

The METABOLIC COMEBACK

Your metabolism is the sum of every biochemical process happening in your body every day. The Metabolic Comeback™ helps those processes work as *they should* again. It pairs two powerful strategies:

1. **Whole-Effort Exercise** — Our smart strength training program powered by Exerbotics® technology and guided by expert coaches. Each 20-minute session is adapted to your ability and comfort level—activating every major muscle system safely and efficiently.
2. **Whole-Food Nutrition** — Guided by The Exercise Coach® Nutrition Playbook™ by Co-Founder and Certified Health Coach **Gerianne Cygan**, this approach replaces processed foods with simple, satisfying, nutrient-dense meals that stabilize blood sugar, reduce inflammation, and heal the gut.

Together, the Metabolic Comeback™ address the three “troublemakers” that most often derail health and longevity:

1. **Systemic inflammation**
2. **High blood sugar**
3. **Poor digestive health**

Guided. Supported. Sustainable.

You're never on your own.

Your Exercise Coach® team will **guide and encourage you** every step of the way—helping you apply the principles of The Exercise Coach® Nutrition Playbook™ in a way that fits your life.

This playbook has helped **thousands of people successfully achieve their Metabolic Comeback™** and then maintain their transformation through the sustainable **80/20 lifestyle**—a simple rhythm of eating clean, whole foods 80% of the time while enjoying life without guilt the other 20%.

It's not about perfection. It's about progress, consistency, and freedom through strength and clarity.

The 30-Day Metabolic Comeback Challenge™

The first phase of The Metabolic Comeback™ is a focused reset phase—the **30-Day Metabolic Comeback Challenge™**—a guided experience that helps you identify trigger foods, reduce inflammation, and reclaim control of your metabolism. You'll receive meal plans, recipes, and accountability from your Exercise Coach® team every step of the way.

Bottom Line: Begin YOUR Comeback today

When you pair whole-effort exercise with whole-food nutrition, your metabolism doesn't just recover—it renews.

With coach-led strength training for 20 minutes, twice a week, plus daily whole-food choices, you can experience a comeback that transforms not just your fitness, but your life.

The Exercise Coach® — Strength Changes Everything. A Transformed Metabolism Makes It Last.

