

Heather Rose's Health & Wellness

Price Menu - June 2020

Special Packages (page 2).

Nail Down Your Nutrition Package: \$99.00

Wellness Workshop Packages (page 3).

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

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

Actively Ageless Workshop Packages (page 3).

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

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

Additional Virtual Self Packed Workshops (page 4).

3 Day Cleanse: \$25.00

Macros, Meal Prep & Movement: \$25.00

Consultation Calls: (page 4).

First 10 minute call is FREE *applies to first timers*

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

**Bundle 2 or more services and receive 20% off. Bundle 3 or more packages and receive 30% off*

***Taxi Rider Packages include the group, the content in the group setting, and unlimited messaging/emailing and private weekly check ins*

****Solo Rider Packages include the group, the content in the groups, group checks ins, but NOT unlimited messaging/emailing. and NOT private check ins*

If you need individualized coaching, you should consider the taxi rider packages along with consultation calls.

Heather Rose's Health & Wellness

"Nail Down Your Nutrition" with Coach Heather Package

How to nail down your nutrition with a 28 Day Meal Plan + 19 Educational Videos (topics listed below) + instructions + tracker sheet + 7 cheat sheets + recipes + coaching

1 28 Day Nutrition Plan

- instructions on how to follow the plan
- recipes for the meal plan

3 Foundation Macro-Based Videos:

- Macros & Meals
- Nutrition for the Changing Body (Menopause & More)
- Meal Prepping - 5 days of Food in 90 Minutes

14 Educational Seminar Videos:

- 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
- Seminar 7: When the hunger hits & how to navigate the kitchen through hunger
- Seminar 8: Exercise & Eating: Pairing your pre & post workout meals
- Seminar 9: Fail to Plan, Plan to Fail: having a plan of action for all seasons of the year
- Seminar 10: Breaking Through That Plateau: small changes that make BIG differences
- Seminar 11: Eat to Aid: what helps and what hurts your body from the inside out
- Seminar 12: Feeling Nourished versus Feeling Full
- Seminar 13: Strategic Nutrition - the 80/20 Rule + Timing Your Foods
- Seminar 14: Traveling, Eating out, Reading Menus
- Seminar 15: Kitchen Hacks
- Seminar 16: Calories in Versus Calories Out: Quality & Quantity

All content listed above is created by Coach Heather and come in DIGITAL format.

Investment:

Videos/resources/meal plan (digitally) & 4 weeks of coaching: \$99.00

Heather Rose's Health & Wellness - Monthly Workshops

Wellness Workshop

The Wellness Workshop is your more overall well-being workshop. The contents of this workshop range from food & fitness together, mindset, emotional stability, and managing our health overall.

- Full month of coaching & checking in within an exclusive facebook group with accountability
- 4 Nutritional Seminar Courses, instructed by Heather
- Food & Fitness E-Book, written by Heather
- Several Sample Workouts - in video format
- Printable Full Body Workout Circuits, created by Heather
- Checklist for Organization & Tracking Sheets, created by Heather
- Meal Plans + Grocery Lists
- Tips & Tricks to navigating nutrition
- 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.

Actively Ageless Workshop

The Actively Aging Workshop is where you'd find more focus on the physical activity that our body needs, regardless of age and ability. The contents of this workshop are more centered on moving our body everyday, in one form or another. There will be FIVE types of workout series in the groups, all of which are recorded and instructed by Heather. With these FIVE series, you are set for an entire month of physical activity. This is the workshop where Heather will be posting and teaching any LIVE workouts for the month of June, so in this workshop, you get UNLIMITED access to Heather's LIVE classes for June. In addition to FIVE workout series and LIVE workouts, this is the group where you will also find a wide variety of suggested workout calendars for 5k, 10k, and half marathon training. You will also find suggested calendars for using the Actively Ageless workouts for weight maintenance, weight loss, or just maintaining your cross training as an Actively Ageless Athlete.

- Full month of coaching & checking in within an exclusive facebook group with accountability
- Ten Minute Time Frame Workout Series (5, 10-minute workout videos for a time crunch)
- Get Fit While You Sit **Workout Series** (14 recorded videos about posture, alignment, mobility, and more)
- Functional Fitness **Workout Series** (25 recorded videos: stretch & strengthen, lengthen, barre, strength circuits, spin, cardio and more)
- Foam Rolling **Workout Series** (7 recorded videos of full body foam rolling)
- Cardio Core **Workout Series** (3 recorded videos of cardio-core-hiit style workouts)
- Unlimited **access to any and all LIVE Workout Videos** Heather teaches in June
- Tips & Tricks to navigating nutrition & nutrition resources
- Four 1-week sample meal plans
- Daily prompts and posts with educational tips teaching you something new everyday of your health and wellness journey.
- Recordings are always being added. So, you may actually get more than those listed here

Virtual Self Paced Workshops



The 3 Day Cleanse

Jumpstart your month with the 3-day cleanse, in which Heather will privately coach you through 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! With the cleanse, you will receive the meal plan, grocery list, tracker sheet and coaching via messages/email/texts.

Macros, Meal Prep & Movement

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. Along with the nutrition information, enjoy a 30 minute educational video about the science and background of myofascia tissue, stretching, and foam rolling. You'll also get 4 workout videos that pair well with activities of daily life. With the full package, you also get 7 days of unlimited coaching from Heather.

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.



How to Enroll, Register, & Pay

To enroll for any specific workshop, please message Heather directly. You may message Heather 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

Email: hrplatte@gmail.com

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*