



Our mission is to educate, inspire, & empower our clients in the areas of physical, mental, spiritual, corporate, and community health, wellness, & fitness.

Coach Stacey is the recipient of the 2011 President's Council on Fitness, Sports, and Nutrition Community Leadership Award
WWW.FITNESS.GOV

COACH was voted 'Top 5' Best in Western Washington'
TOP 5 09

Health Coaching

H **Health Coaching is the trademark service at COACH.** *But just what is health coaching?* Health coaching is an approach and an attitude—we confront health and wellness holistically. This means that we design a personalized program, addressing **all** aspects of health, built for you.

Most people confuse health coaching with personal training. It's an easy mistake to make, as *personal training is a component of health coaching.* This is where the similarities begin and end. Sure, exercise is part of it; Chances are, so are eating habits, your job, stress, age, lifestyle and any other host or combination of factors.

Health Coaching is the only service which is completely personalized, and includes a customized selection of: coaching; goal setting; before-mid-after total body comps; nutritional consultation; stress management, meal-planning and grocery shopping advocacy; and telephone and email coaching check-ins.

These services are included in Health Coaching packages only. All other services are stand-alone.

Package	# of sessions	\$ per session	\$ weekly payment
Lean (1 x week)	3 months (12)	\$75	\$75
Buff (2 x week)	3 months (24)	\$65	\$130

In-Home/Office Health Coaching offers the same amenities as 1-on-1 Health Coaching, but takes place in the comfort of your home or office.*

Package	# of sessions	\$ per session	\$ weekly payment
Lean (1 x week)	3 months (12)	\$85	\$85
Buff (2 x week)	3 months (24)	\$75	\$150

Couples & Partner Health Coaching | 2 people: \$45pp | 3 people, \$35pp

COACH REFERRAL PROGRAM Tell a friend how awesome we are **THEY** sign-up for a service, **YOU** receive 1/2-hr service for **FREE***

Hit-it-&-Quit-it Yogilates Boxing Cardio Dance Lo Impact

*See descriptions next page. *Referral program does not include health intake or credited session*

HEALTH CONSULT *The first step towards your holistic health goals. Includes health history, habit tracker, and wellness interview.* **\$30**

Required before receiving any COACH services.

The \$30 will be applied towards any service purchased within 7 days (1 week) of health consult.

COACHING *Facilitated by Coach Stacey, certified motivational interviewer, Seattle* **\$75**
1 hour

University psychology professor, I/O Psychology Doctoral candidate, and experienced group therapy leader. **\$600**
10 sessions

A safe, confidential, and supportive environment to talk over issues related to health, wellness, fitness, & life. **\$45/hr**
*Add-on

NUTRITIONAL CONSULTATION *Good nutrition is an integral part of a holistic health program. Nutrition education, planning, and coaching.* **\$75**
1 hour

Single option works best for those with existing plan, quick questions, or check-in. **\$600**
10 sessions

Package is best if you need customized plan, ongoing guidance, accountability, and check-ins. **\$45/hr**
*Add-on

TRAVEL COACH *Travel too much, live far away, time zone difference or just can't make it in? We COACH by phone and skype!* **\$30**
30-min, Skype

Traveling? No clue what to do when you are on your own? Why not have COACH write a personalized exercise plan for you? **\$15**
15-min, Phone
\$15 per plan

COACH CAFÉ *Not sure what, when or why to eat? Come to COACH Café! Our menu includes: sample eating plan, recipes, snack and mini meal ideas, as well as a detox plan.* **\$35**
1-mo Plan
\$15/month
Ongoing e-membership

TOTAL-BODY-COMPS *Total-body measurements, bodyweight, bodyfat percentage, BMI, water weight, and bone density mass analysis; and full body pictures.* **\$25**
\$15
*Add-on

CORPORATE WELLNESS PROGRAMS *As a boutique coaching & consulting firm, we customize health, wellness, & fitness services.* **Pre-consult \$100-\$250/hr**
Please call or email to arrange pre-consult.
Here are a few examples of COACH projects:

- Health Risk Assessments (HRA's)
- Your Company Wellness Event
- On-site health & fitness classes
- Health Events
- Conferences and Forums
- Guest Speaking
- Presentations
- Health Research
- Health Grants

NO — COMMITMENT 30-MIN SERVICES***

HIT-IT-AND-QUIT-IT *1-on-1, no commit, 1/2 hr, total-strength-buildin'-high-intensity-don't-stop-get'it-get'it workout.* **\$30**
30-min

Lower intensity program available.
Request it Sweet-n-Lo

PERSONAL BOXING COACH A *customized-combo of technique & combos, sparring rounds, heavy and speed bag work, & boxing -based warm-up/cool-down. Knockout!* **\$30**
30-min

S NAP. CRACKLE. POP *Pop, lock it, Drop it! This high intensity boogie-fest blasts calories, improves flexibility, rhythm, and coordination, and teach you some new moves for the dance floor.* **\$30**
30-min

YOGILATES *Bikram meets Buddha! COACH -exclusive technique, fusing principles of mat Pilates & yoga, with a full- body, personalized-intensity program.* **\$30**
30-min

COUPLES & CO'S COACHING *Bring your friend, co-worker, homies or frenemy. Coaching with a partner helps increase motivation, saves money, and creates accountability.* **\$20 pp**
30-min
Plus, it's just more fun!

30-min special | 2-for-\$50 Scheduled within 7 days (1 wk)

We offer Small Group Fitness Classes | 'Mama- & - me' | Running Club
INQUIRIES | TEAM@COACHSTACEY.NET

Small Print: 2012 Rates *Add-on rate applicable to current COACH clients only **In-home appointment rates are quoted based on 10min travel-time from studio. Travel beyond 10min will be billed a trip fee of \$25, limited to 30min. In-home appointments travel at discretion of COACH. ***No-commitment means no-commitment. You cannot hold or guarantee your spot from week-to-week. 1-wk notice provided for appt change.