



Food and Fitness

Optimize Metabolic Health

Personalized Nutrition Coaching

Clinically-informed guidance to support and manage
chronic diseases, healthy BMI, and long term wellness.

Program Overview

The Metabolic Health Coaching program combines evidence-based nutrition, habit-building strategies, and ongoing support to help clients improve metabolic function and overall health.

Designed for individuals seeking guidance to improve symptoms with PCOS, PMS management, perimenopause and menopause symptoms, prediabetes, type 2 diabetes, insulin resistance, IBS, general bloating, and constipation, chronic fatigue, stress related symptoms, anxiety, mood fluctuations, high cholesterol/high blood pressure, inflammation, blood sugar regulation, and healthier lifestyle habits. This program is ideal for patients looking to optimize their wellbeing.





Common Conditions That May Qualify Clients to Receive Approval:

- *Insulin resistance
- * PCOS
- *Obesity or overweight
- *Metabolic syndrome
- *Type 2 diabetes or prediabetes
- *Hypertension
- *Hyperlipidemia
- *Hormonal or metabolic health concerns

Approval depends on your plan and medical provider.

My 1:1 coaching program focuses on long-term health improvement through:

- * Individualized nutrition guidance
- * Structured exercise programming (gym or home options)
- *Lifestyle and behavior coaching
- * Weekly accountability and progress reviews

These services are designed to support metabolic health, improve physical function, and promote sustainable lifestyle changes-not short-term dieting or quick fixes.

What's Included!

Personalized Nutrition Plan

- * Individualized protein, carbohydrate, fat, sugar, fiber, and calorie targets based on metabolic needs.
- * Guidance to incorporate anti-inflammatory, whole-food meals that stabilize blood sugar.
- * Example meal plans and grocery lists for easy implementation.

Tracking & Monitoring

- * Use the free MyFitnessPal app to track meals, nutrients, and hydration.
- * Weekly virtual check-ins with surveys to assess progress and adjust recommendations.
 - * Optional progress photos and body measurements to monitor trends over time.
- * Educational Resources & Community:
 - * Access to a curated client-only Facebook group with 300+ recipes and daily tips.
 - * E-books and videos covering macro tracking, travel, holidays, and lifestyle management.
- * Free at-home or gym-based workouts to complement metabolic health efforts.

How It Works

1. Sign up via foodandfitness.online
2. Complete 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 professional adjustments and support.
5. Learn to eat in a way that is flexible, enjoyable, and tailored to your body's needs.

FSA/HSA Reimbursement

Our coaching services may be eligible for reimbursement through a Flexible Spending Account (FSA) or Health Savings Account (HSA) when deemed medically necessary.

Eligibility is determined by your individual plan administrator and typically requires a Letter of Medical Necessity (LMN) from a licensed healthcare provider.



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

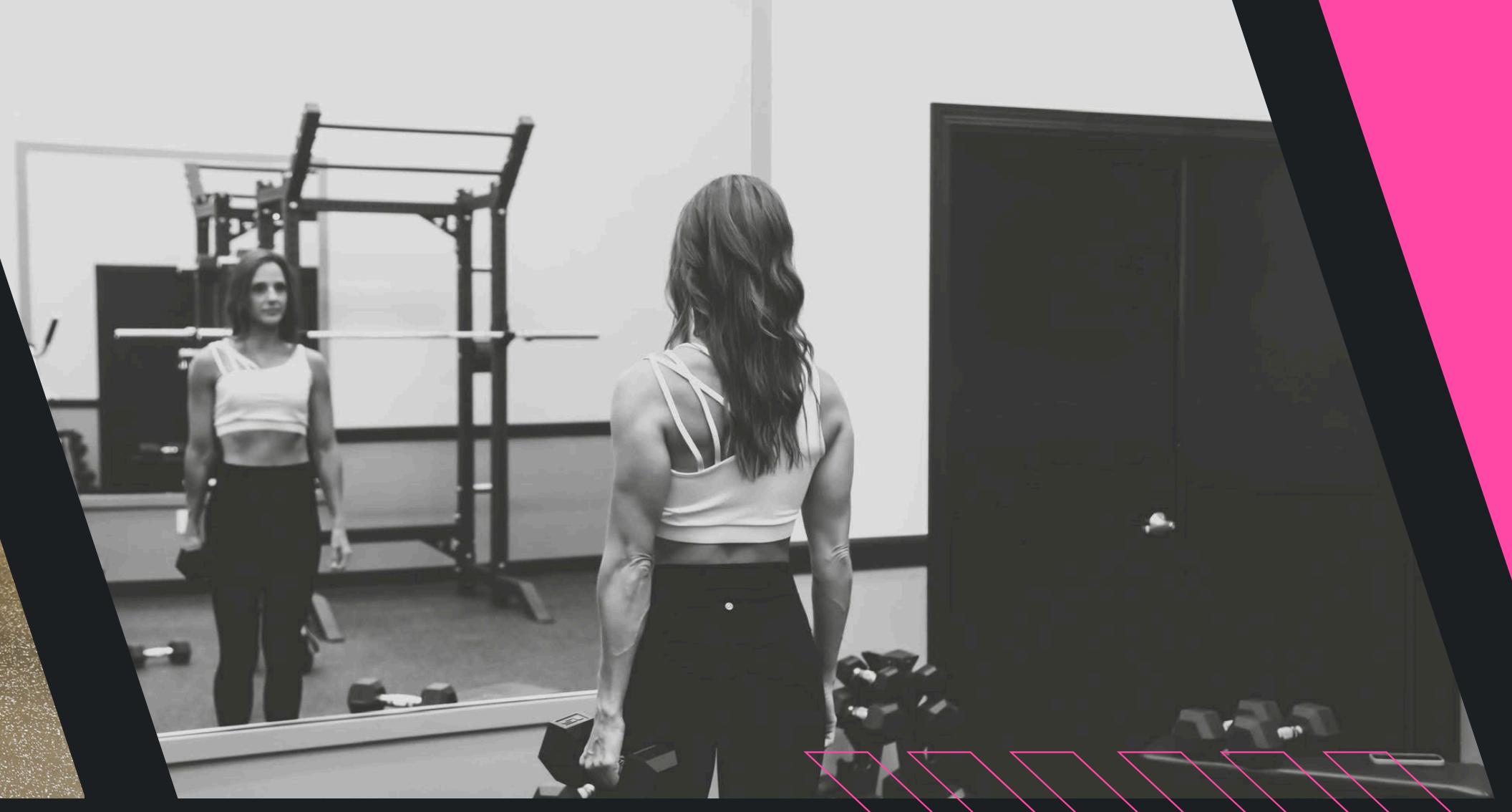


1. Enroll in our coaching program
2. Download our Letter of Medical Necessity (LMN) template
3. Bring the template to your healthcare provider for completion
4. Submit the signed LMN along with your coaching invoice to your FSA or HSA administrator
5. Reimbursement is issued directly by your plan, if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

Important Notes:

- * We do not diagnose medical conditions
- * We do not guarantee reimbursement
- * Approval is determined solely by your FSA or HSA plan administrator
- * Coaching services are not automatically eligible without an LMN
- * If you're unsure whether your services may qualify, we recommend contacting your FSA or HSA administrator directly.
- If you're a current client and need an invoice or LMN template, please reach out and we'll be happy to assist.





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.

A photograph of a woman with long brown hair, wearing a white tank top and black leggings, sitting on a bench and working on a silver laptop. She is looking down at the screen. The background shows a wall with a pink horizontal stripe.

Let's Stay Connected

This is just the beginning.
Reach out to us anytime and we can start building
your health/fitness story together.

-  jenna.bernhardt@outlook.com
-  www.foodandfitness.online
-  Instagram: [Jennabernhardt10](https://www.instagram.com/Jennabernhardt10)