

WELLNESS CONSULTING

A Fitness or Nutrition Consult is a one-time meeting with a wellness professional. They will evaluate your current situation, assess your goals, and create a customized plan that will get you on track in the right direction. After your consultation, you will receive a complete exercise routine or nutrition plan that will be tailored toward achieving your goals to help you look and feel your best!



WHAT DOES IT INCLUDE?

- A ONE-ON-ONE MEETING WITH A CERTIFIED HEALTH COACH
- A PERSONALIZED NUTRITION PLAN AND/OR FITNESS PLAN
- A PROGRESS TRACKING REPORT TO HOLD YOURSELF ACCOUNTABLE

This program is ideal for anyone hoping to improve their fitness and eating habits, make changes on their own, and need assistance developing a personalized plan for them.

Whether you have a current plan that needs tweaking, or you want to create one from scratch, a Wellness Consult is the best place to start.



CONTACT CASEY FOR MORE INFORMATION
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