



2024 Health With Heather

Health With Heather Program Description + What it includes

- DAILY LIVE 30 MINUTE workouts Monday-Friday via zoom at 7amPT, 8amMT, 9amCT, 10amET
- Daily coaching and guidance within a group setting in an exclusive facebook group with accountability
- Daily prompts of educational tips teaching you something new everyday of your health and wellness journey.
- 24/7 Access to every recorded workout Heather has ever taught, including all the series Heather has created over the years: 10 minute time frame, Get Fit While You Sit, Full Body Barre, Spin, Strengthen and Lengthen, Core & Restore Stretch, Cardio HIIT, Yoga Flow, Yoga Sculpt, Foam Rolling, Lower Body Burn, Upper Body Burn, AAA, Tabatas, and more
- Printable Workouts
- Education on exercise, nutrition, and affirmations
- Mindset Coaching
- Heather's Self Designed "Nail Down Your Nutrition" Self Paced, Self Paced Course Contents
- Heather's Ebook of Nutrition cheat sheets & content
- Our Bodies Through Time - Menopause & More resources
- 3 Day Whole Food Cleanse - Created by Heather
- 3 Day Juice Cleanse - Created by Heather
- 28 Day Meal Plan with Recipes - Created by Heather
- 100+ Educational Nutrition Videos
- Seasonal & Featured Recipes for each month
- Monthly "Health With Heather" zoom calls to plan your week (schedule made monthly)

Health With Heather Membership Packages

- Solo Rider Package: \$150/3 months (comes out to less than \$12/week, \$50/month)
- Taxi Rider Package: \$225.00/3 months (comes out to less than \$20/week, \$75/month)
- Limo Rider Package: \$299/3 months (comes out to \$25/week, \$99/month)

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

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 Mondays. Monday morning checkins are for Heather to check in, answer any questions, provide accountability to complete workouts, provide coaching and guidance to stay on track with nutrition, and complete other needs. This package option does NOT including checking meal plans and food logs.

*Limo rider includes all of that of solo rider, taxi rider AND unlimited messaging. This package includes private weekly check ins via messenger to review your food log on an ap/program of your choices & 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.



2024 Health With Heather

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
___ Prepared for my week ahead My mantra for the week: _____ 31	Barre & Beyond ___ Completed 😊 😊 😊 1	Lower Body Build ___ Completed 😊 😊 😊 2	Upper Body Build ___ Completed 😊 😊 😊 3	Full Body Build ___ Completed 😊 😊 😊 4	Restore & Rejuvenate ___ Completed 😊 😊 😊 5	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 6
___ Prepared for my week ahead My mantra for the week: _____ 7	Belly Barre ___ Completed 😊 😊 😊 8	Tabata Tuesday: weights ___ Completed 😊 😊 😊 9	Get Fit While You Sit ___ Completed 😊 😊 😊 10	Strengthen & Lengthen ___ Completed 😊 😊 😊 11	Foam Rolling ___ Completed 😊 😊 😊 12	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 13
___ Prepared for my week ahead My mantra for the week: _____ 14	Booty Barre ___ Completed 😊 😊 😊 15	Cardio Core HIIT: weights ___ Completed 😊 😊 😊 16	AAA: arms, abs, ass ___ Completed 😊 😊 😊 17	Shred ___ Completed 😊 😊 😊 18	Core & More ___ Completed 😊 😊 😊 19	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 20
___ Prepared for my week ahead My mantra for the week: _____ 21	Banded Barre ___ Completed 😊 😊 😊 22	Banded Legs ___ Completed 😊 😊 😊 23	Banded Arms ___ Completed 😊 😊 😊 24	Banded ABS-travaganza ___ Completed 😊 😊 😊 25	Banded Stretch ___ Completed 😊 😊 😊 26	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 27
___ Prepared for my week ahead My mantra for the week: _____ 28	Block Party Barre ___ Completed 😊 😊 😊 29	Block Party Legs ___ Completed 😊 😊 😊 30	Block Hard Abs ___ Completed 😊 😊 😊 31	Total January Workouts: _____ Did I participate daily in the group? _____ Did I share and post my weekly recap every week? _____		

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
___ Prepared for my week ahead My mantra for the week: _____ 28	___ Prepared for my week ahead My mantra for the week: _____ 29	___ Prepared for my week ahead My mantra for the week: _____ 30	___ Prepared for my week ahead My mantra for the week: _____ 31	Upper Body Burn ___ Completed 😊 😊 😊 1	Core & Restore ___ Completed 😊 😊 😊 2	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 3
___ Prepared for my week ahead My mantra for the week: _____ 4	Barre & Boxing ___ Completed 😊 😊 😊 5	Lower Body Build ___ Completed 😊 😊 😊 6	Power Up Upper Body ___ Completed 😊 😊 😊 7	Sweat & Sculpt ___ Completed 😊 😊 😊 8	Yoga Flow ___ Completed 😊 😊 😊 9	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 10
___ Prepared for my week ahead My mantra for the week: _____ 11	Barre Fusion ___ Completed 😊 😊 😊 12	Tabata Tuesday Body Weight Cardio ___ Completed 😊 😊 😊 13	Block Hard Abs ___ Completed 😊 😊 😊 14	Full Body Burn ___ Completed 😊 😊 😊 15	Yoga Sculpt ___ Completed 😊 😊 😊 16	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 17
___ Prepared for my week ahead My mantra for the week: _____ 18	HIIT The Barre ___ Completed 😊 😊 😊 19	Buns & Guns ___ Completed 😊 😊 😊 20	ABS-Travaganza ___ Completed 😊 😊 😊 21	Strengthen & Lengthen ___ Completed 😊 😊 😊 22	Yoga Strap Stretching ___ Completed 😊 😊 😊 23	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 24
___ Prepared for my week ahead My mantra for the week: _____ 25	Barre & Beyond ___ Completed 😊 😊 😊 26	Lower Body Build ___ Completed 😊 😊 😊 27	Upper Body Build: shoulders, tris, bis ___ Completed 😊 😊 😊 28	Upper Body Build: bis, back, chest, core ___ Completed 😊 😊 😊 29	Total February Workouts: _____ Did I participate daily in the group? _____ Did I share and post my weekly recap every week? _____	

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
___ Prepared for my week ahead My mantra for the week: _____ 25	___ Prepared for my week ahead My mantra for the week: _____ 26	___ Prepared for my week ahead My mantra for the week: _____ 27	___ Prepared for my week ahead My mantra for the week: _____ 28	___ Prepared for my week ahead My mantra for the week: _____ 29	Wall Stretching ___ Completed 😊 😊 😊 1	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 2	
___ Prepared for my week ahead My mantra for the week: _____ 3	Belly Barre ___ Completed 😊 😊 😊 4	Tabata Tuesday: Cardio + Weights ___ Completed 😊 😊 😊 5	Get Fit While You Sit ___ Completed 😊 😊 😊 6	Shred - N - Sculpt ___ Completed 😊 😊 😊 7	Morning Mobility ___ Completed 😊 😊 😊 8	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 9	
___ Prepared for my week ahead My mantra for the week: _____ 10	Booty Barre ___ Completed 😊 😊 😊 11	Cardio Core HIIT ___ Completed 😊 😊 😊 12	AAA ___ Completed 😊 😊 😊 13	Full Body Burn ___ Completed 😊 😊 😊 14	Restore & Rejuvenate ___ Completed 😊 😊 😊 15	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 16	
___ Prepared for my week ahead My mantra for the week: _____ 17	Banded Barre ___ Completed 😊 😊 😊 18	Banded Legs ___ Completed 😊 😊 😊 19	Banded Arms ___ Completed 😊 😊 😊 20	Banded ABS-travaganza ___ Completed 😊 😊 😊 21	Banded Stretch ___ Completed 😊 😊 😊 22	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 23	
___ Prepared for my week ahead My mantra for the week: _____ 24	Block Party Barre ___ Completed 😊 😊 😊 25	Block Party Legs ___ Completed 😊 😊 😊 26	Block Hard Arms & Abs ___ Completed 😊 😊 😊 27	Upper Body Burn ___ Completed 😊 😊 😊 28	Restore & Rejuvenate ___ Completed 😊 😊 😊 29	Check in & post a weekly recap in the group ___ Completed 😊 😊 😊 30	
___ Prepared for my week ahead My mantra for the week: _____ 31	___ Prepared for my week ahead My mantra for the week: _____ 1	___ Prepared for my week ahead My mantra for the week: _____ 2	Total March Workouts: _____ Total Workouts for the three months: _____ Did I participate daily in the group? _____ Did I share and post my weekly recap every week? _____			___ Prepared for my week ahead My mantra for the week: _____ 5	___ Prepared for my week ahead My mantra for the week: _____ 6



2024 Health With Heather

FAQ

Q: How does this program work?

A: I run my Health With Heather program like a gym or wellness center. I provide content across all categories: overall wellness, nutrition options, meal plans, live workouts, recorded workouts, and facebook group community. Like you would do in a gym, you use and participate with the pieces that fit into your lifestyle and your goals. You only need workouts - you do the workouts. You need nutrition, you do the nutrition. Like a gym, you attend the live classes when you can and use the recordings when you feel up to it. Also like a gym, you take the classes as you wish but schedule personal training and private nutrition consulting as needed. As well, like a gym you navigate the content on your time at your pace as you can, and you schedule customized coaching as needed.

Q: Do I have to follow the calendar exact?

A: No. The calendar is set up like a gym calendar would be: a different class each day of the week. But if you do follow the workouts in the order presented, by the final day of the week you will have worked all muscle groups + mindset without it being overkill on any specific area.

Q: Are the workouts on the calendar live or recorded?

A: Heather teaches a LIVE zoom at 7amPT/8amMT/9amCT/10amET Monday thru Friday. Recordings are loaded about once a week. But you will always have access to years worth of recordings for the days you miss the live.

Q: What time are the workouts and how long?

A: The live workouts are at 7amPT/8amMT/9amCT/10amET Monday thru Friday. Typically they are 30 minutes long. But some are as short as 27 minutes, some go over and are 35 minutes.

Q: Is this a weight loss program?

A: I coach my program like a general wellness center for overall health. I coach to help women learn general health in their mindset first, body second. I do not specifically coach weight loss in the group setting. However, I do specialize in weightloss coaching on an individual level. We can schedule consultations and customize coaching to get you set up with the appropriate plans for your weight loss journey. But yes, using the nutrition videos, plans, recipes workouts, and all the pieces together will result in a healthy body, healthy weight.

Q: But I am not a runner?

A: Majority of my clients are not runners. This is workouts + nutrition. Running is not needed.

Q: Is it just workouts, or is there a nutrition portion?

A: The Health with Heather program includes everything listed on the program description. Nutrition resources are included, but not mandatory. If you need a specific nutrition program, we can always get that created for you.

Q: Do I have to participate?

A: Never mandatory. But I do see more results with my clients that are invested in the wellness community and actively participating daily. If you wish for results, you will need to do the workouts and follow the calendars. You will want to be committed to a nutrition plan.

Q: Do I need facebook?

A: Having access to the facebook group is beneficial for that daily affirmations, daily coaching, daily checkins and updates. The facebook group is where Heather houses the recorded workouts. However, it is not mandatory. If you do not wish to join the facebook group, it will be your responsibility to touch base with Heather weekly for workout recordings and accountability.

Q: What equipment is needed?

Many of the workouts, you could do with zero equipment and still get really good, beneficial movement in your body. However, between the various workouts we do utilize some home equipment such as ankle weights, dumbbells (2pounds-15 pounds of your choice), bands/loops, blocks, yoga strap or other occasional household items. We use 36" foam rollers on the foam rolling days. For barre class, you can use a barre, chair counter tops, or any railings.

Q: Is there jumping? / Is it low impact?

Majority of the workouts are low impact, yet still have a burst of high intensity. In some workouts, such as tabata or cardio hiit, Heather will always offer stepping or hopping options.

Q: What if I don't even know where to start?

Book a consultation with Coach Heather. 20% off if you mention this info.



Heather's Health Offerings

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Private Sessions for any of the following:

- Personal Training
- Pilates Mat
- Strength Training
- Mobility / Stretching
- Meditation & Breathwork
- Wellness & Nutrition Consulting
- Mindset Coaching
- Weekly Meeting Checkins

30 Minutes: \$35 / 5 sessions for \$160 / 10 sessions for \$300

60 Minutes: \$60 / 5 sessions for \$270 / 10 sessions for \$550

How to book your sessions:
Message Heather to get booked

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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

Instagram: miles_in_the_mountains

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

