

Catalog 2015

Optimum365

*Serve & Honor God by
Taking Care of His Temple*

Optimum



365

www.Optimum365.net

Les Sparks



“The Optimum365 program is here to help your congregation acquire health and wellness. I am extremely passionate about promoting the word of God through helping people live healthier, happier and more productive lives.”

What is Optimum365?

Optimum365 is a one of a kind, comprehensive disease prevention and optimal health educational program. It seeks the truth of Gods word in relation to caring for his temple and the body of Christ.

The program runs for 8 weeks (9 optional) and lasts 2 hours each week. The 1st hour is a presentation, followed by a 45 min group exercise session and finishes with 15 min prayer/praise.

The weekly presentations are designed to teach and empower participants with the knowledge needed to avoid many of the culprits of disease, and help facilitate the lifestyle choices needed to achieve optimal health. Knowledge is empowering!

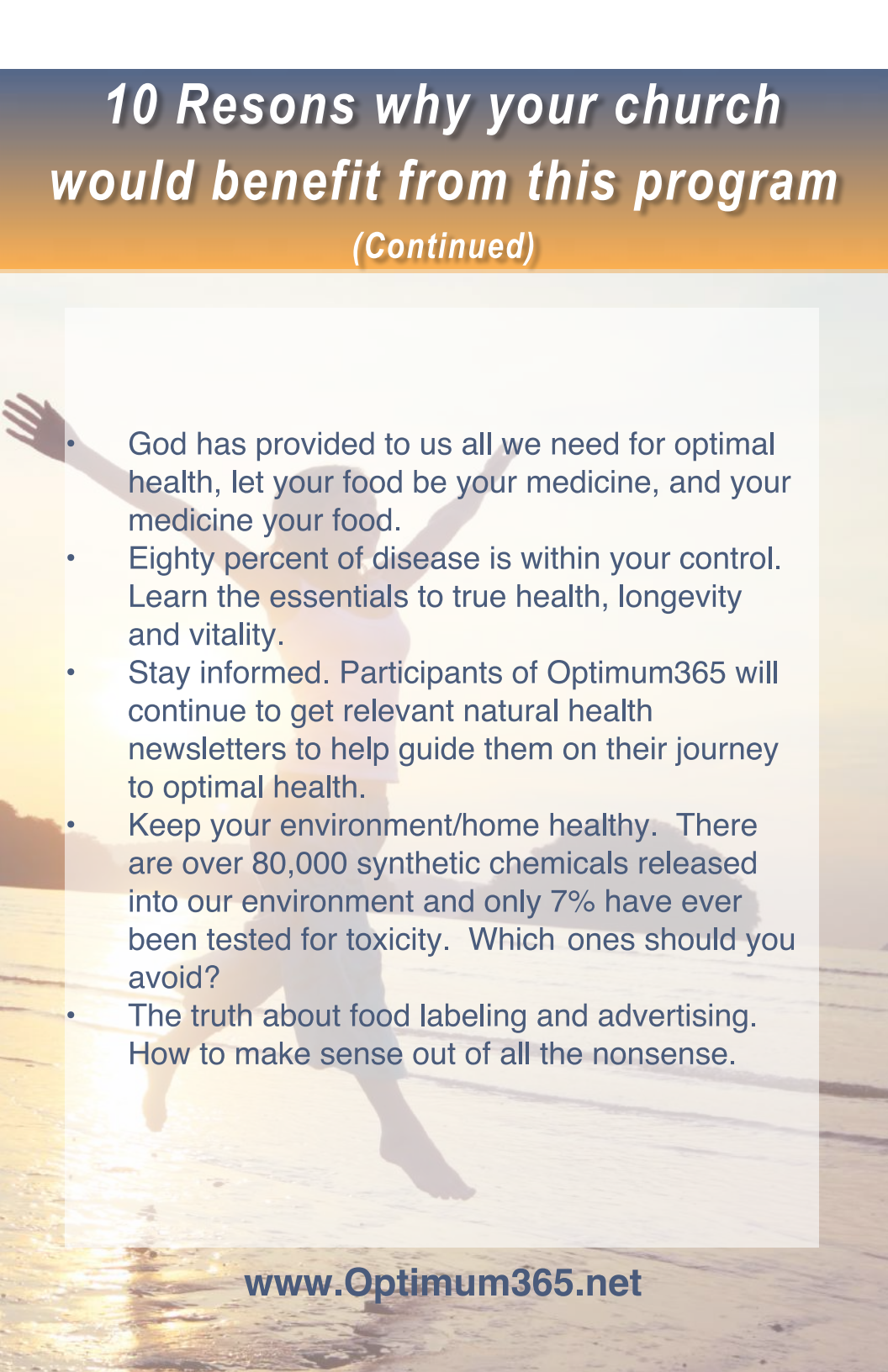
10 Reasons why your church would benefit from this program

- Serve and honor God by taking care of his temple. For you yourself is God's temple, and his spirit dwells within us. (1 Cor. 3:16)
- "For we wrestle not against flesh and blood but against principalities, rulers and authorities in this dark world". (Ephesians 6:12). Learn how we are being "deceived" by the powers that be, and what you can do about it.
- Learn how to reduce your chances of becoming a victim of the leading causes of death in the US.
- The love of money is the root of all evil (1st Timothy 6:10). Learn which industries, because of their power and greed, are actually more about protecting their profits than concerned about your health.
- How to recognize and avoid the food ingredients that lead to disease.
- Exercise is the best medicine. We all need to start somewhere. We tailor each exercise prescription.

**Join
Optimum365
Today!**

10 Reasons why your church would benefit from this program

(Continued)

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- God has provided to us all we need for optimal health, let your food be your medicine, and your medicine your food.
 - Eighty percent of disease is within your control. Learn the essentials to true health, longevity and vitality.
 - Stay informed. Participants of Optimum365 will continue to get relevant natural health newsletters to help guide them on their journey to optimal health.
 - Keep your environment/home healthy. There are over 80,000 synthetic chemicals released into our environment and only 7% have ever been tested for toxicity. Which ones should you avoid?
 - The truth about food labeling and advertising. How to make sense out of all the nonsense.

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How Optimum365 works

Easy as 1-2-3

Meet with Les Sparks or an Optimum365 representative to receive a presentation on how the Optimum365 program can help your church members acquire wellness and health while providing your church financial success.

Make the Optimum365 program available to your members and staff.

Let us go to work and help your members and staff acquire wellness and health!

Investment

The cost of this program is highly discounted so we can accomplish our mission to help our world and the body of Christ acquire wellness & health.

Your church can simply offer this program to your members or implement the cost into your budget. The option is 100% yours!

Optimum365 provides your members the opportunity to acquire wellness.

Cost of Program

CUSTOMIZED PRICING FOR YOUR CHURCH

Optimum365 was created as an affordable resource to spread health and wellness throughout your church community. We can set the program up to provide your church donations & meet the financial needs of your members.

We can customize our pricing to match your needs.

Program cost - Example:

- \$250 per person in the 8 week program
- 10% plus of the proceeds will be donated back to the church

We can customize the program for your church based upon the financial needs of your members. Our mission is to simply provide your members health & wellness.

Contact Les Sparks for a customized quote and to discuss your needs.

We are dedicated to adjust our pricing structure to make it possible to work with anybody and everybody

HOW TO JOIN

Contact Les Sparks for a free no-obligation consultation so we can show you how we can assist your church members, staff and provide church donations.

www.Optimum365.net
Les@OmniHealth.biz
303 981 3630

For more information visit:
www.Optimum365.net

We are looking for instructors to teach our Optimum365 program to help spread the word of health and wellness. Contact us for more information.



“As a leader in the wellness industry I strongly recommend the Optimum365 program, Les Sparks and his team.”

Testimonials

"I have known and worked with Les Sparks for several years. His Nutritional/lifestyle knowledge in relation to health has helped me achieve a higher level of wellness. I highly recommend Optimum365 to anyone looking to improve their health"

- Julie Mork

"I have worked with Les Sparks for many years and his commitment to the church and it's people is very impressive. I would strongly recommend his Optimum365 program to anyone."

- Vanessa Raymond

"To be physically fit is good, we all know that, but it is not always easy to find the time or give it the attention it deserves. Les gives it the attention and importance it deserves and shares his knowledge of exercise and consummate knowledge of nutrition with his clients. His workouts are straight forward, demanding, specific to his client, always fun, and the benefits are many. I have found that sticking to my workout pattern several times a week along with Les' sound nutritional advice, has markedly improved my physical strength and endurance. Les' workouts and knowledge of nutrition combine to maintain my health at an optimum level. Go with Les, you'll find that he is definitely the best!"

- Pam Gates



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