



TESTIMONIALS

“My retreat at On Target Living reinvigorated my quest for optimal health. I was stuck in a rut with eating healthy food and feeling like I was still missing something. The On Target Living team was able to fill in the holes in my nutrition program and made the whole process simple and achievable. Being made aware of how important sleep and mindfulness are to my health has also improved my stress and energy levels. It was a perfect mix of all aspects of living a healthy life. What a wonderful facility and staff!”

-Nikki Shram

"I am always interested in trying to improve mine and my families lifestyle, but usually become so overwhelmed I give up. I had the opportunity to spend a day at a health and wellness retreat at On Target Living, and I've never felt so hopeful and inspired. We were given so many big ideas but encouraged to make little changes. Customize the concepts to our lives and just focus on upgrading what we already do. I feel like I was finally given directions to help me navigate through this health journey. I would recommend On Target Living to anyone."

-Meghan McCormick



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“When I first heard Chris speak at an evening seminar, I was very impressed and immediately latched onto the idea of daily movement, even if you only have 5 minutes. Two years later I was looking for more ideas to move towards a healthier lifestyle for my husband and I remember back to the seminar. We decided to book the weekend health retreat (along with our son and daughter in law). To be immersed in excellent science based information about sleep, nutrition and movement plus delicious food plus effective workouts plus fun was an unforgettable experience! We went into it excited, nervous and hopeful. We came out with hope, energy, focus and determination. We now feel we have the tools, knowledge and mindset to make step by step changes that will stay with us forever and create the best version of us!”

-Kim B