

Heather Rose's Health & Wellness - Monthly Seminars

What's Included In the Virtual Wellness Center

- Full month of coaching & checking in within an exclusive facebook group
- ACCOUNTABILITY
- 4 Live Nutritional Seminar Courses, instructed by Heather
- Food & Fitness E-Book, written by Heather
- 2 Full Video Workouts, created and instructed by Heather
- Printable Documents Full Body Workout Circuits, created by Heather
- Checklist for Organization & Tracking Sheets, created by Heather
- Meal Plans + Grocery Lists
- Tips & Tricks to surviving the holiday season
- Seasonal & Featured Recipes for the holiday season
- Daily prompts and posts with educational tips teaching you something new everyday of your health and wellness journey.

Nutrition Topics

January

1. Back to the Basics: following portions, pairings, and tracking
2. Eating Clean Doesn't Mean Eating Less: how to time your nutrition
3. Eating Enough: not just eating enough calories, but eating enough macro and micro nutrients
4. Reading & Understanding Labels: the science of a label

February:

1. From a Meal Plan, to Meal Prep - navigating your fridge and pantry
2. From Meal Plan to Prep - navigating your grocery lists, shopping on a budget
3. Food Is Functional: The WHY to our macros & food groups (AKA: Carbs/sugars)
4. Food Is Functional: pre/post workout meals and how to fit them into your training plan

March:

1. Fail to Plan, Plan to Fail: having a plan of action for all seasons of the year
2. Breaking Through That Plateau: The small changes that make BIG differences
3. Eat to Aid: what helps and what hurts your body from the inside out
4. Feeling Nourished versus Feeling Full

April:

1. Strategic Nutrition: the 80/20 rule + planning/timing your nutrition
2. Traveling, Eating Out, & Reading Menus
3. Food Hacks: flavors, spices, desserts, and deliciousness!
4. Calories in Equal Calories Out: quality of your calories over quantity

Heather Rose's Health & Wellness Price Menu



Wellness Workshop Packages

The Limo Rider Package - Starting at \$130.00

The Mini Limo Rider Package - Starting at \$62.00

Caravan Rider Package - \$125.00/month OR \$300.00/3 months

Taxi Rider Package: \$65.00/month OR \$180.00/3 months

Solo Rider Package: \$35.00/month OR \$90.00/3 months

Virtual Self Packed Workshops

3 Day Cleanse: \$10.00-\$30.00

Macros & Meal Prep: \$15.00 - \$30.00

Roll, Release & Restore : \$10.00

Movement Through Menopause & More: \$60.00

Individual Self-Paced Seminars

\$10.00 each for seminar + resources (topics added weekly)

Seminar 1: Back to the Basics: following portions, pairings, and tracking

Seminar 2: Eating Clean Doesn't Mean Eating Less: how to time your nutrition

Seminar 3: Eating Enough: eating enough calories & enough macro and micro nutrients

Consultation Calls:

First 10 minute call is FREE

1-20 minute call \$20 OR 4-20 minute calls \$60

**Bundle 3 or more services and receive 10% off (excluding the limo rider packages)*

Wellness Workshop Package Descriptions

The Limo Rider Package

Access to Heather's Virtual Wellness Center & Content including coaching within the group
ONE 20-minute video consultation call with Heather, for goal setting and individual progress
A full year of unlimited workouts, unlimited nutrition plans, unlimited cookbook and cooking shows
A full year of unlimited workouts & exercise resources and MORE!
30-Day of Shakeology Super foods Shakes and/or Performance Line from Beachbody

Optional Add on:

40+ Nutrition Videos with Meal Plans on Beachbody On Demand
Portion Control Containers with Fixate Cookbook, with 300+ Recipes
75+ Lunch Recipe Cookbook For Children and Adults
Hard Copy (Spiral Books) Workbook + :Daily Logbook
Access to 50+ workouts from the 21 Day Fix Real Time Program
The Limo Rider Packages are individualized to your specific needs and goals.

The Mini Limo Rider Package

Access to Heather's Virtual Wellness Center & Content including coaching within the group
40+ Nutrition Videos, Unlimited Meal Plans
Fixate Cookbook, with 300+ Recipes
75+ Lunch Recipe Cookbook For Children and Adults
Digital Workbook + Digital Daily Logbook
Access to 50+ workouts from the 21 Day Fix Real Time Program

The Caravan Rider Package

Access to Heather's Virtual Wellness Center & Content
Coaching within the group + Unlimited Coaching Via Messages/Text/Email
Weekly Meal Plans - created by Heather
FOUR 20-minute video calls with Heather (to review the weekly meal plans and review each week)

The Taxi Rider Package

Unlimited Access to Heather's Virtual Wellness Center & Content with coaching within the group
Unlimited coaching via messages/text/email with virtual weekly check ins

The Solo Rider Package

Unlimited Access to Heather's Virtual Wellness Center & Content
Coaching within the group (very limited coaching via messages/text/email)

Note:

The limo rider packages are through Beachbody as a package deal. These packages guarantee access to Beachbody Resources as well as your spot in Heather's monthly Wellness Center Seminar with access to Heather as your coach in the group

Virtual Self Paced Workshops



The 3 Day Cleanse

Jumpstart your month with the 3-day cleanse, in which Heather will privately coach you through, including a personalized 20-minute consultation call, the 3-day cleanse meal plan, grocery list, tracker sheet and more. You can cleanse and lose up to 10 pounds in the 3 days. Perfect to jumpstart the month or perfect for after a holiday, or both!

Full package: \$30.00 - Information ONLY with no coaching: \$10.00

Macros & Meal Prep

A Self-Paced Virtual Workshop. Learn the how, what, why behind the scientific concepts of macros with a 36 minute video instructed by Coach Heather. Watch a 90-minute meal planning session as Heather takes you through a systematic way of prepping foods for 5 days in under 95 minutes start to finish. This self paced workshop also includes a "No-Cook Meal Plan" for a full week, with macros laid out, a wide variety of nutritional resources and recipes, along with a 30-minute workout video taught by Coach Heather. With the full package, you also get 5 days of unlimited coaching from Heather.

Full package: \$30.00 - Information ONLY with no coaching: \$10.00

Roll, Release, & Restore

A self paced virtual workshop, designed to enhance movement in your body, improve flexibility, increase blood flow, and reduce injury and pain through foam rolling. Included is a 30-minute video in which Heather introduces you to the world of myofascial tissue release and the science behind deep stretching, applying it our stance and alignment in everyday day. Also included, Heather leads you on a 45 minute guided journey of your body from the bottom of your feet to the muscles of the skull, to calm the body, alleviating feelings of stress and anxiety, and reduce inflammation.

Motion Through Menopause & More

A virtual self-paced virtual workshop designed to enhance movement in your body, improve flexibility, increase blood flow, and reduce injury, pain, aches, and soreness during this tough transitional life period.

Included in this workshop is

6 ten-minute videos, focused on movement, all instructed by Heather. Also included is one nutrition video, created and instructed by Heather, guiding you through the metabolic changes and healthy food options to support the changes occurring in the body. With this workshop, you also receive a variation of resources: two nutrition "cheat sheets" to accompany the nutrition video, several hundred recipes, tracker sheet, tips & tricks "cheat sheet" to tracking, and access to Heather as your coach

Individualized Consultation Calls

For any package, enhance your experience with an added individualized coaching call and/or weekly calls with Heather. Calls are set up to review your progress, and discuss workout/nutrition plans week to week. Calls are intended to go over any specific dietary needs, questions, concerns, special needs, and more. Calls can include recipes, and nutrition consultations, but not full nutrition plans.

Virtual Self Paced Seminars



Each week Heather teaches online seminars regarding food & fitness together. If you'd like access to Heather's educational seminars without the full workshops and without coaching, seminars are only \$10.00 each and come with the video and resources that go along with that particular seminar. Topics are added each week.

Current topics include:

- Seminar 1: Back to the Basics: following portions, pairings, and tracking
- Seminar 2: Eating Clean Doesn't Mean Eating Less: how to time your nutrition
- Seminar 3: Eating Enough: eating enough calories & enough macro and micro nutrients
- Seminar 4: Reading & Understanding Labels
- Seminar 5: From Meal Planning to Meal Prepping to Meal Packing & everything between
- Seminar 6: The WHY & HOW to our macros & meals

How to Enroll, Sign up, Register, Pay



From the bottom of my heart, I thank you for confiding in me on your health journey. I believe in you and know that you can and will succeed with a great plan and excellent mindset. It is my honor and pleasure to coach you, mentor you, chat with you, and support you through this beautiful journey.

*In Health,
Heather*



To enroll for any specific wellness workshop, self paced workshop, and self paced seminars, please message Heather directly. You may message her via facebook, instagram, text, or email.

Speak with Heather directly regarding the packages that are best for you and your goals.

Sign up without any enrollment fees or hassles.

Payment are done via facebook messenger or venmo.

Coach Heather Rose Blakeman

www.heatherrosewellness.com

Instagram: Heather_Rose_Health_Wellness

Facebook: Heather Rose Blakeman OR Heather Rose Health & Wellness

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