



Health Coach Offerings

All programs also include a weekly check-in via text or email. After completing a program, there will be 3 monthly follow ups via text or email. Clients can choose between in-person or virtual coaching.

Fundamentals of Nutrition- 6 Week Program \$450 (individual or group sessions)

In this program you'll learn all the nutrition basics to jump start your personal wellness journey! You will learn about macronutrients, clean eating, healthier alternatives for your favorite dishes, how food impacts your health, and more!

Each session is 1 hour and includes:

- Healthy tools, tips, and activities related to the session's topic
- A healthy snack
- Goal Setting

This program includes the following 6 sessions:

- Session 1- Traffic Light Eating and Portion Control
- Session 2- Breakfast and Healthy Grains
- Session 3- The Benefits of Fruits and Vegetables
- Session 4- The Skinny on Fat
- Session 5- Power Up With Protein and Play
- Session 6- Hydration 101

Fundamentals of Nutrition PLUS- 8 Week Program \$600 (individual only)

This program contains all the goodness of the Fundamentals of Nutrition Program PLUS your choice for the 7th session of:

- A Pantry Makeover **OR**
- A Smart Shopping Trip **OR**
- Meal Planning for a Week

The 8th session will be based upon your personalized needs. Possible session topics are:

- Stress Management
- Exercise Plans
- Tips for Improving Sleep

Live Your Best Life - 8 Week Program \$600 (individual or group sessions)

This program will give you all the information and tools you need to live life to the fullest as you age. Learn how your body has the power to heal itself and how to safeguard yourself against future ailments and diseases. Some of the topics covered include: reducing inflammation, preventing diabetes, cancer, and autoimmune disorders, exercise and its impact on heart health, balancing your blood sugar, and much more! This course gives you a much more in depth view of how our body functions from the inside out but in easy to understand terms.

Each session is 1 hour and includes:

- Healthy tools, tips, and activities related to the session's topic
- A healthy snack
- A workbook
- Goal Setting

This program includes the following 8 sessions:

- Sessions 1 & 2 : Make Health Your Hobby
- Sessions 3 & 4: Make Your Own Medicine
- Sessions 5 & 6: Move Waste From Your Waist
- Sessions 7 & 8: Live Life Without Pain and Inflammation

I Want It All!- 14 Week Program \$1,000 (individual only)

Why choose? Get both the Fundamentals of Nutrition and Live Your Best Life in this 3 1/2 month program!

Special "I Want It All" bonus - a Eudaimonia Swag Bag filled with some of my favorite merch. including a Eudaimonia tank top or tee, your choice!

Follow Up Sessions \$75 (individual only)

Additional hour long sessions can be scheduled following the completion of a program. Both the coach and client can determine what the content/focus of these sessions will be based on the client's needs and goals.

Payment Information:

Payment can be made in full at the start of a program or paid per session at the hourly rate of \$75. Group sessions of 2 or more save 20% off the program price!

Forms of payment accepted are:

- *Cash or Check*
- *Venmo - @Heidi-Cox-31*
- *PayPal- coachheidilynn@gmail.com*

