

HEALTHY LIFE



**It's a modern
method focused on**

GROUP STRENGTH



**achieving to optimize
individual discipline,
through a
collective commitment.**

**Its main
motor is to reveal a**

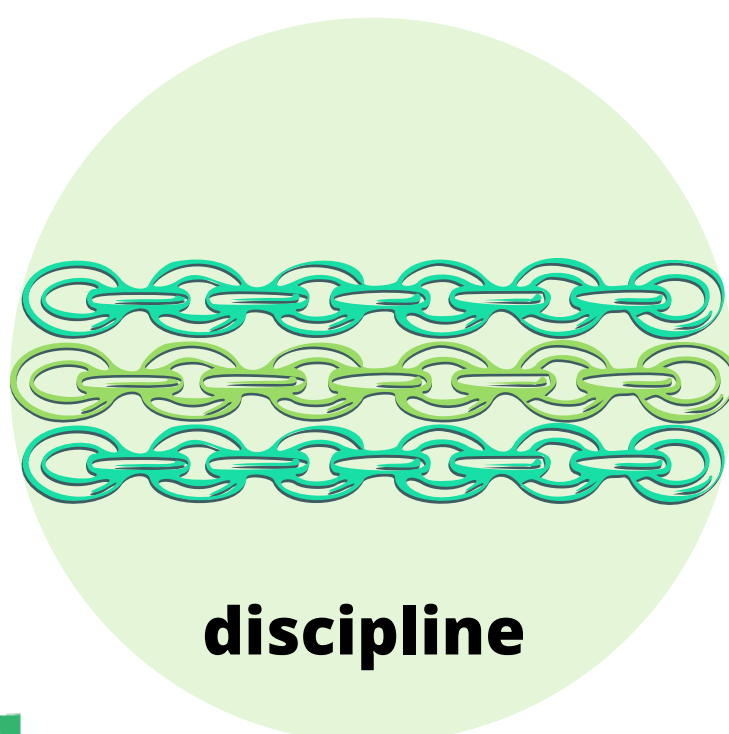
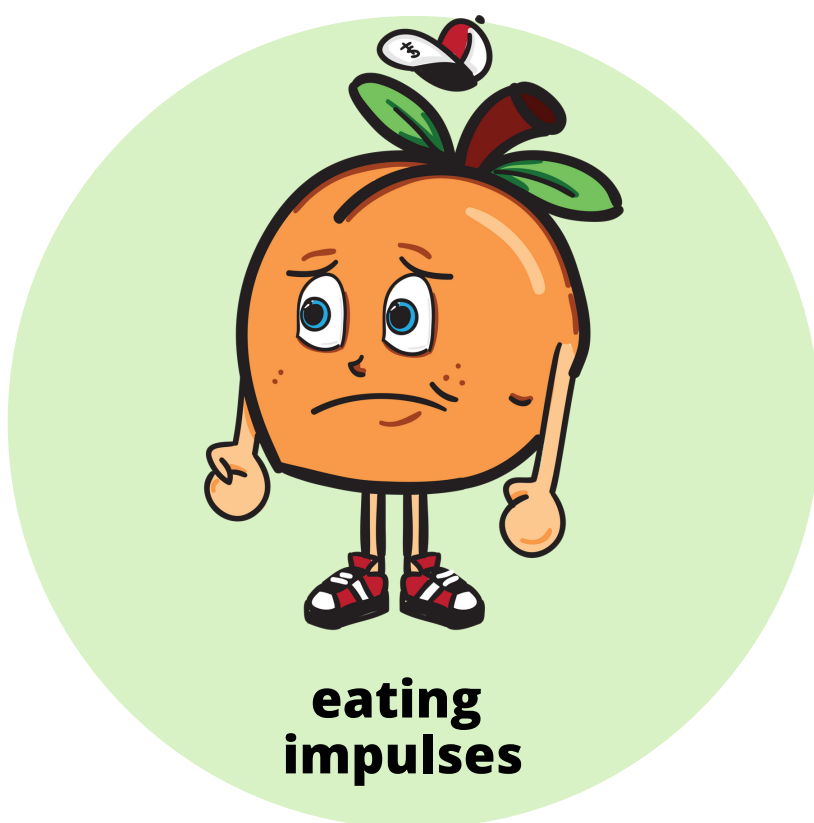
POSITIVE SYNERGY



**making it
easier to develop a**

HEALTHY LIFESTYLE

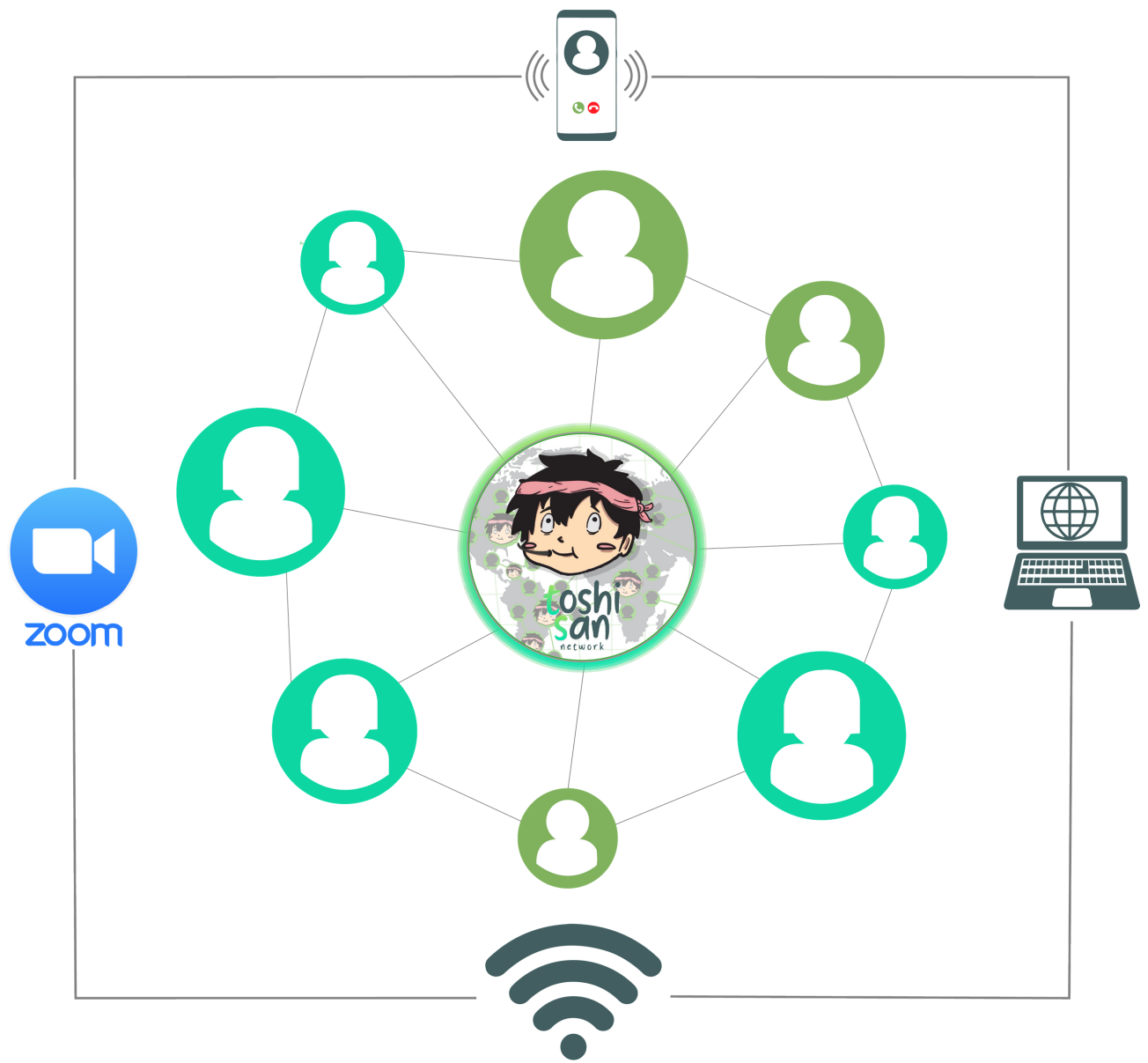
Main topics approached:



Lead a full and healthy life.

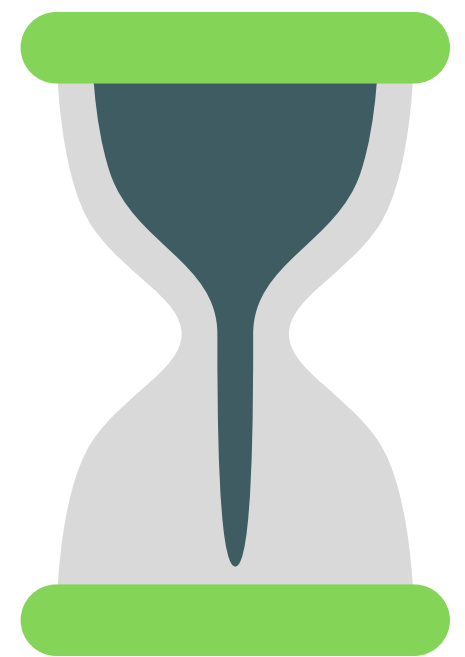
MAIN ADVANTAGES

^t_snetwork



Efficiency of
time and convenience:

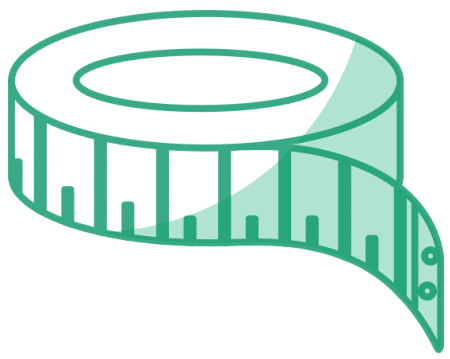
Don't waste
TIME
AND RESOURCES
going anywhere.



Join the group
from any place
through your smartphone.



Economy

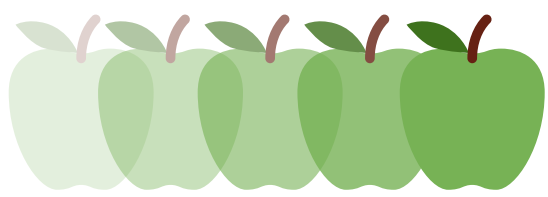


Taking care of your health

was never so

easy and practical

Nutricionists



and coaches

for a much more

affordable price!

REQUIREMENTS

1



Internet access:

considering that video calls will be made, a good internet connection is needed.

2



Privacy:

the participant is asked to isolate himself in a room or place that allows him to be absolutely alone, in order to respect the privacy of the group.

3



Earphones:

its use is mandatory for better communication.

4

Punctuality:



the meetings will start with punctuality, in order to respect the scheduled times of all participants.

5

Download Toshi San app:



It will be the support tool used, which will help to measure and achieve the group's objectives.

6

Download Zoom:



Video calls will be made through ZOOM platform.



toshisan network



For more information:
contact@toshisan.app