

# LA Unscripted | October 14th, 2022

<https://silosolo.com/627717>

## Summary

The video discusses Sportsman's Lodge, a new healthy oasis in the valley, and its rich history as a rustic escape for stars during the silver screen era. The lodge offers a variety of wellness offerings, such as IV hydration, physical therapy, chiropractic services, and a boutique grocer focused on healthy eating. The shops at Sportsman's Lodge aim to provide a connected and environmentally friendly shopping experience, taking advantage of the temperate climate in California. Next Health is a health optimization and longevity center that offers services like cryotherapy, IV therapy with custom formulations, and advanced medical services. Equinox provides tips on building lean muscle through their Coral Sculpt program, emphasizing balance and core engagement. Free People Movement offers a range of comfortable and performance workout clothing for those who lead active lifestyles.

## Silo sample questions

- What is Sportsman's Lodge and its history?
- What are the wellness offerings at Sportsman's Lodge?
- What is the concept behind the shops at Sportsman's Lodge?
- What services does Next Health offer?
- What are the tips for building lean muscle from Equinox?

## Topics

Sportsman's Lodge and its history

Wellness offerings at Sportsman's Lodge

The shops at Sportsman's Lodge and outdoor shopping

Next Health and its services

Equinox and building lean muscle

Free People Movement and workout clothing

## Key Takeaways

- Sportsman's Lodge is a new healthy oasis in the valley
- It offers a variety of wellness offerings including IV hydration, physical therapy, chiropractic, and active wear
- The shops at Sportsman's Lodge focus on community and outdoor shopping
- Next Health is a health optimization and longevity center that offers services like cryotherapy and IV therapy
- Equinox offers tips on building lean muscle through their Coral Sculpt program

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