



WELCOME

Health coaching is a unique, exciting innovation in health and nutrition. As a health and nutrition coach, I have studied the major dietary theories and will help you discover what approach works best for you at this point in your life.

While many dieticians dwell on restricted calories, and lists of good and bad foods, I work with my clients to create a happy, healthy fat loss lifestyle in a way that is flexible and free of denial.

No one diet works for everyone. I will guide you to find the food and lifestyle choices that best support you. I will also help you to make gradual, lifelong changes that enable you to reach your current and future health and nutrition goals.

GETTING STARTED

When was the last time you talked with someone about your health and received the personal attention that you deserve? It's rare for anyone to get an hour to work on specific nutritional goals with a trained professional. As a health and nutrition coach, I am here to create a supportive environment while we explore what really works for you.

The first step in the process is for us to make sure we are a good fit via a 15-minute free virtual chat.

We will discuss your unique situation in depth and determine how I can help you reach your personal goals.

Your personalized program will radically improve your health and happiness. Together, we will explore concerns specific to you and your body and discover the tools you need for a lifetime of balance.



Health and Nutrition Coaching Options:

Sessions can be conducted virtually or in person and include an initial 60-minute conversation.

6- month program:

(12)-1-hour sessions: \$150/session

Post 6-month training options:

1-hour sessions: \$150/session

30 minute sessions: \$75/session

6-month program Includes: Giveaways (food and self-care items), handouts via email, text support between sessions, a grocery store tour, and more.

Personal Training Options:

(After your first session, a minimum package of 6 must be purchased)

Sessions can be conducted virtually or in person and include an initial 15-minute phone call

45 minutes: \$80/session

30 minutes: \$55/session

Partner Training Options:

45 minutes: \$55/per person

30 minutes: \$40/per person

Group Training Options: (4 or more people)

40-minute class: \$25/session