

Your Name Here

Your Address Here

City, State, Zip

Phone Number

Your Name Here

Sample Text (use only what applies to you): Jane Doe is a Certified Health Coach and loving mother of two. She decided to become a health coach to fulfill her passion of working with children and parents to improve their health and family life.

Jane received her training at Integrative Nutrition in New York City. She is certified by the American Association of Drugless Practitioners and has obtained Continuing Education Units from Purchase College, State University of New York. Jane leads workshops on nutrition and offers individual health and nutrition coaching to parents and families.



Could one conversation

change your life?

Contact me today for an individual consultation

email@address.com

(000) 000-0000

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Your Name Here

Health Coach

(000) 000-0000

email@address.com

Have you been wanting to:

* improve your eating habits?
* understand your body better?
* make your self-care a priority?
* feel confident in choosing and preparing better  
  food for you and your loved ones?
* experience an increase in overall happiness   
  in your life?

Welcome to Your Program.

Your personalized program will radically improve your health and happiness. Together, we’ll explore concerns specific to you and your body and discover the tools you need for a lifetime of balance.

During the course of the program you will:

* set and accomplish goals.
* explore new foods.
* understand and reduce cravings.
* increase energy.
* feel better in your body.
* improve personal relationships.

Your Program Includes:

• Two, one-hour sessions per month

• Group seminars and classes covering a variety of health-related topics

• E-mail support between sessions

• Handouts and other materials

• Food samples and self-care products

• A monthly newsletter

Could one conversation change your life?

Find out by scheduling a free one-hour health consultation. Contact me at: **Include your email address/phone number here.**

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No one diet works   
for everyone.

As a Health Coach, I am your personal advocate for living an energized and passionate life. I work with my clients to help them create happy, healthy lives in a way that is flexible, fun, and free of denial and discipline. By working together, we can discover the food and lifestyle choices that best support you. Making gradual, lifelong changes enables you to reach your current and future health goals.

Imagine what your life   
would be like if you had   
clear thinking, energy, and excitement every day.

It’s rare for anyone to get an hour to work on   
improving their health with a trained professional.   
Join me for a one-hour health consultation to discuss your unique situation and determine how I can help you reach your personal goals. I am here to create a supportive environment while we explore what really works for you.

Food changes everything.

When was

the last time

you talked with

someone about

your health

and received

the personal attention

*you* deserve?