

THE 90-DAY BLUEPRINT FOR.... PERMANENT CHANGE

Everything you need before your consultation and you start your medical weight loss program!

"This is where everything changes for you."

Before



Text us: 786-705-2920 | www.onwellness.life

GLP-1 Metabolism Reset Program



ON WELLNESS
WELLNESS ACTIVATED

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Real Women, Real Results



Client Testimonial ★★★★★



“Life changing and educational!

After trying various diets and programs without lasting results, OnWellness and Semaglutide was a revelation.

From day one, the 90-Day Transformation Program felt tailored just for me. Coach Abel has been fantastic, offering additional support and education on why we're doing what we're doing, which sets him apart. I'm proud to be part of this community and continue to crush my goals!”

Karla R.



GET EXCITED FOR YOUR TRANSFORMATION!

It's an honor to be a part of this life changing journey!



About Abel & On Wellness

After years of managing high-stress operations, my health crashed. At 32, I felt 80. Foggy, exhausted, and trapped in a body that wouldn't respond. Tired of nationwide clinics treating me like a "ticket number," I founded On Wellness to be the ethical alternative. My passion is treating you like family, not a stat. As a Certified Nutritionist, I know medicine is a powerful tool, but our Metabolism Reset is the cure for permanent change. I am here to provide the roadmap I wish had.

Client Testimonial ★★★★★



Laurie S.

My relationship with food and fitness has always been a roller coaster and not a fun one.

Last year I knew something had to change, and that's when I started working with Abel and the 90-Day GLP-1 Transformation Program using **Tirzepatide**. I was hesitant because I've tried so many diets and quick fixes before, but I had never taken a medically supervised approach that actually addressed cravings, appetite control, and lifestyle habits at the same time. **In my first 90 days, I lost 35 pounds and I'm still losing.**

What feels different this time is that I don't feel dependent or extreme; I feel educated, lighter, healthier, and in control. **Abel has been with me every step of the way**, adjusting my plan, answering questions, and helping me build habits that feel sustainable. For the first time, I feel independent in my health journey and confident that this is lasting change.

The Power of the Reset: Failure Is Not An Option

Most clinics only ship you a vial and wish you luck. That is why they fail. We know that GLP-1s are a world-class tool, but your metabolism is the engine.

Our 90-Day Metabolism Reset is the "Secret Sauce." We combine medical-grade assistance to level the biological playing field with a lifestyle architecture that **ensures the weight stays off for good**. We don't just want to help you lose weight; we want to give you back your life.

The moment we finalize your protocol on our call, you unlock these immediate biological wins:

- ✓ **Quiet the "Food Noise":** Naturally balance blood sugar and stop the constant obsession with your next meal.
- ✓ **Hormonal Harmony:** Support natural hormone production and move your body out of "storage mode" and into a permanent Metabolic Reset.
- ✓ **Cognitive Clarity:** Clear the "brain fog" and improve brain health so you can show up for your family and career with high energy.
- ✓ **Systemic Healing:** Improve digestion, gut health, and sleep quality while decreasing the anxiety and mood swings that used to sabotage your progress.

Real Women, Real Results



Client Testimonial ★★★★★

“OnWellness has been the best decision to living a balanced and healthy lifestyle! Working with them has brought me so much confidence and healing! I’ve gained knowledge on how to fuel my body and enjoy food again. The strength I’ve gained physically and mentally is incredible.

Our bodies are capable of amazing things. I definitely couldn’t have done it without the ongoing support, encouragement, and knowledge from Abel!

So thankful for this journey and experience with OnWellness!”

Emily S.



THE BLUEPRINT

Our clients are losing up to 40 lbs in 30days

You've been told weight loss has to be a "fight." With the On Wellness Blueprint, it becomes a mathematical certainty. Based on our successful patient data, women on this reset typically lose between 26 and 41 lbs in their first 90 days and they do it without the burnout, confusion or frustrations.

How the Science Makes it Easy:

During our call, we will determine which "Medical Leveler" fits your unique biology:



Semaglutide

Known as the "Gold Standard" GLP-1, this medication mimics the natural hormone that signals fullness to your brain, effectively "turning off" hunger at the source. It works deep within your biology to lower your weight "set point" while quieting the persistent "food noise" that usually leads to overeating. By regulating your appetite, Semaglutide allows you to focus on the nutritional resets that make your 40lb transformation permanent.



Tirzepatide:

This "Dual-Action" powerhouse provides aggressive metabolic support by targeting two different hunger receptors (GLP-1 and GIP) simultaneously to resolve biological resistance. By activating these dual pathways, Tirzepatide shifts your body out of "storage mode" and into an active, fat-burning state while managing insulin sensitivity. It is the ultimate choice for women seeking maximum biological assistance to ensure their 90-day reset feels effortless.

THE BLUEPRINT

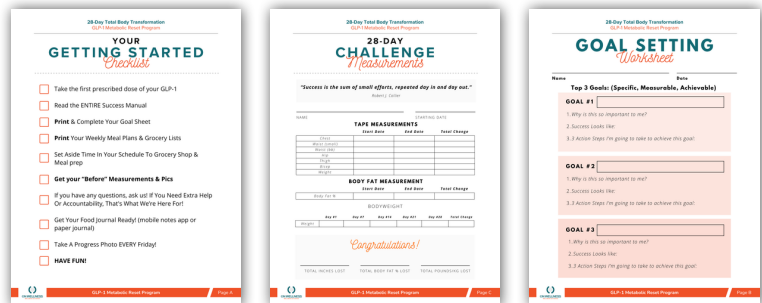
Your 90-Day Transformation Toolkit Includes:

3-Month Supply of Semaglutide or Tirzepatide:

Your chosen protocol shipped directly to your door.

Goal & Results Tracking:

Custom checklists and measurement worksheets to turn your 90-day goal into small, daily wins.



Hormone & Mindset Mastery:

Specialized guides to balance stress hormones and master the internal dialogue required for permanent change.



The Success Manual:

Your guide to the psychological and physical foundation of this permanent transformation.



1 Year of "Done-For-You" Nutrition:

12 months of meal plans, grocery lists, and chef-inspired recipes so you never have to "think" about what to eat.



24/6 Elite Support:

Direct text access to Abel and the team. You are never alone in this fight.

Real Women, Real Results



Client Testimonial ★★★★★



“Semaglutide and the On Wellness 90Day Program has been a beautiful growing period for me.

I was just fed up and tired of the life I was living. Somehow their ad found me. I immediately booked a consultation and the rest was history.

The first two months were the hardest but most transformative time of my life. Not only am I lighter and stronger, but I’m eating better and so confident and happy. Shoutout Abel!!!”

Joanna F.



THE CALL **Setting the Standard** The Last 'Day One' You'll Ever Have.

I'm excited to help you in this new chapter of your life. To make sure we get the most out of our 10–20 minutes together, please follow these simple ground rules:



“Take it one day at a time and enjoy the journey.”

- **Respect the Time:** I value your time and ask that you do the same for mine. Please be ready at our scheduled start.
- **Safety First (No Driving):** For your safety, please be stationary in a quiet place. I cannot conduct consultations while you are behind the wheel.
- **The 90-Day Commitment:** This is not a "vial-only" service. We are enrolling you in a comprehensive 3-Month Metabolism Reset Program. The \$440 investment includes your medical supply, shipping, and the full suite of lifestyle tools you've seen in this blueprint.
- **Instant Action:** Once we finalize your protocol on the call, your invoice is sent immediately over the phone.
- **72-Hour Delivery:** As soon as payment is processed, your medication is prioritized, processed, and delivered to your door within 72 hours.

Abel Lantigua

HRT, Medical Weight Loss, Peptides

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 [@onwellnesslife](https://www.instagram.com/onwellnesslife)