



# Why Weight Wellness

Virtual Coaching Program

Fees

# How does Coaching Work?

Coaching is an amazing tool of accountability. Clients who are ready to take action in modifying lifestyle, nutrition and physical behaviors will learn to take control of their actions in return for improving their lives, Coaching is used to help improve the success in many different areas such as: Weight, Health, Relationships, Jobs, etc.

Your first session will address primary concerns and triggers that are preventing you from attaining your goals. We will evaluate many aspects of your life including:

- Work Schedules
- Daily Stressors
- Physical Movement
- Sleep Patterns
- Eating Patterns
- Relationships
- Current Medical Conditions

Follow up coaching sessions will then focus on the areas that we have identified as needing improvement or change in order to help you attain your goals. Remember, it is a journey and not a “quick-fix”. This program is tailored to your needs alone and while we may want to help others around us and share the knowledge we are learning, each individual experiences different challenges at different times. Our coaching is meant to prepare you to handle the ever changing demands placed on us and not only reach the goals we set for ourselves, but learn to “maintain” that success as well. When used to achieve weight loss goals, one must remember that this is not a “Diet”. It is a change to living as healthier lifestyle. There may be days where we remember that more easily than others. Our behavior does not change overnight. It is only through practice and repetition along with a healthy dose of accountability that we can begin to “re-wire” the communication between the mind and the body.

Yes, coaching is an investment in yourself both financially and emotionally. Often times we find reasons we cannot afford to take care of ourselves, but will spend on those same behaviors that are detrimental to our well-being. Don't let that be an excuse why the time isn't right for you, RIGHT NOW. There will never be the perfect time to begin.

Our group of coaches are here to make sure that nothing prevents you from achieving the results you are looking for. Our aim is to “*Change Lives One Day at a Time*” Each of us has a passion for what we do and we welcome you to join our family and see those results for yourself!

# Coaching Packages & Fees

## I Got This Package: \$54.95 one-time fee

This package contains the PDF download only of our program. It contains the suggested eating guidelines and structure for metabolic reset along with a measurement tracking sheet. The program also discusses the other factors of weight gain following our SSDE Formula. Recipes are also included to help you taste your way to healthier living.

## Let's Socialize Package: \$ 99 month

This package includes our PDF download along with one month of unlimited virtual coaching by email or text only. Perfect for those who need support, accountability but are still having a hard time carving out time for themselves.

## I'm Ready! Package: \$199 month

- ◇ This program includes everything listed in our program above. In addition, you will also receive the following:
  - ◇ (2) 45- minute sessions per month via Skype or telephone
  - ◇ Weekly weigh-in accountability check ups (if desired)
    - ◇ Personalized email support between sessions
- ◇ Making changes handouts on a weekly basis that challenge you to reach outside your "comfort-zone" in a fun, engaging way
  - ◇ Unlimited text support to keep you motivated

## I'm Committed to Me! Package: \$275 month

This program includes all of the above services but clients who choose this package will receive (4) 45-minute virtual sessions per month.

## I'm Keeping it Simple—Single Session Coaching

45 minute Coaching Session by Phone, Skype or In-Person: \$89.00