**

Dr. \_\_\_\_\_ 's Healthy Heart Challenge  
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The graphic features three columns of content. The first column shows a hand holding a smartphone displaying the Well World App interface. The second column shows three bottles of health supplements: VESSEL FORCE, HEMATO-E 333, and HMOXYGENE SUPPLEMENT. The third column features the Facebook logo with the text 'join our group +'. The background is a light gray with a subtle pattern.

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**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!

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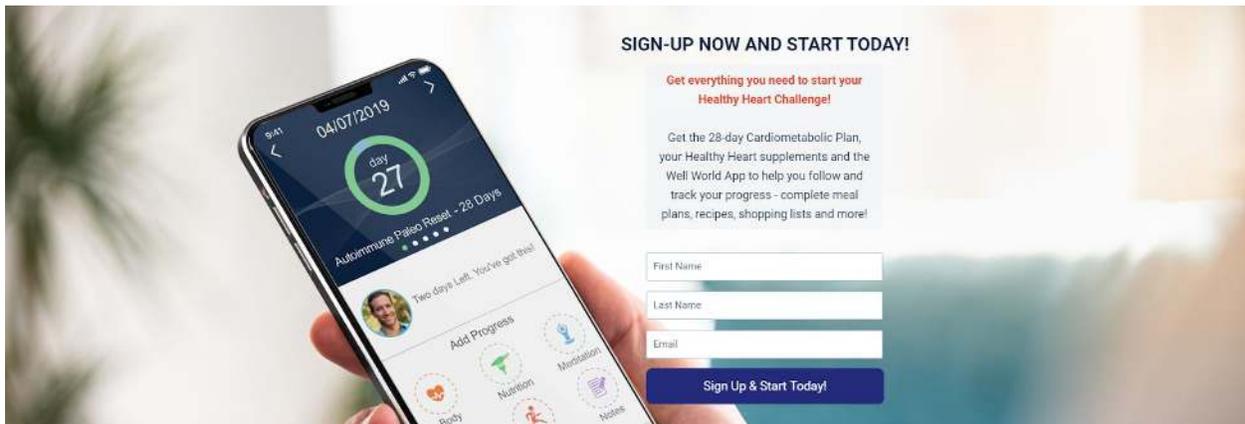


YOUR NAME

Your bio

Images for this section:

Your headshot



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