



## ONLINE COACHING

### ONE-ON-ONE WELLNESS COACHING

I take a holistic, [weight-inclusive](#) approach to health and wellness that includes exercise, nutrition, and mindset coaching. My goal is to help you find ways of eating, moving, and thinking that nourish you so that you can stop wasting precious time obsessing about food and your body. My focus is on helping you **feel** as good as possible--energetic, empowered, strong--without worrying about reaching a specific number on the scale or exact body composition.

#### Includes:

- Thorough initial health and wellness questionnaire and assessment so I can understand where you're coming from and the direction you'd like to go.
- Customized exercise programming based in strength training that takes into account your specific schedule, equipment access, and preferences to help you step into your power and reconnect with your body.
- Nutrition coaching based in the practice of intuitive eating and habit building that is designed to give you freedom from restrictive diets and food obsession and help you get more in touch with your body's individual dietary wants and needs.
- Mindset and body image coaching, which will include assignments to help develop self-confidence, self-compassion, body acceptance, creativity, and balance in your life so that you can stop waiting and start *living*.
- Two half-hour coaching calls per month.
- Access to my coaching software on both your computer and phone, which includes a schedule of all coaching events and assignments, your exercise programming (complete with form videos and written descriptions), educational materials, and progress-tracking tools.
- Unlimited email support.
- Automated monthly billing via Paypal.

#### Price:

\$297/month

3-month minimum commitment

## ONE-ON-ONE INTUITIVE EATING & NUTRITION COACHING

There is so much conflicting information (and misinformation) out there about nutrition. Many of us have spent our lives yo-yo dieting and trapped in the binge and restrict cycle. As a result, the very act of eating (or not eating) has become an anxiety and guilt-inducing experience. I will help you leave behind the world of dieting behaviors and food rules to find a way of eating that makes you feel good and prioritizes both physical *and* mental health. Together we will focus on discovering your unique nutritional wants and needs to create a satisfying and nourishing eating experience.

### Includes:

- Thorough initial health and wellness questionnaire and assessment so I can understand where you're coming from and the direction you'd like to go.
- [Weight-inclusive](#) nutrition coaching based in the practice of intuitive eating and habit building that is designed to give you freedom from restrictive diets and food obsession and help you get more in touch with your body's individual dietary wants and needs.
- Two half-hour coaching calls per month.
- Mindset assignments to help you more deeply explore your relationship with food, diet culture, and your body.
- Access to my coaching software on both your computer and phone, which includes a schedule of all coaching events and assignments, your exercise programming (complete with form videos and written descriptions), educational materials, and progress-tracking tools.
- Recipe recommendations and supplement advice as needed.
- Unlimited email support.
- Automated monthly billing via Paypal.

### Price:

\$227/month

3-month minimum commitment

## INDIVIDUALIZED EXERCISE PROGRAMMING

You may simply want someone with experience to write your exercise programming for you instead of having a full coaching experience. I get it, and I'm here to deliver. I will tailor your programming to your individual performance goals, schedule, available equipment (no gym required), and exercise preferences.

### Includes:

- Initial questionnaire so I can understand your exercise background and your goals.
- Customized exercise programming based in strength training to help you step into your power and reconnect with your body.
- Check-in questionnaires before each new round of programming to keep track of any changes to your preferences and your progress towards your goals.
- Access to my coaching software on both your computer and phone, which includes a schedule of your exercise programming (complete with form videos and written descriptions), educational materials, and progress-tracking tools.

### Price:

\$130/program

3-program minimum (most people want new programming every 4-6 weeks)