

Meet Your Guides

Andrew Wade, MS, RDN, LDN, CSSD

is a Registered Dietitian, and owner of Case Specific Nutrition in Pittsburgh, PA. Andrew is your guide in the Nutrition Section.



Ryan Wade, CPPS, CSCS is a human performance and fitness professional, and founder of WadeTrained Performance and Fitness. Ryan is your guide in the Exercise Section.



Travis Grubesky has developed multiple online education courses.

He is a specialist focusing on course creation, website construction, and participant engagement.



No More Fad Diets

The **OptiLife Academy** is a self-guided, step-by-step online course that will walk you through how to build lifelong healthy habits. You will complete the course by watching short educational videos, reading written materials, completing action steps, and applying educational tools to your everyday life.

Get Started Today!
OptiLifeAcademy.com



A Step-By-Step
Guide to Becoming a
Happier
Healthier
You for Life!



OptiLifeAcademy.com

Become a Happier, Healthier You For Life!

When fad diets fail, or the weight doesn't stay off after the end date... Optilife has your back. This course will help you implement permanent lifestyle changes regarding your diet, exercise routine, and mindset around fitness and food.



Success Stories

BUILD HABITS

Our Short, Simple to Follow, Video Based Course Will Guide You, Give You Time to Think, Practice, Achieve, Add and Sustain These Essential Nine Habits into Your Lifestyle

- 1 Stop Dieting
- 2 Learn to Eat for Life
- 3 Pay Attention to Lifestyle
- 4 Live Guilt Free
- 5 Just Breathe: Stop Anxiety
- 6 Relief: Self Massage and Simple Stretching for Aches and Pains
- 7 Start with Heart: How to Build your Cardiovascular Health
- 8 Add More Movement: Lose Fat & Build Strength
- 9 Know Your Body: Modifying for Your Unique Body & Abilities

[OptiLifeAcademy.com](https://www.OptiLifeAcademy.com)



“ I'm eating quality foods mindfully, and exercising with purpose. I am so happy that I found them. They are they extremely professional and caring. I am now eating quality foods mindfully, and exercising with purpose. ”

- Brenda Sigafos



“ I'm Down 40 lbs. and Completely Off of Medication! Before I'd always say, I'm too tired, I don't have time, I can't do it anyway. Now, my life has made a complete 180! I love my body, I constantly need to buy new clothes to fit into. ”

- Dawn Moreau

“ I have shredded fat and gained muscle! I am a type I diabetic who wears an insulin pump. I have very challenging dietary needs when intermingling a workout regimen! Now I bike, hike, kayak, lift weights and lead a very active lifestyle. ”



- Joe Griffin