

FUNCTIONALPS

THE COLLECTIVE, FOR MEN

# Stronger for life *Better together*

Twelve weeks with a small group of men working towards the same thing, and a plan inside it that is yours.



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12 WEEKS · GROUPS OF 6 TO 8 · CRANS-MONTANA

## WHY NOW

# Your body is changing

Your approach to health can evolve with it

LESS ENERGY

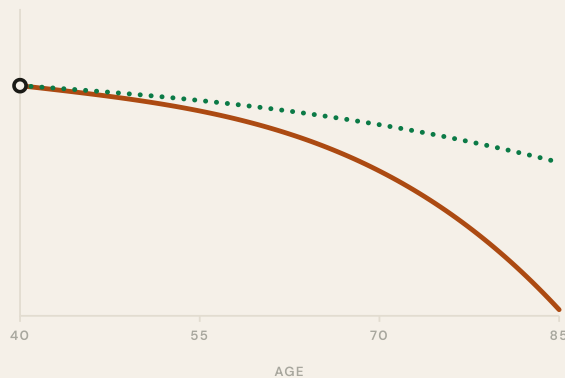
SLOWER RECOVERY

LESS FOCUS

ACHES AND PAINS

POOR SLEEP

SOMETHING FEELS OFF



## Your health trajectory isn't fixed

Your capacity naturally declines. That's a fact.

How fast it falls is not. Your daily habits and your environment shape that slope, and that is what we work on together.

**Build capacity today. Help preserve it for tomorrow.**

## YOUR DIRECTION

# What do you want to feel capable of?

Your objective may be to:

Return to a sport or improve your performance

Feel more energetic throughout the day

Recover motivation and momentum

Perform through demanding days at work without feeling depleted

Stay active, capable and independent for the long term

Build physical foundations that support healthy longevity

**Together, we build a path towards the man you want to become, a path towards a more resilient life**

# Structured together. Personalized around you

12 WEEKS

Understand · Act · Build

One shared structure, one group, and a plan inside it that is yours. You train with men working towards the same thing, and your sessions, nutrition and weekly priorities reflect your own sport, work, schedule and history.

## WEEKLY

**Work out together + Q&A + Individual session (20 min)**

## DAILY *Between sessions*

**The app + WhatsApp + Answers to your questions + Routines + Education** *and more ...*

## WHAT IS INCLUDED



**One coached group session every week:** learn the movements, improve your technique and train alongside men working towards the same thing.



**A personal weekly program:** bodyweight, resistance band or gym, built around your sport, your schedule and your history of pain.



**Nutrition guidance that survives a real week:** menu direction, recipes and grocery lists that work at home, while travelling and when eating out.



**The FunctionAlps app:** daily check-ins, your filmed exercise bank and morning routines, with the next useful action always in one place.



**A weekly Q&A and a dedicated WhatsApp group:** questions answered, and a cohort that keeps going with you.



**Education and weekly review:** understand what you are doing and why, and adjust it every week rather than at the end.

# Understand, Act, Build



## 01 • UNDERSTAND

### Your context. Your data. Your experience

We take the time to get to know you, then connect your starting point with what you experience every day.

-  Questionnaire and one-to-one conversation
-  Functional assessment and observations during sessions
-  App and wearable data, where available
-  Daily experiences: body, mood, sleep, energy, concentration and digestion
-  Goals, personal history and environment
-  Nutrition and lifestyle assessment
-  Food photographs and habits completed or missed

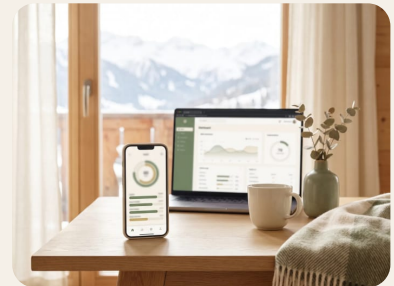
## 02 • ACT

### A shared framework. Personal actions

Every week, you meet your group for a coached session. At home, the app gives you clear direction, with actions adapted to your goals, experience and available equipment.

We discuss your responses and challenges so we can keep adjusting your path.

-  Weekly group coaching
-  At-home exercises and routines
-  Practical actions across the four pillars
-  A personal programme in the app
-  Personalised menus and nutrition guidance
-  Ongoing conversations, follow-up and adjustments



## 03 • BUILD

### Habits that support your everyday life

As the weeks progress, you learn what suits you and why. You build routines and an environment that make these actions feel more natural, with tools you can keep using after the programme.

-  Evolve with the programme and your progress
-  Develop resilience when life changes unexpectedly
-  Bring effective habits into everyday life
-  Build a routine that works for you
-  Shape an environment that supports your health
-  Understand the why through educational resources

## OUR APPROACH

# The 4 Pillars of Health

Four pillars, because health is multidimensional



### MOVEMENT

#### Build the capacity for the life you want

Develop strength, mobility, balance, coordination and endurance.

Weekly coaching helps you learn the foundations of movement, improve your technique and progressively build your functional capacity, for everyday life, the activities you enjoy and healthy longevity.



### RECOVERY & SLEEP

#### Create the conditions to recover

Explore your sleep rhythm, evening routine, energy patterns and recovery needs.

Build simple practices that help you rest more effectively, recover from physical and mental demands and feel more prepared for the day ahead.



### NUTRITION

#### Feed your Health

Understand how food influences your energy, digestion, mood and recovery.

Discover satisfying meals that work for you, practical menus, recipes, grocery lists and strategies for eating well at home, while travelling or when eating out, without turning your life into a diet.



### STRESS & MENTAL WELLBEING

#### Find your rhythm

Learn to recognise tension, understand your stress patterns and create more space to reset.

Breathwork, meditation, education and supportive conversations introduce practical tools you can return to whenever life becomes demanding.

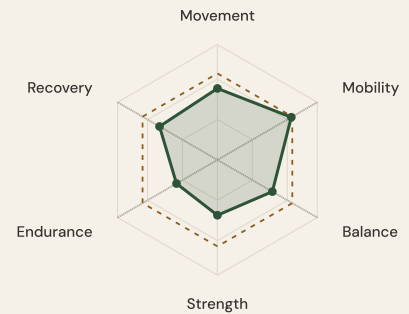
# Your personal data-to-action journey

## 01 YOUR FIRST PICTURE

We start by getting to know you, then measure where your body actually is today.

The result is a profile rather than a score: an honest read of your current capacity, with the strong sides and the weak ones both visible.

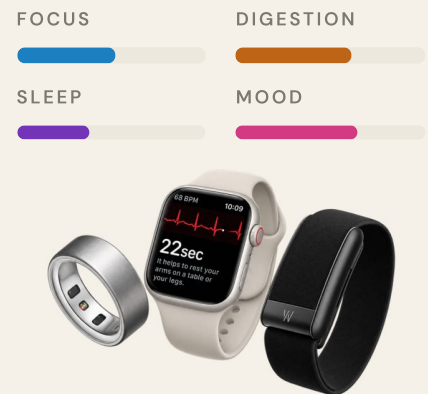
CONSULTATION / QUESTIONNAIRE / FUNCTIONAL ASSESSMENT



## 02 YOUR EVERYDAY SIGNALS

Your health is not defined by what happens during one assessment.

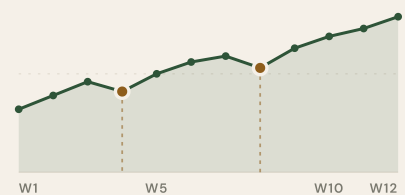
Through the FunctionAlps app, you can record food photographs, habits, movement and how you feel throughout the day.



## 03 WEEKLY EVOLUTION

Every week we look at what has changed, and adapt the plan and the actions to it.

Your exercises, your nutrition and your routines are not fixed from the first week. A week that goes the wrong way is information, and it is the reason the next one is different.



## THE TWELVE WEEKS

# An Evolving Journey

The same three beats the programme is built on, given room to happen: you understand where you are, you act on it, and you build what stays.

### WEEKS 1 TO 4

#### UNDERSTAND

#### Where you actually are

We measure rather than assume, and we start the habits that make the next eight weeks possible.

- Your one-on-one start and full functional assessment
- Daily check-ins begin, so we learn your normal before we change it
- Your first picture: movement, mobility, balance, strength, endurance, recovery
- The first coached sessions, learning the movements properly

### WEEKS 5 TO 8

#### ACT

#### The plan meets your week

This is where the programme stops being a plan and starts being your week. What does not survive contact with your life gets changed.

- Your weekly programme adapts to what the check-ins show
- Individual session each week alongside the group
- Nutrition moves from principles to your own menus and shopping
- A mid-programme review of the first picture

### WEEKS 9 TO 12

#### BUILD

#### What you keep

The last block is about independence: the routines, the knowledge and the environment that outlive the twelve weeks.

- Your second functional assessment, against the first
- What to do when a week goes wrong, in writing
- Routines you can run without us
- Your own plan for the twelve weeks after these

# Your Health Investment

FULL PRICE ~~CHF 1,500~~

FOUNDING COHORTS

# CHF 990

For the first two cohorts only, one for men and one for women.  
When those two groups are full, the founding price is over.

## WHAT IS INCLUDED

- The full twelve weeks, from the assessment to the final review
- A weekly individual session of twenty minutes
- Nutrition guidance, menus, recipes and shopping lists
- The weekly Q&A and the cohort WhatsApp group
- One coached group session every week, in a group of six to eight
- Your personal weekly programme, adapted every week
- The FunctionAlps app, the filmed exercise bank and daily check-ins

Equipment options and any final details are confirmed with you before you enrol.

THE POINT OF IT

# Build your health *Enjoy what it makes possible*

A mountain walk that does not cost you the next day. A morning that starts well. A body that says yes more often.

Twelve weeks is long enough to change how you feel and short enough to actually finish.



Register your interest

[functionalps.ch/collective](https://functionalps.ch/collective)