

FLEX & FUEL NUTRITION COACHING

Welcome to your personalized nutrition coaching experience! Each individual's path to better health is unique and deserving of compassionate support. Nutrition coaching with a tailored approach ensures that you receive the guidance and encouragement necessary to thrive, and is crafted to fit your specific needs, goals, and lifestyle. You will be empowered with the knowledge and tools for lasting, positive change in a supportive and uplifting partnership.

INITIAL INDIVIDUAL NUTRITION COACHING SESSION

\$60 (50 minutes)

Kickstart your journey with a comprehensive consultation including a full body scan to assess your body composition and measurements. Based on your health goals, we will provide you with recommended caloric intake and macronutrient targets. You'll also receive a selection of healthy food options and sample recipes to try!

FOLLOW-UP INDIVIDUAL NUTRITION COACHING SESSIONS

\$50 for 1 Follow-Up

\$120 for 3 Follow-Ups

\$190 for 5 Follow-Ups

\$350 for 10 Follow-Ups

Reconnect and review your progress with our follow-up sessions. Each session includes a follow-up body scan to track your improvements and adjust your plan as needed.

NUTRITION COACHING PROGRAMS

Feeling overwhelmed by how to start eating better or achieving your goals? Let Flex & Fuel simplify it for you! These app-supported programs provide access to your coach, a supportive content to educate and empower you, tracking features to help you stay accountable, and lots of recipe ideas to make planning simple. **All Nutrition Coaching Programs include Initial Individual Nutrition Coaching Session.**

Nutrition Coaching Programs:

- \$240 for 4 Weeks (includes 3 follow-up sessions and 2 body scans)
- \$480 for 8 Weeks (includes 7 follow-up sessions and 3 body scans)
- \$720 for 12 Weeks (11 follow-up sessions and 4 body scans)

COMING SOON!! 8 Week New Year Refresh Community Challenge

- Ramp up begins January 3
- In-app community based support
- Access to your coach via the app
- Includes workout plan



FLEX & FUEL PERSONAL TRAINING

At the heart of Flex & Fuel's personal training is a deep commitment to protecting and strengthening your body while teaching you how to move confidently. Individuals at every fitness level are welcome for support. Whether you're focused on recovery, losing necessary weight, building lean muscle, or enhancing your overall fitness, you will be guided with care and respect, fostering both your physical strength and your confidence in your body's abilities.



WWW.FLEXANDFUELYOURLIFE.COM

To learn more about Flex and Fuel and start your wellness journey, scan the QR code. Nutrition programs ramp up on Thursdays, giving you plenty of time to plan, shop and prep with a Monday launch day.

MEET YOUR TRAINER & COACH



Coach Randi Franklin
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APP SUPPORTED VIRTUAL WORKOUTS

\$75 | 4 weeks / \$125 | 8 weeks (discount for nutrition clients)

Through the Flex & Fuel app, you will be provided with a workout plan that you can do on your own. Also great for clients that are already comfortable in the gym, but are looking for structure and fresh ideas.

IN-HOME PERSONAL TRAINING

\$50 (50 minutes)

Whether you prefer working out in the privacy of your own home, or you'd like support in your current gym, Flex & Fuel meets you where you are. Discounts available for 3 or more sessions per week. Client is responsible for parking fees.

Areas of support:

- Gym confidence and machine education
- Bouncing back from inactivity
- Mind/body awareness and muscular control
- Weight loss
- Muscular toning for leaning or bulking
- Balanced blend of cardiovascular and strength training fitness
- Low-impact & limitation support

Coach Randi is a dedicated Certified Personal Trainer, Certified Nutrition Coach and Lagree Fitness instructor who combines her passion for empowering clients with her personal journey of overcoming weight gain and inactivity. With a commitment to creating a sustainable, delicious, and approachable path to wellness, Randi equips her clients with the tools they need to succeed and feel their best.