

# Healthy Transitions Healthy Coaching, LLC

## Services & Price List

### Workshops & Series:

Is your organization interested in learning more about healthy living, habit formation, or what can undermine goal setting? Workshops are available and can be scheduled as a single event or series. I will work with your organization to tailor the schedule and desired topics for your event. Topics can include functional nutrition, functional fitness, effective goal setting, the psychology of change, and more.

#### Fees:

- \$30 per person for a 90 minute workshop
- \$40 per person for a 120 minute workshop
- \$25 per person, per session for a 3-part series (60 minute sessions)

### Individual Sessions:

Have you tried personal training or joining a gym before, without success? Have you lost weight and regained it back? Do you have medical issues that you want or need to address? Personal sessions may be the right option for you. We will work together to discuss the cognitive, environmental, and behavioral factors that may be inhibiting your ability to establish and sustain a healthy lifestyle.

#### Fees:

- \$45 per hour for single sessions:
- \$40 per session (\$160 total): Four week package
- \$35 per session (\$210 total): Six week package

### Couples or Family Sessions:

Are you and your partner or other family members in need of assistance? I can tailor private sessions to address the needs of your household. Maybe you need assistance with learning how to shop for healthier foods. Maybe you need to get your kids "out of the house more" and away from their technology and sedentary lifestyle. Maybe you need to find an enjoyable physical activity to share as a family. Or maybe you just need to cultivate a more supportive environment for healthy living in your personal lives. We can work together to develop strategies and habits that fit your collective needs.

#### Fees:

##### *Single session*

- Couples (\$80 per hour)
- Family (\$100 per hour)

##### *Four week package*

- Couples (\$70 per session; \$280 total)
- Family (\$90 per session; \$360 total)

##### *Six week package*

- Couples (\$60 per session; \$360 total)
- Family (\$80 per session; \$480 total)

Availability of sessions and workshops varies during the academic year. Contact me for details on scheduling. Additional mileage surcharges applicable if travelling to a client's home or gym. Discounts available at different times during the year. Contact HTHC for more information.