



2023 8-WEEK TOTAL HEALTH REBOOT RESET, REDEFINE, AND RELAUNCH YOUR HEALTH!

OVERWHELMED BY DIET PLANS AND FITNESS PROGRAMS?

DO THE WORDS **HEALTH, FITNESS OR NUTRITION**
TRIGGER YOU IN A NEGATIVE WAY?

STOP THE CYCLE OF FAD DIETS AND TRENDY DETOXES
AND GET ON BOARD WITH LEARNING A METHOD
TO SUSTAINABLE HEALTH. THIS IS THE ANTI-DIET
PROGRAM. EVERYBODY CAN BENEFIT FROM THIS
PROGRAM WHICH HAS BEEN DEVELOPED
TO CREATE REAL CHANGE!

THIS 8-WEEK HEALTH COACHING PROGRAM LED
BY COACH JESS MUNIER WILL MEET
WEEKLY AT **THE AVE ON WEDNESDAYS AT 12 PM.**

THE SCHEDULE BELOW OUTLINES THE VARIETY
OF HEALTH TOPICS THAT WILL BE COVERED.
MEETINGS WILL ALSO BE WORKING SESSIONS.
YOU'LL BE TASKED TO APPLY THOSE
LEARNINGS EVERY WEEK IN A WAY THAT
IS **REALISTIC**, NOT OVERWHELMING,
AND HELPS BUILD A FOUNDATION TO HEALTH.
THIS ALSO INCLUDES AN EASY TO
FOLLOW AND CUSTOMIZABLE CLEAN EATING
MEAL PLAN ALONG WITH SHOPPING LISTS AND
INSTRUCTIONS TO SAVE YOU TIME OR
GIVE YOU NEW IDEAS.

WEEKLY HEALTH TOPIC SCHEDULE:

WEEK 1: SET POWERFUL AND MEANINGFUL GOALS.
TOP 3 HEALTH HACKS TO GET YOU STARTED.

WEEK 2: PHASE 1 NUTRITION EDUCATION
(MINDFUL EATING, MACROS, NUTRITION LABEL EDUCATION).

WEEK 3: WORKING SESSION TO CREATE
A MOVEMENT OR FITNESS PLAN THAT CREATES JOY.

WEEK 4: HOW TO CREATE A FOUNDATION AND CONTROL YOUR
ENVIRONMENT TO SET YOU UP FOR SUCCESS.

WEEK 5: NUTRITION CONTINUED
(SNEAKY INGREDIENTS TO AVOID.
HEAL YOUR GUT. BRAIN BOOSTING ADD-ONS)

WEEK 6: CONQUER YOUR TRIGGERS.
UNDERSTAND THE CYCLE OF HABITS.
TOP 5 HABITS OF THE MOST HIGHLY EFFECTIVE PEOPLE.

WEEK 7: THE BASICS ON VITAMINS & SUPPLEMENTS
AND HOW TO BOOST YOUR IMMUNE SYSTEM.

WEEK 8: IMPROVE YOUR MINDSET, REDUCE
STRESS AND DEFINE SELF-CARE.
TOP RESOURCES TO CONTINUE YOUR PATH TO HEALTH!

WHAT'S INCLUDED:

- A 15-MINUTE ONE-ON-ONE INITIAL CONSULTATION AND HISTORY IN-TAKE WITH COACH JESS.
- WEEKLY IN-PERSON MEETINGS AT THE AVE EVERY WEDNESDAY AT 12 NOON FROM JANUARY 18 - MARCH 8TH.
- A CUSTOMIZABLE CLEAN EATING MEAL PLAN WITH SHOPPING LISTS, RECIPES, SMOOTHIE IDEAS, AND MORE!
- UNLIMITED EMAIL EXCHANGES FOR QUESTIONS OR SUPPORT BETWEEN MEETINGS.

PRICING:

\$400

SPACE IS LIMITED. RESERVE YOUR SPOT TODAY.