|  |  |  |
| --- | --- | --- |
| Fitness Session |  | A full whole body workout, aiming towards your specific goals  \*\*One on one training that will highlight proper workout form and milestones on your progress.  40/50 minutes average $40 per session |
| Health Coach/ Nutrition Session |  | Nutrition Coaching, Lifestyle Encouragement and Enhancements and even All Inclusive Inner Soul Enlightenment program  \*\*Includes personal and professional relationship building.  30/40 minutes average $80 per session |
| Once a Week Package |  | This package includes one day a week that will combined both nutrition and fitness session  \*\*Getting the benefits of both worlds.  1 / 1.25 hours average $100 per session |
| Buddy Package |  | This package will allow two person access to a single Fitness or Nutrition session at the same time.  \*\*Split the price between the two of them!  $40/$80 per session |
| Connecting Package  \*\*Save 25% |  | If you live far away or just limited on time; this is the best package for you. Telephone calls and or Skype calls.  \*\*Doing this way can ensure the best of both worlds Price and Time!  Fitness $30 per session 20/15 minutes  Health Coaching $40 per session 20/15 minutes  Once a week $50 per session 30/35 minutes |
| Subscribe for “Balance Samples” |  | Subscribe to monthly “Balance Samples” and get a free sample from anything from my selection on Superfoods to Whole Body Health Nutrition rewards.  \*\*These samples can help you reach your personal goals!  \*\*Subscribe today and start using samples in your next smoothie or dish!  $10 per month |
| Like, Share, Comment, and or Subscribe |  | Like Balance on Facebook and Twitter, for more motivation and helpful tips.  Feel free to ask questions! Ask for my private instagram for some fun pictures of your health coach. |
| Businesses |  | If you are a business looking for someone to come in to teach, educate, promote nutrition, healthy lifestyles, whole body wellness or help in any health aspect within your company goals for your customers or employees.  Contact me today for free for special pricing! |