



EMShape

Lifestyle PROGRAM

STRENGTHEN • SCULPT • NOURISH • MAINTAIN

EMShape treatments are designed to support muscle development, body contouring, and improved definition. Your treatment can create powerful muscle contractions, but your everyday habits help determine how well you build upon and maintain those results.

This lifestyle program combines EMShape treatments with hydration, protein-rich nutrition, regular movement, strength training, sleep, and consistent healthy choices.



YOUR PROGRAM GOALS



Build and preserve lean muscle



Support gradual fat reduction



Improve strength, posture, and endurance



Maintain steady hydration



Eat balanced, nutrient-dense meals



Create habits that support long-term results



EMShape is not a substitute for exercise, healthy nutrition, or medical weight-loss care. It should be viewed as an enhancement to a healthy lifestyle.

336-409-0241

Yadkinville, NC

aesthetixlaserandmedspa.com

You + Consistency = Results ♥

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THE FOUR PILLARS OF EMSHAPE SUCCESS



1

NOURISH YOUR MUSCLES

Feed your body with high-quality protein and nutrients to build and repair muscle.



2

HYDRATE CONSISTENTLY

Hydration supports circulation, performance, digestion, and normal muscle function.



3

MOVE YOUR BODY

Regular movement and strength training enhance results and improve overall health.



4

RECOVER AND MAINTAIN

Rest, recovery, and stress management allow your body to adapt and thrive.

NOURISH YOUR MUSCLES

DAILY PROTEIN GOAL

For many healthy, physically active adults, a reasonable target is approximately:

1.2–1.6 grams
of protein per kilogram
of body weight per day

Your needs may vary based on your age, activity level, medical history, weight goals, and kidney function.

PROTEIN AT EVERY MEAL

Aim for approximately 20–30 grams of protein at each main meal.

Protein choices include:

- Eggs or egg whites
- Greek yogurt or cottage cheese
- Chicken, turkey, fish, or lean beef
- Tofu, tempeh, edamame, beans, or lentils
- Low-sugar protein shakes
- Tuna or salmon packets
- Milk or fortified plant-based alternatives

BUILD A BALANCED PLATE



½ plate: Non-starchy vegetables
¼ plate: Lean protein
¼ plate: High-fiber carbohydrate
Add a small portion of healthy fat.



HYDRATE CONSISTENTLY

Drink fluids consistently throughout the day rather than consuming a large amount at once.



Drink a glass of water after waking.



Carry a refillable water bottle.



Drink water with each meal.



Increase fluids when exercising or in hot weather.



Monitor urine color: pale yellow generally suggests adequate hydration.

ON TREATMENT DAYS

Unless medically restricted:

- Begin hydrating before your appointment.
- Arrive having eaten a light, balanced meal.
- Continue drinking water after treatment.
- Avoid excessive alcohol before and after your session.



MOVE YOUR BODY

EMShape should complement—not replace—regular physical activity.

WEEKLY GOALS

- ✓ At least 150 minutes of moderate activity (e.g., walking, cycling, swimming)
- ✓ 2–3 strength-training sessions weekly
- ✓ Daily stretching or mobility work
- ✓ Less prolonged sitting throughout the day

SAMPLE WEEKLY SCHEDULE

Mon	EMShape treatment + light walking
Tue	Upper-body strength + mobility
Wed	Brisk walk or low-impact cardio
Thu	EMShape treatment + light walking
Fri	Full-body strength training
Sat	Enjoyable activity (hiking, cycling, swim)
Sun	Recovery, stretching, meal prep



CONSISTENCY TODAY. STRONGER TOMORROW.





RECOVER AND MAINTAIN

- ✓ Aim for 7–9 hours of sleep each night.
- ✓ Allow recovery between challenging strength workouts.
- ✓ Perform gentle walking and stretching when mildly sore.
- ✓ Avoid repeatedly training the same muscle group at high intensity without recovery.
- ✓ Manage stress through prayer, meditation, breathing exercises, journaling, or quiet time.
- ✓ Follow the treatment schedule recommended by your Aesthetix provider.

THE THREE PHASES OF YOUR PROGRAM



PHASE ONE: PREPARE

3–7 DAYS BEFORE
YOUR FIRST TREATMENT

- ✓ Establish a daily water routine.
- ✓ Begin eating protein with each meal.
- ✓ Reduce highly processed foods and added sugar.
- ✓ Limit excessive alcohol.
- ✓ Begin walking regularly.
- ✓ Take baseline photos and measurements.
- ✓ Identify your personal goals.



PHASE TWO: BUILD

DURING YOUR
TREATMENT SERIES

- ✓ Attend scheduled EMSHape treatments.
- ✓ Complete at least 150 minutes of moderate activity weekly.
- ✓ Eat protein at each meal.
- ✓ Perform 2–3 strength-training sessions.
- ✓ Stay hydrated.
- ✓ Sleep 7–9 hours nightly.
- ✓ Track your activity and habits.
- ✓ Avoid crash dieting or extreme calorie restriction.



PHASE THREE: MAINTAIN

AFTER YOUR INITIAL
TREATMENT SERIES

- ✓ Maintain regular strength training and cardio.
- ✓ Continue protein-focused, minimally processed diet.
- ✓ Stay hydrated and sleep well.
- ✓ Maintain a healthy weight.
- ✓ Schedule maintenance treatments as recommended.
- ✓ Repeat photos and measurements.

SIMPLE DAILY MEAL EXAMPLE



BREAKFAST

Two eggs with egg whites, fresh berries, whole-grain toast or oatmeal



MORNING SNACK

Greek yogurt or low-sugar protein shake



LUNCH

Grilled chicken, salmon, tofu, or beans, large salad or roasted vegetables, quinoa or sweet potato



AFTERNOON SNACK

Apple with natural peanut butter or cottage cheese with fruit



DINNER

Lean protein, vegetables, whole grain, healthy fat



POST-WORKOUT OPTION

Greek yogurt, cottage cheese, milk, protein shake, turkey roll-ups, or tuna packet with crackers

FOODS TO EMPHASIZE CHOOSE MOST OFTEN



Lean proteins



Vegetables



Whole fruits



Whole grains



Beans and lentils



Healthy fats



Water and unsweetened beverages

LIMIT



Sugary beverages



Excessive alcohol



Fried foods



Highly processed snacks



Frequent desserts



Excessively salty foods



Extreme dieting plans



Unregulated fat-burning or muscle-building supplements

WEEKLY EMSHAPE SUCCESS TRACKER

WEEK: _____

DAILY GOAL	M	T	W	TH	F	S	SU
Protein with each meal	☐	☐	☐	☐	☐	☐	☐
Hydration goal met	☐	☐	☐	☐	☐	☐	☐
30+ minutes of movement	☐	☐	☐	☐	☐	☐	☐
Strength or mobility completed	☐	☐	☐	☐	☐	☐	☐
Vegetables or fruit included	☐	☐	☐	☐	☐	☐	☐
7+ hours of sleep	☐	☐	☐	☐	☐	☐	☐

WEEKLY REFLECTION

My greatest success this week: _____

One habit I will improve next week: _____

How my body feels: _____

PROGRESS MEASUREMENTS

Measurements should be taken under similar conditions each time, preferably at the same time of day.

TREATMENT AREA: _____

MEASUREMENT	BASELINE	MIDPOINT	COMPLETION	FOLLOW-UP
Weight, if desired				
Waist				
Lower abdomen				
Hips				
Thigh				
Upper arm				

OTHER GOALS

Strength: _____

Energy: _____

Clothing fit: _____

Confidence: _____

YOUR EMSHAPE COMMITMENT

I understand that the best outcomes require consistency. I commit to supporting my treatments through healthy nutrition, hydration, regular movement, adequate protein, strength training, recovery, and realistic expectations.

CLIENT NAME: _____ DATE: _____

SIGNATURE: _____



IMPORTANT NOTICE

This program provides general wellness education and is not individualized medical or nutritional treatment. Results vary, and no specific amount of muscle gain, fat reduction, weight loss, or measurement change can be guaranteed. Consult your healthcare provider before beginning a new nutrition or exercise program, especially if you are pregnant, recently postpartum, recovering from surgery, taking prescription medication, or living with heart disease, kidney disease, diabetes, an eating disorder, an orthopedic condition, or another chronic medical condition.



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