

"WELLNESS WARRIOR PROGRAM"



Healthy Living Kick-Start

- ~ A 40 minute Healthy Living Kick-Start Interview
- ~ We dig into past, present, and future
- ~ Develop a wellness vision that works for you
- ~ Discuss challenges and obstacles
- ~ Review health goals and your motivation to thrive
- ~ Create action steps that help to bring your vision to life
- ~ Set time commitments for each goal
- ~ Find the best formula to help you reach your full human potential!



3 Month Package

- ~ Healthy Living Kick-Starter **PLUS** 2 monthly, 40 minute coaching sessions for 3 months
- ~ **True Cellular Detox** Portal Access (\$1999 Value!)
Including:
 - *Tasty Food Choices
 - *90 day meal plans
 - *19 smoothie recipes
 - *Weekly Grocery Lists
 - and so much more on what makes you Well!
- ~ Sessions are in-office or phone/virtual meetings
- ~ Email support between sessions
- ~ Resources as needed
- ~ Healthy meal advice and recipes that are simple to prepare
- ~ Supplement suggestions
- ~ Invitations to courses, workshops, or talks during the program
- ~ Recommendations of beneficial websites, Facebook postings, and other information sharing
- ~ My personal commitment to your health and success!
- ~ Total program may vary depending on client need and advisement
- ~ Lets get your VITALITY back!