

Foundation Health Consulting LLC Logo and Website Competition

Have you ever had your doctor tell you that you needed to lose weight, eat better, exercise more, sleep better, and better manage your stress, but then that same doctor is unable to provide concrete and meaningful ways to achieve those goals? Can you imagine a physician who specializes in wellness and has the expertise to provide you with concrete plans that are realistic for your life? Can you imagine your appointment with that specialist taking place in a local nature preserve, and the visit including a personal training session alongside the wellness counseling? How about in a grocery store, and including diet and nutrition advice alongside the shopping trip? Foundation Health Consulting aims to be that specialist.

Foundation Health Consulting will provide personalized health, wellness, and fitness counseling; coaching; wellness plans; and lifestyle protocols that bridge the gap between the standard of care for primary health care and the health and wellness industry, aiming to give science-backed high-quality advice, planning, and goal achievement on all topics of interest to the truly health conscious and discerning patients. We won't stop at telling you that you need to change, we will help you to create the plan that will bring those changes to reality.

Foundation Health Consulting LLC is a concierge medical practice that augments but does not replace a patient's current primary care practice. This means that the practice will work with patients and their primary care providers to ensure that all of their medical needs are met. The practice will also provide additional services that are not typically offered by primary care providers, such as personalized lifestyle protocols and longevity medicine, as well as advice on wellness topics of interest to the health conscious patient such as, but not limited to: fitness, diet, sleep hygiene, supplementation, hormetic stress protocols, and emerging therapies that go beyond standard of care.

Foundation Health Consulting LLC provides healthcare and health, wellness, fitness, and longevity counseling and coaching in the most convenient formats and locations available, including in-home, outdoor, and telehealth consultations. We aim to push the fields of healthcare and health, wellness, fitness, and longevity closer together, and further toward optimal health for everyone.

The practice will offer a variety of services, including:

- Personalized health and wellness assessment and advice based on client's individual needs and goals.
- Personalized goal setting and achievement to help clients to clarify their health goals and help them to formulate both their personal goals and the plans and protocols that will help them to achieve those goals.
- In-person and online personal training services for individuals who want to improve their fitness and health.
- Nutrition counseling for individuals who want to improve their diet and nutrition.
- Weight loss counseling for individuals who want to lose weight and improve their health.
- Lifestyle medicine services for individuals who want to make lifestyle changes to improve their health.
- Longevity medicine services that are science-backed and emerging therapies in the growing field of longevity medicine.

With this in mind, Foundation Health Consulting LLC needs a logo and a website. I like the idea of using bricks in the imagery, since I like to teach patients that each intervention I tell them about can be thought of as a potential brick in their foundation. I have a very crude idea represented below, but I am certainly not wed to the idea, and I will consider all creative logo ideas, even if they do not include anything like the picture. Preferably the logo should look classic, clean, and natural. Something of which both a physician and a spa might approve. Thank you.

Foundation Health Consulting LLC

