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[**www.HyperKinetixFit.com**](http://www.HyperKinetixFit.com)

   SPECIALTY SESSIONS

\*\* Bundle Packages Available

* **Prenatal/Postpartum (Women’s Health) Consultation:** Return to Exercise Assessment: $150 per session in person
* **Diaphragmatic Breathing Education and Training:** $150 per session in person / $100 virtual; includes virtual diaphragmatic breathing kit FOR LIFE (yup, even as I add things!)
* **Diastesis Recti Assessment and Care:** $150 for initial session in person; follow-up $100. Includes diastasis check, home exercise recommendation targeted for healing, breathing re-education, pelvic floor incorporation, return to fitness, and more.
* **Functional Movement, Posture, Wellness Consultation:** $150 includes functional movement screening, postural screen, full body ROM testing, pain assessment, and general wellness review/recommendations. This is great for those seeking a “Starting point”, post-operative situations, or ailment/injury screens.
* **Cesarean Section Recovery Education and Training:** $150 for first session in person only, 100$ per session follow ups (except for follow-ups and home-technique guidance) Learn how to heal your scar properly so you don’t set yourself up for a rough road in the future! Some people have leftover scarring that leads to incontinence in their 50’s and 60’s. No thank you! I’m a two-time csection mama and I’d love to show you how to care for your scar, maximize healing and recovery, while offering exercise techniques and modifications! Includes digital education kit FOR LIFE.

**Youth Health and Exercise Pack: $275**

* includes posture, functional movement, pain, ROM/joint mobility assessments. Can be tailored for athletes/sport-specific. Interventions can include flexibility, mobility, and soft tissue. Home exercise program included; additionally a “how-to” for parents to help their youth stretch at home.

**HYPERKINETIX PACKS AND KITS (many more to come!)**

**High Protein Pack:** Includes shopping lists, 52 recipes (breakfast, lunch, dinner, snacks), meal plans, education $10

**Vegan Pack:** Includes shopping lists, 41 recipes (breakfast, lunch, dinner, snacks), meal plans, education $10

**High Protein Mini Pack:** Includes shopping lists, 15 recipes (breakfast, lunch, dinner, snacks), meal plans, education $5

**Vegan Mini Pack:** Includes shopping lists, 15 recipes (breakfast, lunch, dinner, snacks), meal plans, education $5

**There’s More 😊 Discounts and Highly Optional Opportunities**

**HyperKinetix Fit Squad Private Online Group:** Come join dozens of women in this private FB health and fitness group. Get access to recipes, meal guidance and prepping, exercise videos, contests, bonus exercise challenges, fitness challenge calendars, and so much more!

**HawkGrips:** [www.hawkgrips.com](http://www.hawkgrips.com) code KATE15 gets you 15% off anything. Cupping and other rehab tools, moisturizer/emollient that smells like frosting! This is what I used/use for cesarean scar rehab (and all of my other rehab patients!) ps – I have no stretch marks in part to their emollient! It works great as a lotion or to use for cupping/massage/IASTM

**AchedAway:** [www.achedaway.com](http://www.achedaway.com) code KATEMILLER gets you $25 off anything and free shipping! Scraping, cupping, and other musculoskeletal relief tools safe for use at home and in clinic

**HYPERKINETIX STORE!**

[**www.hyperkinetixfit.com/shop**](www.hyperkinetixfit.com/shop)

and introducing…



Fresh coffee, roasted right here in Poway from small locals farms around the world.

Available at KSL! Ground or Whole.