



HEATHER ROSE
Health & Wellness

Price Menu - 2021

Specialty Packages (pages 2-3 of PDF menu)

Nail Down Your Nutrition Package: \$99.00

Personalized Packages: \$125

Wellness Workshop --OR-- Actively Ageless Workshop (page 4 of PDF menu)

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

Solo Rider Package: \$39.00/month OR \$99.00/3 months

Pairing the Wellness Workshop + Actively Ageless Packages TOGETHER (page 4 of PDF menu)

Taxi Rider Package: \$98.00/month OR \$220.00/3 months

Solo Rider Package: \$58.00/month OR \$130.00/3 months

Add - Ons

Self Paced Sampler Seminar - Food & Foam / Macros & Movement: \$25.00

Self Paced Cleanse & Cook Seminar: \$25.00

Actively Ageless for Beginners Seminar: \$25.00

Managing Menopause through Meals & Movement Seminar: \$25

Personalized Add - Ons:

1-20 minute private zoom call \$20 OR 4-20 minute zoom calls \$75

Personalized Training Plans: starting at \$25

Personalized Nutrition Plans: starting at \$25

Notes:

How to Enroll, Register & Pay: page 5 of the PDF menu

*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 to review your meal plan & workout calendar

***Solo Rider Packages ONLY include the group and coaching in the group setting, 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

Nail down your nutrition starting with Heather's 3-day cleanse, and then following it up with Heather's 28 Day Meal Plan + 19 Educational Videos (topics listed below) + instructions + tracker sheet + cheat sheets + recipes + ebook + coaching

1 3-Day Cleanse

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

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.

As a bonus, you will also receive Coach Heather's digital version of her e-book.

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

Personalized Packages



The Personalized Package options have been designed for those who are in need of personalized planning week to week along with personal coaching. 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

\$125/month

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

+ 4 20-minute Zoom calls to review your tracker sheets,
calendar (\$75 value)



Heather Rose's Health & Wellness - Monthly Workshops

Wellness Workshop

The Wellness Workshop is your more overall well-being workshop focused entirely on nutrition. The contents of this workshop range from pairing macros and meals together, mindset, emotional stability, and managing our health overall.

- Full month of coaching & checking in within an exclusive facebook group with accountability
- **Weekly "Coffee with the Coach" zoom calls to plan your week**
- **Weekly "Cooking with the Coach" zoom calls**
- 31 - Page Nutritional 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 several types of workout series in the workshop, all of which are recorded and instructed by Heather. With these various series, you are set for a several months 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 various 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 "Coffee with the Coach" zoom calls to plan your week**
- **Daily LIVE workouts via zoom at 7amPT, 8amMT, 9amCT, 10amET**
- Several **Workout Series:** 10 minute time frame, Get Fit While You Sit, Full Body Barre, Spin, Strengthen and Lengthen, Core & Restore Stretch, Cardio HIIT, Foam Rolling and more
- Unlimited **access to any and all additional/special 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 **300+ recorded workouts**
- Recordings are always being added. So, you may actually get more than those listed here

Add-ons

Self Paced Sampler Seminar -Macros, Meals & Movement along with Food & Foam Content

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, taught by Heather - each format barre, spin, stretch, strength, get fit while you sit, foam rolling, cardio HIIT
FOOD: 7 recordings of "Cooking with the Coach" Videos to get the full experience of how Heather cooks & prepares foods of basic, budget friendly recipes in short amount of time
FOAM: 90 minute session of releasing tension & rolling the body in a flow/manners you may not think of on your own

The Self Paced 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.

Actively Ageless For Beginners

The actively ageless for beginners seminar is perfect for those who are just beginning their journey, need slow and steady, along with guidance step by step. The self paced seminar includes 7 Days of unlimited coaching, 7 workouts, 7 printable recipe cards, 1 - Mindset Video - learning how to Determine Your Day, checkins, accountability, and support along the way. It is packed with educational information to get you started on your journey

Managing Menopause through meals, macros & movement

In this seminar, you will learn the basics of managing menopause, macros, meal prep, and movement. Included is educational articles written by Heather, educational nutrition videos taught by Heather, along with Macros & meals educational videos/content. Also included is 7 workout videos taught by Heather. In this seminar you will learn how you can measure the macros out appropriately to have your ratios done proportionally for each day.

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 purchase & enroll, 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 and become your biggest cheerleader through this beautiful journey.

In Health, Heather