



Food and Fitness

# Optimize Your Health

Personalized Nutrition Coaching

Evidence-based guidance to help you build sustainable eating habits, improve consistency, and support long-term wellness.

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# Program Overview

This health coaching program combines evidence-based nutrition, habit-building strategies, and ongoing support to help clients build sustainable routines and improve overall health, energy, and consistency.

Designed for individuals seeking guidance to improve their nutrition, build consistent habits, and support overall health, energy, and wellness. This program is ideal for those looking to feel better, stay consistent, and create a healthier lifestyle.



# Who this Program is For

- Struggling with consistency in nutrition or workouts
- Low energy, poor routine, or feeling stuck
- Difficulty staying on track with healthy habits
- Wanting structure, accountability, and guidance
- Looking to build a sustainable lifestyle (not quick fixes)

My 1:1 coaching program focuses on long-term health and sustainable results through:

- Personalized nutrition guidance based on your goals and lifestyle
- Structured workout programming (gym or home options)
- Lifestyle and habit-based coaching
- Weekly accountability and progress check-ins

This program is designed to help you build consistent habits, improve your routine, and support overall health and wellness — without restrictive dieting or short-term fixes.



# What's Included!

## Personalized Nutrition Guidance

- Customized calorie and macronutrient targets based on your goals, preferences, and lifestyle
- Guidance on building balanced, whole-food meals to support energy, consistency, and overall wellness
- Example meal ideas and grocery lists for simple, realistic implementation

## Tracking & Accountability

- Use the free MyFitnessPal app to track meals, nutrition, and hydration
- Weekly virtual check-ins with surveys to review progress and adjust goals as needed
- Optional progress photos and body measurements to track changes over time

## Education & Community Support

- Access to a private client-only Facebook group with 300+ recipes and daily tips
- E-books and videos covering macro tracking, travel, holidays, and lifestyle habits
- At-home or gym-based workouts to support your fitness and routine

# How It Works

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1. Sign up via [foodandfitness.online](https://foodandfitness.online)
2. Complete your onboarding forms and download the program app for instant access to resources
3. Receive personalized nutrition and habit guidance within 24–48 hours
4. Track your progress and check in weekly for feedback, goal adjustments, and support
5. Learn how to eat in a way that is flexible, enjoyable, and fits your lifestyle




# FSA/HSA Reimbursement



My coaching services may be eligible for reimbursement through a Flexible Spending Account (FSA) or Health Savings Account (HSA), depending on your individual plan. Eligibility is determined by your plan administrator and may require a Letter of Medical Necessity (LMN) from a licensed healthcare provider. Clients are encouraged to check directly with their provider or insurance administrator to confirm coverage.

## **What Is a Letter of Medical Necessity (LMN)?**

A Letter of Medical Necessity is a document written by a licensed medical provider (such as a physician, nurse practitioner, or physician assistant) stating that specific services are part of a treatment plan for a diagnosed medical condition. If approved, your FSA or HSA may reimburse part or all of your coaching expenses. (I provide the form for you to submit).






# How to Use Your FSA/HSA

1. Enroll in our coaching program
2. Download our Letter of Medical Necessity (LMN) template
3. Bring the template to your healthcare provider for completion
4. Submit the signed LMN along with your coaching invoice to your FSA or HSA administrator
5. Reimbursement is issued directly by your plan, if approved We provide detailed invoices to support your submission.

## Important Notes:

- We do not diagnose or treat medical conditions.
  - We do not guarantee FSA or HSA reimbursement.
  - Eligibility is determined solely by your individual FSA or HSA plan administrator.
  - Coaching services are not automatically eligible and may require a Letter of Medical Necessity (LMN) from a licensed healthcare provider.
  - If you are unsure about eligibility, we recommend contacting your FSA or HSA administrator directly for confirmation.
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# Ready for the Next Step?

You've seen the plan, now it's your turn to take action.  
With me by your side, you'll always have guidance, support, and encouragement.



# Let's Stay Connected

This is just the beginning.

Reach out to us anytime and we can start building your health/fitness story together.

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