

NUTRITION AND FITNESS CLASS

GENERAL INFORMATION

Hi, my name is Deb Haynie and I would like to welcome you. Thank you for considering the “Nutrition and Fitness Class”. I would love to have you decide to invest in yourself and begin your journey to a healthier lifestyle. This class will take place on Zoom, so all participants can ask real time questions. Exercises will also be demonstrated in real time.

Each participant will have the opportunity to learn about healthy nutrition, learn the importance of tracking food, learn to track your progress by weighing yourself and taking measurements, understand body fat percentage and use computer calculations to obtain that percentage, receive healthy hints to help keep those calories down but still maintain the proper nutrients, and obtain answers to many frequently asked questions.

Each participant will also have the opportunity to incorporate my knowledge into your workouts. I will be providing sample workouts for all participants and demonstrate exercises. There will also be the option of signing up for one-on-one personal training via Zoom for an additional charge per session.

BASIC PROGRAM:

\$149*

The program will include SEVEN weeks of one hour ZOOM meetings on Tuesdays from 7pm to 8pm (PST) and continue for seven consecutive weeks. After sign-up a Goal Sheet with instructions will be sent to each participant. These Goal Sheets are to be completed prior to the course and will be evaluated during the course. During the seven week program each participant will be eligible for TWO half hour one-on-one sessions via ZOOM to ask me questions about their workout/nutrition plans.

The topics will be as follows:

Week 1	Metabolism: What it is and How to Rev It Up
Week 2	Food Choices: Breakfast/Lunch/Snacks
Week 3	Strength Training/Cardio/Heart Rate Zones
Week 4	F.I.T.T/Stretching/Alternative Exercises
Week 5	Travel, Time Constraints, and Other Excuses
Week 6	Know What to Do But Don't/Why?
Week 7	Maintaining/Plateaus/Motivation

ONE-ON-ONE PERSONAL TRAINING:

\$25/HALF HOUR*

I will be available for one-on-one personal training. Each session will be via ZOOM in your home, using your equipment. The workout will be a full body workout. Times need to be arranged individually and will depend on times available.

*Payments to be received prior to sessions