



April 1, 2020

As COVID-19 's wrath is still upon us and the news and recommendations for stopping the spread is rapidly evolving, we are being faced with new challenges each day as individuals and as a business. Total Nutrition and Therapeutics will continue to devote ourselves to the following goals initially laid out in my letter to you dated 3/21/20:

Total Nutrition and Therapeutics is committed to the following:

1. Being part of the solution and doing everything possible to avoid being part of the problem
2. Supporting our clients and community in the most accessible ways as possible.
3. Procuring products, supplements and updated factual information regularly in an effort to keep you up to date and our team and community safe, educated and healthy.

Based on our most recent government update and the goals that we have to be a part of the solution and not the problem, the current changes will be implemented immediately at Total Nutrition and Therapeutics:

1. Our office will remain open with essential team members there committed to assist you.
2. Supplements will be available for pick up by CURB SERVICE from 9a-3p or once a day we will be shipping orders out. Once a day shipments will go out at noon. Should you need any supplements either by curb side pickup or shipped, please email us at orders@tntfit4life.com and be clear about what you need, how many and delivery type. If we are mailing, please be sure that you include your address that you are staying at as many are in different locations currently. Shipping fees will be based on what we are charged and nothing more as we do not increase the cost for the added expense of processing these orders. We are happy to share our actual receipt with you should you desire to see it.
3. All visits will be conducted by Telemedicine (Zoom). These visits will be conducted with you in the comfort of your own home by our professionals in the comfort and privacy of their own home private office space
4. Our Infra-Red Sauna will be closed for 30 days.
5. We ARE open for labs to be drawn. As well as BCA's and Slim shots. Each will be scheduled on a block that permits one at a time in the clinic. We have several of you on the schedule and based on some medications, supplements and treatments you are on, it still remains important that these are completed. Our lab technicians and IV team will be wearing masks and protective gear to reduce any potential risk. We are well versed on proper protection and make it our goal to ensure you feel comfortable and we are all safe.
6. Our IV room will be open, and it is strongly advised for those that are immune compromised. Vitamin C IV has long been shown to support the immune system and recent articles have shown its use with COVID-19. We will have IV therapy available a few days a week and the times will be limited. If you are interested in this therapy, please contact us at info@tntfit4life.com. A limited supply is available and scheduling in this way is essential. Our IV team will be treating each IV client individually although our room provides space for 3, it will be one at a time.
7. All classes will be offered by Zoom, webinar style or group visits. Wow! Has the response to this style learning been great. We look forward to new classes and opportunities to connect socially. Make sure to look for your EVERY FRIDAY class email from us and see what's happening with TNT! Sign up right away because some classes are limited.
8. Aesthetic services will be on hold till at least May 5th. If you have an appointment already scheduled, our team will be in contact with you to reschedule.

Thank you for your patience, understanding and willingness to be flexible and willing to learn during this crazy, unprecedented time! It has been a pleasure to walk alongside of you and to see how each of you is overcoming your personal challenges. Hats off to my incredible TNT team who I just can't say enough about each of them. They have truly stepped up and stepped out of so many comfort zones and have been stretched and strained but they come to work each day smiling and ready to take on whatever comes their way. I do know that God is working things out and working on each of us in different ways. I urge you to take this time to reflect on your blessings, don't lose sight of your goals, and regardless how much your schedule and your conveniences have changed, NEVER FORGET that this too shall pass. Stay strong and connected!

Much love,
Lori, owner of TNT