

Health Audit Session 97.00

60 min Health Audit Session
with



Margie Setterlof PT,MS,CN

This is a private individualized coaching session for anyone wanting to take actionable steps to improve their health without the overwhelm.

So, take a deep breath and remember *anything* is possible

"...let your light shine before others, that they may see your good deeds and glorify your Father in heaven." Matthew 5:16

Almost everyone can benefit from an objective viewpoint of how things can be improved upon when it comes to what we eat, how we move, our emotional and mental health, how we are sleeping etc.

This session is a LIVE sixty-minute review where I will look at your most significant health complaints or symptoms, your current food and lifestyle choices, and any health conditions you're concerned about. You just tell me what your priorities are.

Once you purchase the session, I will send you a simple one-page health intake form. Watch for it within 24 hours. You will send it back to me, and we will meet live on Zoom to review.

I will provide fundamental action steps you can take to start moving the needle in the right direction without overwhelming you. No worries about complicated labs or hundreds of dollars of supplements, as we will cover things you can do without much expense.

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