

Membership

\$100/month

- Weekly strength training group sessions with Coach Heather (hosted at Anytime Fitness)*
- Bi-monthly weigh-in & measurement assessments
- Your choice of 1 Health Workshop or Clean Eating Class per month
- Customized nutritional planning
- Weekly email support
- Video-library of recipes
- Monthly Zoom Meetings (open Q&A style forum for all members to ask questions)
- Access to Coach Heather's classes at the VVL Clubhouse (Water Aerobics and Roll & Release)
- Access to recorded coaching calls
- Bi-monthly members-only challenges with prizes

*Anytime Fitness membership estimated to be \$30/month.

About Heather

I am a certified integrative nutrition health and wellness coach. My passion is helping women live happier, healthier lives through nutrition and exercise. They in turn, teach their children to do the same, creating a ripple effect! As a coach, I put the power back in **YOUR** hands. Each session will leave you feeling inspired and motivated. We will talk about things beyond food, seeking to bring balance to important elements of your life such as love and relationships, as well as career and money. I will personally and carefully guide you to make simple, small changes that transform your life.



Members Only Benefits

- \$25 Drop-in chiropractor appointments
- Quarterly members-only outings with Coach Heather
- Access to the Ask Heather forum for 24/7 support
- Reduced prices on other coaching programs (includes the 5-Day Detox – \$77 for members, normally priced at \$97)

5-Day Detox Program

- Reset your eating habits so you can get back on track with your health goals.
- Curb sugar and carbohydrate cravings – stop eating the junk that keeps sneaking back into your diet!
- Enjoy a whole-foods based cleanse with lots of support & yummy recipes.
- Learn how to really feed your body so you have radiant health and energy, rather than relying on caffeine & energy drinks to get you through the day.
- Family-friendly recipes & snacks that even your kids will enjoy.

