

Heather Rose's Health & Wellness Price Menu - 2020

Special Packages (pages 2 & 3 of the full PDF).

Nail Down Your Nutrition Package: \$99.00

Personalized Packages: \$99-\$125

Wellness Workshop Packages (page 4 of the full PDF).

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 4 of the full PDF).

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 Paced Seminars (page 5 of the full PDF).

Sampler Seminar: \$25.00

3 Day Cleanse & Cook: \$25.00

Fitness Fit into Your Schedule:

\$9.99/month, \$28.99/3 months, \$56.99/6 months

Private Calls: (page 5 of the full PDF).

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

**Bundle 2 services = 20% off. Bundle 3 or more = 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, but NOT unlimited messaging/emailing. and NOT private check ins*

If you need individualized coaching, weekly check ins, meal plan and tracker sheet reviews, 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

Personalized Packages



The Personalized Package options have been designed for those who are in need of personalized planning week to week. Whether working towards weight loss, weight maintenance, sports training, overcoming injury, staying active through age, training for a specific race, or any other specific goal, the Personalized Package options are meant to fit into your lifestyle and can be altered week to week based on your schedule.

Being that it is a PERSONALIZED package, if there is additional material/guidance you need on your journey, request and Heather can absolutely alter that PERSONALIZED option to meet your needs.

Option #1: THE SLIM DOWN & TONE UP PACKAGE

\$125

The Nail Down Your Nutrition Package (\$99 value)

+ Cleanse (\$25 value)

+ 30 Day Access to both of Heather's workshops (\$70 value)

Option #2: THE REGAIN FOCUS & INTENTION PACKAGE

\$99/month

30 Day Access to both of Heather's workshops (\$70 value)

+ 4 20-minute Zoom calls to review your tracker sheets, calendar (\$60 value)



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
- **Weekly zoom calls, as "Cooking with the Coach" - Wednesday evenings at 4pmPT, 5pmMT, 6pmCT, 7pmET**
- **Weekly zoom calls, as "Coffee with the Coach" to plan out your week**
- 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
- Sample Meal Plans + Grocery Lists
- Tips & Tricks to navigating nutrition
- Seasonal & Featured Recipes for each month
- 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, so in this workshop, you get UNLIMITED access to Heather's LIVE classes. 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
- Weekly zoom calls, as "Coffee with the Coach" to plan out your week
- Ten Minute Time Frame **Workout Series** (10-minute workout videos for a time crunch)
- Get Fit While You Sit **Workout Series** (Recorded videos about posture, alignment, mobility, and more)
- Functional Fitness **Workout Series** (Recorded videos: stretch & strengthen, lengthen, barre, strength circuits, spin, cardio and more)
- Foam Rolling **Workout Series** (Recorded videos of full body foam rolling)
- Cardio Core **Workout Series** (Recorded videos of cardio-core-hiit style workouts)
- Unlimited **access to any and all LIVE Workout Videos** Heather teaches
- 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.
- The workshop is currently up to about **130 recorded workouts**
- Recordings are always being added. So, you may actually get more than those listed here

Virtual Self Paced Workshops



The Sampler Seminar

Explore all of the options that Heather offers through her coaching with 7 days of professional nutrition & fitness coaching from Heather herself. You will also get 8 healthy recipe cards (2 breakfast, 2 lunch, 2 dinner, 2 snack), each of which are created by Heather. You will get several recordings to use during those 7 days:

MACROS: 30 minute educational video teaching you the background and science behind macros and how it applies to the average body

MEAL PREP: 95 minute educational video teaching you how I apply the science of macros to my meals, via meal prepping 5 days of food in 95 minutes, start to finish

MOVEMENT: 7 exercise videos, all taught by Heather - one of each format barre, spin, stretch, strength, get fit while you sit, foam rolling, cardio HIIT

The 3 Day Cleanse & Cook

Jumpstart your journey or accelerate the progress with the 3-day cleanse & cook, in which Heather will privately coach you through the 3-day cleanse meal plan, grocery list, tracker sheet, 50+ cooking recipes, 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 private facebook group in which you will have full access for 7 full days.

Fitness Fit into Your Schedule

A virtual "anytime fitness" where you have unlimited access to every workout Heather has ever recorded. There are 130+ recordings that include but aren't limited to spin, strength, barre, get fit while you sit, stretch, foam rolling, cardio hiit, interval trainings, 10 minute time frame series, and much more. This seminar gets you full access to workouts. It does NOT include personal training or personal coaching. It does NOT include individualized check ins or personalized sessions.

Individualized Private 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.

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*