

Evexia Introduces Break the Cycle, a 90-Day Program for Sustainable Weight Loss and Metabolic Health

Evexia introduces Break the Cycle, a 90-day program combining education, accountability, testing, and supervised training for sustainable weight loss.

EDINA, MN, UNITED STATES, September 17, 2026 /EINPresswire.com/ -- [Evexia](#) is introducing [Break the Cycle](#), a 90-day metabolic health program designed for people who are tired of starting over with weight loss, diets, workouts, and health routines that do not last.

The program combines education, accountability, objective health data, and supervised resistance training to help participants build healthier habits, improve body composition, support metabolic health, and create a more sustainable path forward.

"Break the Cycle was created for people who feel stuck," said Dr. Roetman, founder of Evexia. "The goal is to give participants the structure, support, and education they need to better understand their bodies and make progress they can maintain."

Over the course of 90 days, participants receive baseline testing, weekly education, two supervised resistance training sessions per week, accountability check-ins, and small-group support. The program is designed to meet people where they are, including those who may feel out of shape, overwhelmed, or unsure where to begin.

Break the Cycle reflects Evexia's broader focus on metabolic health, body composition, [functional medicine](#), GI health, lab testing, nutrition, and lifestyle-based care.

Enrollment is now open for the next Break the Cycle



cohort. To learn more, visit evexiaclinicmn.com/break-the-cycle-class.

About Evexia

Evexia is a health and wellness clinic serving the Edina, Eden Prairie and the greater Twin Cities area with a focus on metabolic health, functional medicine, GI health, body composition, lab testing, nutrition, chiropractic rehab, and lifestyle-based care. Led by Dr. Roetman, Evexia helps patients use data, education, and accountability to support long-term health.

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