



## HEALTH AND WELLNESS COACHING



Our wellness coaching services offer **customized solutions** to individuals and organizations seeking to improve their overall health and wellbeing. Our team of experienced coaches provide **personalized guidance and support** in various areas such as fitness, nutrition, stress management, and mindfulness.

We understand that in today's fast-paced and stressful world, it can be challenging to prioritize one's health and wellness. This is where we come in - we offer **practical and sustainable solutions** that are tailored to each client's unique needs and goals. Our coaching programs are designed to help individuals make **positive lifestyle changes that lead to better health outcomes and a higher quality of life.**

At our core, we believe that investing in one's health and wellbeing is a crucial component of a fulfilling and successful life. We are committed to helping our clients achieve their goals and live their best lives.

**We can help you thrive.**



## WELLNESS SOLUTIONS



**We believe that you know your body best, and we can guide you to bring out the best in you.**

Our wellness coaching business provides customized solutions to help you achieve your health and wellbeing goals. Our experienced coaches provide guidance and support in the following areas:

**Fitness:** Your coach works with you to guide you to the right movement plans and routines that are tailored to your needs and goals. We are your accountability partner to keep you going and help you achieve your best physical health.

**Nutrition:** We offer personalized nutrition coaching to help you achieve your health goals through eating for your body's needs, not for the latest diet frenzy. Your coach will work with you to develop meal preparation plans, read food labels, provide guidance to learning on nutrition that meets your unique needs and preferences to support your overall health and wellbeing.

**Stress Management:** Your coach helps you manage stress and anxiety through various techniques such as mindfulness, breathing exercises, and meditation. We provide guidance and support to help clients develop effective coping mechanisms and reduce the negative impact of stress on their lives.

**Mindfulness:** We offer mindfulness coaching to help you develop a greater sense of awareness and self-reflection. Your coach will teach you techniques to help you stay present in the moment, increase your focus and productivity, and improve your overall wellbeing.

At our wellness coaching business, **we believe in taking a holistic approach to health and wellbeing.** Our coaches work with clients to identify their unique needs and goals and develop customized solutions that help them achieve their desired outcomes.

**You CAN live a happier and more balanced life. And we can help you get there.**





## WELLNESS PROGRAMS FOR YOU

ONLINE COURSES THAT MIGHT INTEREST YOU

ONLINE COURSES



**Our goal is to help you achieve your best in physical, mental, social, environmental, and financial health.** We offer the following options as our wellness coaching services. All wellness coaching programs include:

- ✓ Mentorship and guidance for improved health and well-being
- ✓ Holistic approach to health
- ✓ Learning of mindful living
- ✓ Breathing and mindfulness meditation
- ✓ Designated personal wellness coach
- ✓ Complimentary health assessment and 30-min first session
- ✓ In person or online sessions options (based on location and availability)
- ✓ Resources, tools, and handouts
- ✓ Discount on our online courses and meditation classes
- ✓ Access to wellness news, resources, and tools\*

**Custom Wellness Coaching Sessions:** This option gives you the flexibility to meet with your Wellness Coach as needed and as frequently as you need.

**50-minute session: \$399**  
**100-minute session: \$599**

**90-Day Program:** You meet with your coach for 50 minutes twice a month for 3 months.\*\* You set your well-being goals and your coach will help you create a plan and strategies working within your budget and schedule. You will be provided resources for additional learning.

**\*\*\*PRICE: ~~\$2,394~~ \$1,999 (1 free session)**

### MOST POPULAR

**180-Day Program:** You meet with your coach for 50 minutes twice a month for 6 months.\*\* This program includes the elements of the 90-Day Program, and it also allows time for implementation of your wellness plans for a deeper transformation and more sustainable result.

**\*\*\*PRICE: ~~\$4,788~~ \$3,499 (3 free sessions)**

\*Fees might apply for some additional services.

\*\*Additional sessions are available at a discounted price.

\*\*\*Payment plan options for 90- and 180-Day Programs:

- ✓ pay in full at time of contracting;
- ✓ pay 50% at time of contracting with balance due at halfway point of the program;
- ✓ 20% due at time of contracting followed by monthly payment of remaining balance.



## LET'S GET STARTED!

Thank you for considering wellness coaching services at the Bonita Wellness Institute. We are committed to helping you achieve your health and wellness goals through personalized coaching and support.

If you're ready to take the first step towards a healthier and happier you, we invite you to sign up for our wellness coaching program TODAY. Here's what you can expect:

- ✓ A customized plan tailored to your specific needs and goals
- ✓ Regular check-ins and accountability to help you stay on track
- ✓ Personalized support and guidance from a certified wellness coach
- ✓ Access to resources and tools to help you achieve lasting results

Don't wait any longer to start living your best life. Whether you want to learn more about overall well-being, manage stress, or simply feel better in your own skin, our wellness coaching program can help you get there.

To get started, simply fill out [this online form](#) or [book your first FREE session](#) now. You can also give us a call at (239) 317-2878 to sign up and schedule your program.

We look forward to working with you and supporting you on your journey towards optimal health and wellness!





# Bonita Wellness

I N S T I T U T E

**BONITA WELLNESS INSTITUTE**

[www.bonitawellnessinstitute.com](http://www.bonitawellnessinstitute.com)

+1 (239) 317 -2878

[BeWell@mybonitawellness.com](mailto:BeWell@mybonitawellness.com)