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PACKAGE 3: Health Coaching + Personal Training



This package is a combination of overall health and wellness coaching and includes a customized Fitness Program.

This is the complete Health and Wellness Package and aims to educate and empower clients to achieve their health goals.

- ⇒ 2 X 60-minute session either in person or video-call
- ⇒ Unlimited weekly email contact to help you stay motivated and to strategize
- ⇒ Provide fitness testing to assess clients' current fitness level and plan a progressive physical activity program.
- ⇒ Specifically, designed exercise plan based on your level of ability and specific goals
- ⇒ Specifically, designed planners and activities to help you meet your goals
- ⇒ Recipe and meal starter ideas based on your nutrition requirements
- ⇒ Duration of the program to be determined based on individual needs

For pricing and information contact Kim at kim@ourhealthytable.com | 647-567-0173