



HEALTH COACHING: PEPTIDE OPTIMIZATION

Optimize Your Biology.
Elevate Your *Life.*



- ✓ *Personalized peptide optimization*
- ✓ *Supports recovery, metabolism, longevity, and full-body vitality*
- ✓ *Guided by clinical oversight and expert coaching*

Life Real Inc.
Danville, CA



WHAT IS PEPTIDE OPTIMIZATION?



Peptides are naturally occurring amino acid chains that act as signaling molecules in the body. When used strategically under medical supervision, they may support:



Metabolic Function

Supports healthy metabolism and energy production



Muscle Recovery & Performance

Enhances muscle repair, strength, and performance



Healthy Aging

Promotes cellular health and longevity



Hormonal Balance

Helps regulate and maintain hormone balance



Sleep & Cognitive Clarity

Improves sleep quality and mental clarity



At Life Real Inc., we focus on education, safe protocols, and individualized guidance.

OUR HEALTH COACHING APPROACH

1

Comprehensive Assessment

Lifestyle review, body composition analysis, and health history.

Personalized Strategy

Peptide protocol recommendations based on your goals and clinical evaluation.

3

Ongoing Monitoring

Progress tracking, adjustments and supportive coaching.

Integrated Wellness

Optional integration with cryotherapy, infrared sauna, and recovery services.



More than reshaping lines — this is
a holistic enhancement to your confidence and wellness journey.



WHO IT'S FOR

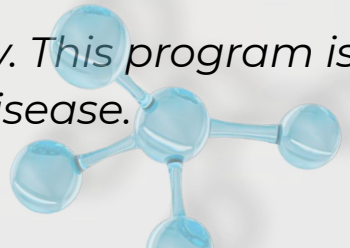


- ✓ Athletes seeking enhanced recovery Professionals optimizing performance
- ✓ Individuals focused on longevity
- ✓ Clients experiencing metabolic slowdowns
- ✓ Anyone committed to proactive wellness

Disclaimer:

All peptide protocols are provided under the supervision of a licensed medical provider. Peptides require medical evaluation and approval.

Not all individuals are candidates. Results vary. This program is not intended to diagnose, treat, cure, or prevent disease.



WHY LIFE REAL INC.?



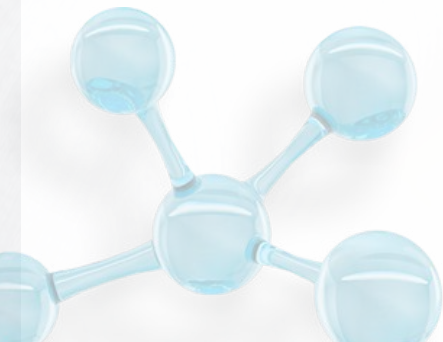
We combine:

- ✓ Non-invasive cryo technology
- ✓ Advanced recovery therapies
- ✓ Clinical oversight
- ✓ Personalized coaching
- ✓ A results-driven wellness philosophy



Our mission is simple:

**Help you live REAL.
Feel REAL.
Perform REAL.**



EXPERIENCE THE SCIENCE OF OPTIMIZATION



Where Science Meets Sculpted Confidence

We combine advanced body-contouring technologies with personalized treatment protocols to refine your shape, smooth stubborn areas, and enhance natural body definition — all without surgery or downtime.

Ready to Reveal a More Sculpted You?

Book Your First Real Sculpt
Session Today!



REQUEST A CONSULTATION:



925-489-2215



info@lifereal.com



www.lifereal.com



4155 Blackhawk Plaza Cir
Ste 101, Danville, CA

Follow us: [@liferealinc](#)

