



HEATHER ROSE  
Health & Wellness

# 2023 Group Descriptions

## Nail Down Your Nutrition 101 - January/February/March - 90 Day Special

From the beginning of the pandemic until NOW (November 2022), Heather has taught and recorded 100+ nutrition videos, nutrition coaching content, recipes, and so much more. In this 90 day workshop, Heather coaches and guides you through each piece of her nutrition program

- Nail Down Your Nutrition Self Paced, Self Paced Checklist
- Heather's Ebook of Nutrition cheat sheets & content
- Our Bodies Through Time - Menopause & More guidance
- 3 Day Cleanse - Created by Heather
- 28 Day Meal Plan with Recipes - Created by Heather
- 100+ Educational Nutrition Videos

## The 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. Heather's Nutrition 101 Course is a pre-requisite for this group. This workshop is more geared for applying what you learn in Nutrition 101 and maintaining your overall wellness.

- Coaching & checking in within an exclusive facebook group with accountability
- Weekly "Health With Heather" zoom calls to plan your week (schedule made monthly)
- Tips & Tricks to navigating nutrition
- Seasonal & Featured Recipes for each month
- Daily prompts with educational tips teaching you something new everyday of your health and wellness journey.

## Actively Ageless Workshop

The Actively Ageless Workshop is your focus on the physical activity that our body needs, regardless of age and ability. There will be several types of workout series in the workshop, all of which are recorded and instructed by Heather.

- Coaching within an exclusive facebook group with accountability
- Weekly "Health With Heather" zoom calls to plan your week (schedule made monthly)
- LIVE workouts Monday-Friday via zoom at 7amPT, 8amMT, 9amCT, 10amET
- Access to every workout Heather has ever recorded.
- Several Workout Series: 10 minute time frame, Get Fit While You Sit, Full Body Barre, Spin, Strengthen and Lengthen, Core & Restore Stretch, Cardio HIIT, Yoga Flow, Foam Rolling, Lower Body Burn, Upper Body Burn, AAA, and more
- Various workout calendars that can be used to structure your weekly/monthly exercise routines
- Four 1-week sample meal plans
- Daily prompts with educational tips teaching you something new everyday of your health and wellness journey.
- The workshop is currently up to about 700 + recorded workouts



HEATHER ROSE  
Health & Wellness

# 2023 Membership Menu

## Nail Down Your Nutrition 101 - January/February/March - 90 Day Special

Solo Rider Package: \$110/3 months

Taxi Rider Package: \$190.00/3 months

Limo Rider Package: \$260/3 months

## Wellness Workshop Memberships

Solo Rider Package: \$110.00/3 months OR \$210/6 months

Taxi Rider Package: \$190.00/3 months OR \$360/6 months

Limo Rider Package: \$260/3 months OR \$490/6 months

## Actively Ageless Workshop Memberships

Solo Rider Package: \$110.00/3 months OR \$210/6 months

Taxi Rider Package: \$190.00/3 months OR \$360/6 months

Limo Rider Package: \$260/3 months OR \$490/6 months

## Wellness Workshop + Actively Ageless Memberships TOGETHER

Solo Rider Package: \$180.00/3 months OR \$340/6 months

Taxi Rider Package: \$260.00/3 months OR \$460/6 months

Limo Rider Package: \$360/3 months OR \$680/6 months

\*If you need a one month subscription, please talk to Heather individually. Otherwise all subscriptions are for 3 and 6 months.

### **Initial Enrollment Fee: \$6.95**

This enrollment fee covers the consulting to be sure we get you set up in the correct groups with the right fit, along with all of your individualized materials. Each time you leave/re-join a group, the enrollment fees applies.

\*Solo Rider Packages ONLY include the group and coaching in the group setting. Solo rider packages do NOT include unlimited messaging/emailing. and do NOT include private check ins.

\*Taxi Rider Packages includes everything in the solo rider AND private weekly check ins via messenger on Monday mornings for Heather to review your food log and/or workout calendars, depending on which groups(s) you've enrolled for.

\*Limo rider includes all of that of solo rider, taxi rider AND unlimited messaging and private weekly check ins via messenger to review your food log & workout calendar. If you are the type of person that needs individualized coaching, unlimited messages to send food photos or screen shots of your macros, weekly check ins, meal plan and tracker sheet reviews, you should consider the limo rider package.



HEATHER ROSE  
Health & Wellness

# Enhancements Menu

Enrich and personalize any of your memberships and experiences with the following enhancements.

## **Individualized Monthly Meal Plans / Individualized Monthly Calendars - starting at \$30.00**

For any package, have your experienced personalized by having Heather build your monthly workout plan and/or meal plan.

## **Individualized Private Calls - starting at \$30/30 minutes \$50/hour**

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.

## **Nail Down Your Nutrition - \$30**

A multi-video course to learning the HOW + WHY + WHAT of your nutrition, macros based meals, and how to structure your food into your day. Explore the efficient manners meal prep several meals for multiple days in just 90 minutes. All in recorded, video format for your self-paced, at your convenience schedule. Included for optimal success is Heather's ebook, Heather's cleanse, a 28day meal plan created by Heather, cheat sheets, 19 educational videos and more.

## **Self Paced Sampler Seminar -Macros, Meals & Movement along with Food & Foam Content - \$30.00**

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 min. educational video teaching you the background and science to 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, by Heather - each format barre, spin, stretch, strength, get fit while you sit, foam rolling, cardio

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 - \$30.00**

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 group in which you will have full access for 7 full days.

## **Actively Ageless For Beginners - \$30.00**

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 - \$30.00**

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.



# *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, paypal, or venmo.**

**Coach Heather Rose Blakeman**

[www.heatherrosewellness.com](http://www.heatherrosewellness.com)

Instagram: miles\_in\_the\_mountains

Facebook: Heather Rose Blakeman OR Heather Rose Health & Wellness

Email: [hrplatte@gmail.com](mailto: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*

