

FUNCTIONALPS

THE COLLECTIVE, FOR WOMEN

Strong through change *Better together*

Twelve weeks with a small group of women at the same stage, and a plan inside it that is adapted to you.



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

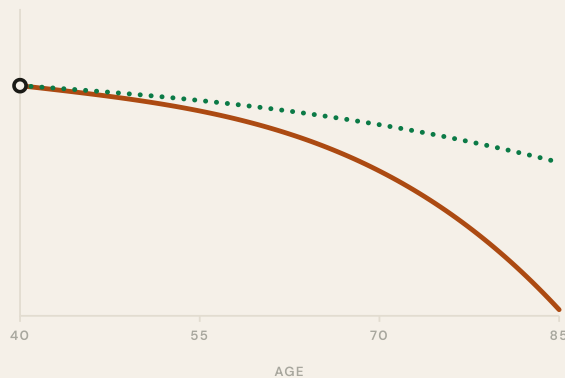
SLOWER RECOVERY

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

Understand what is changing. Decide where you want to go

Your body may be changing, but that does not mean you have to lose confidence in it.

Understand changes in energy, sleep, mood or recovery

Reconnect with movement in a way that feels supportive

Support metabolism and changing body composition

Find clarity beyond conflicting health advice

Build strong foundations for the coming years

Feel more like yourself again

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

Structured together. Personalized around you

12 WEEKS

Understand · Act · Build

A program built with you, not simply given to you. The group learns and practises together, while your weekly priorities, your movement and your nutrition are adapted to your experience, your objectives and the reality of your daily life.

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, build confidence in your body and practise alongside women at the same stage.



A personal weekly program: bodyweight, resistance band or gym, built around your experience, your equipment, 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
- 📊 Goals, personal history and environment
- 📈 Functional assessment and observations during sessions
- 🍴 Nutrition and lifestyle assessment
- 📱 App and wearable data, where available
- 📷 Food photographs and habits completed or missed
- 💖 Daily experiences: body, mood, sleep, energy, concentration and digestion

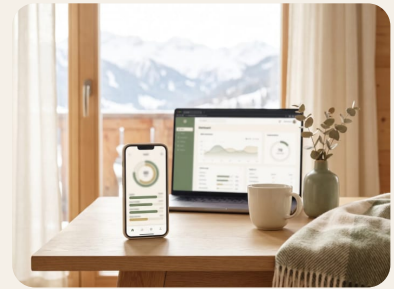
02 • ACT

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
- 📅 Build a routine that works for you
- 🛡️ Develop resilience when life changes unexpectedly
- 🏠 Shape an environment that supports your health
- ✅ Bring effective habits into everyday life
- 📖 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.

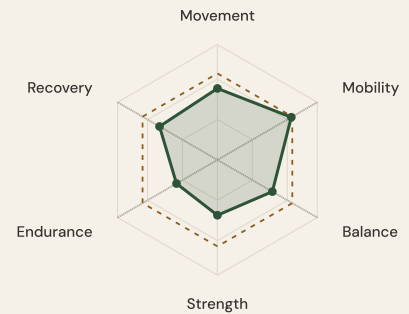
Your experience, understood in context

01 YOUR FIRST PICTURE

We begin by listening, then measure where your body actually is today.

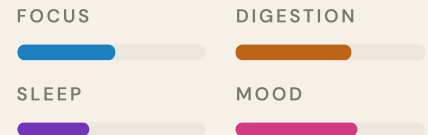
The result is a profile rather than a score: an honest read of your current capacity, with the strong sides and the weak ones both visible.

CONSULTATION / QUESTIONNAIRE / FUNCTIONAL ASSESSMENT



02 YOUR EVERYDAY SIGNALS

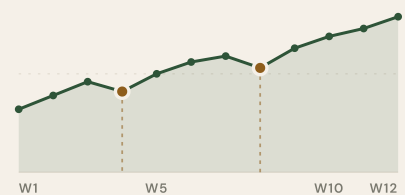
Through the FunctionAlps app, you can record food photographs, habits, movement and how you feel throughout the day.



03 WEEKLY EVOLUTION

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

Your plan evolves from these observations rather than remaining 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 PLACE

What it costs

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 YOUR PLACE INCLUDES

- 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

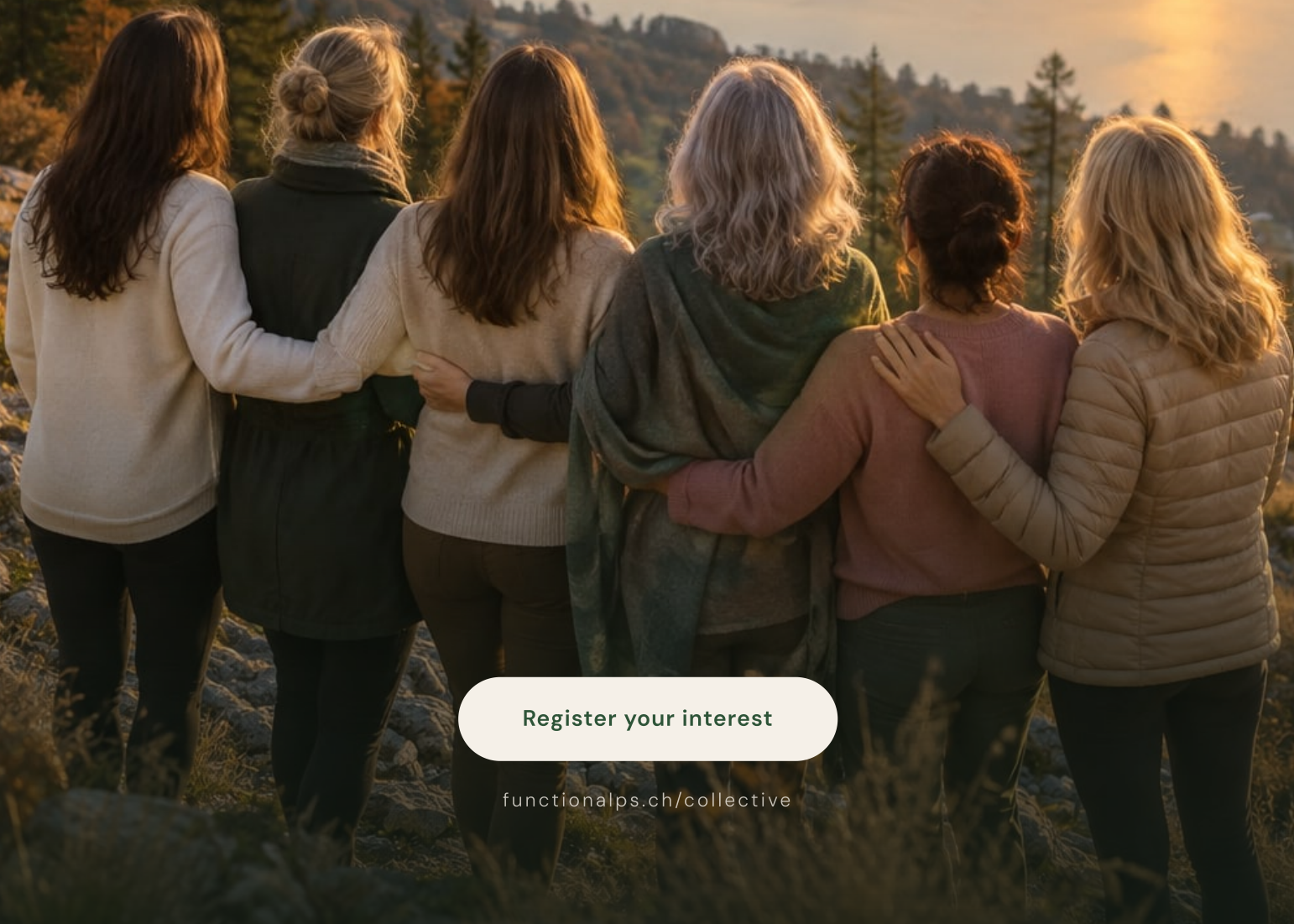
Equipment options and any final details are confirmed with you before you enrol.

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