

Fuel Your Purpose

6-WEEK LIFESTYLE NUTRITION PROGRAM

Are you tired of stressful and confusing yo-yo dieting that doesn't last, not really understanding how to eat best for **YOU and YOUR goals**, and most importantly, not feeling empowered or educated on how to carry out your healthiest lifestyle on a daily basis?

In the Fuel Your Purpose 6-week nutrition program, you will be learning how to reach your personal health and fitness goals by **EATING** towards them **WITHOUT stress, but WITH understanding**. You will be coached in creating a **thriving and sustainable lifestyle** of proper, balanced nutrition in your every day diet. We will be marrying your exercise regimen to your nutrition plan so they are working in sync, allowing you to truly see and feel real results.

Through a customized, easy to follow nutrition guideline and **PERSONAL** coaching with our Nutrition Specialist and Personal Trainer/Instructor, Anna, you will actively work your way towards a lifestyle of consistently fueling your purpose!

Our goal is to keep you engaged, encouraged, and supported in fueling your body with love, joy, and understanding!

PROGRAM OVERVIEW

- Initial program consultation and introduction.
- 6-week, one-hour private coaching sessions at the club.

WEEKS 1 & 2

Dive in to lifestyle habits with eating, learning about food categories and balances, and tracking your intake according to your personalized guideline to become familiar with nutritional values of food choices.

WEEKS 3-6

Progress your knowledge and practices in to an even more simple and sustainable way to follow your guideline, along with learning intuitive eating habits teaching your brain to listen to your body's cues and to properly honor them.

NUTRITION PROGRAM FEE: \$540