



Exclusive Wellness Plans for IADVL Members

Transform your health with preventive care, fitness support, and smart lifestyle management.

Dear Member,

We are excited to introduce a wellness experience designed specially for IADVL members. This program combines fitness, nutrition, and preventive healthcare to help you stay at your best with the support of a seamless digital platform.

What You Get

Personalised Wellness Coaching

Get guidance and support tailored to your daily routine and lifestyle needs.

Fitness & Activity Tracking

Track your progress and stay motivated with structured activity support.

Nutrition & Lifestyle Guidance

Build healthier habits through practical wellness recommendations.

Preventive Healthcare Support

Take proactive steps toward better health with a preventive care approach.



Stay Motivated. Stay Consistent.

Engage in structured wellness programs and build healthier habits with regular support designed for busy professionals.

Holistic Health for Better Well-being

This program supports a balanced approach to wellness by connecting internal health, lifestyle habits, and overall vitality.



IADVL PRESIDENTIAL INITIATIVE

Start your *wellness journey* today.

Enroll now and explore the wellness plans curated specially for IADVL members.

[Enroll Now →](#)

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IADVL Presidential Initiative

WELLNESS PLANS BY 

Exclusively designed for IADVL members

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