

## Next Level Diva Fit Whole Wellness Program

Next Level Diva Fit is a woman-owned business designed to help women make long-term, sustainable wellness a priority. Next Level Diva Fit takes a whole approach to wellness – diet, exercise, and a collaborative approach with your healthcare professionals. We believe that women should have complete autonomy over their bodies and health care decisions. We work with women to get results that can change lives and bodies! At Next Level Diva Fit we believe *'you define your age, your age does not define you'*.

### **Questionnaire & Consultation**

As a first step, after you complete your 'Health Reimagined Questionnaire' we offer an initial consultation to discuss your responses and design a personalized diet and exercise program that are guaranteed to produce long-term, sustainable results.

### **Meal Prep & Plans**

Next Level Diva Fit will individually design and prepare vegan meal options that are satisfying and will change how you think about food choices!

### **Exercise Classes**

Exercise is an important component for overall wellness. Exercise offers physical, emotional, and balance benefits. We provide exercise classes online, in person, or recorded personal training videos (coming in January 2023).

Schedule a consultation today and start your wellness journey!

### **Pricing**

Health Reimagined Questionnaire	Free (with Initial Consultation)
Initial Consultation	\$100.00 (one hour/applied towards purchase)
Exercise Program	\$150.00 monthly
Vegan Meal Prep	\$150.00 weekly (21 meals per week) \$100.00 weekly (14 meals per week) \$50.00 weekly (7 meals per week)
<b>Bundle pricing</b>	
Exercise Program + 21 meals per week	\$675 per month