



Move & Fuel yourself for the future with a program built **specifically for YOU**
Begin your journey today!



FIND YOUR FIT!

FIT D.I.Y. ONLINE COACHING

This is a good fit if ...

- You are a self-starter
- You hold yourself accountable
- You understand basic movements, but not how to put everything together ... or you just want someone else to plan for you!
- You are comfortable using tech
- You want budget-friendly guidance and support

- **PERSONALIZED 6 or 12-month movement program** created for YOU by Coach Ally based on detailed assessments
- **Weekly check-in** via questionnaire and chats
- **"Your Trainer Next Door" App** including
 - Workout tracking and accountability
 - Chat with Coach Ally (yes, with me... not AI!)
 - Strong & Capable Forum (our community)
 - Ongoing education on exercise, recovery, stress mitigation - providing you the tools to continue a lifelong healthy lifestyle on your own!

Movement Only
\$150/mo

w/Nutrition
\$200/mo

MOVE & FUEL FOR LIFE 1:1 COACHING

This is a good fit if ...

- You need accountability to make those workouts happen!
- Your doctor said "you should resistance train" - but you have no idea where to start
- You want to learn proper form
- You are ready to make a financial and personal commitment to YOU.

- **45 minute 1:1 sessions** to support your PERSONALIZED 6 or 12-month COMPLETE program created for YOU by Coach Ally based on detailed assessments
- **Fitness and Biometric progress tracking**
- **Your Trainer Next Door App** including
 - Workout tracking and accountability
 - Chat with Coach Ally (yes, with me... not AI!)
 - Strong & Capable Forum (our community)
 - Ongoing education and lessons on components of wellness to build your confidence and knowledge on how to create a healthy lifestyle on your own!

\$90
1x /week

\$80 each
2x /week

\$70 each
3x /week

COACH ALLY *profile*

Certified Personal Trainer & Nutrition Coach,
NASM

I focus on helping perimenopausal and postmenopausal WOMEN.

My coaching style:

- Future-oriented
- Collaborative
- Enjoyment

My own weight loss journey, losing over 50 pounds of fat and maintaining that loss, created momentum in my own life - greater knowledge

on healthy eating habits and choices, improved energy, confidence and a commitment to protect my body.

My goal is to help others live the life they want through movement and nutrition!

As women, we must focus on:

- Protein-forward, nutrient rich dietary profile
- Muscle Development & Protection
- Balance & Mobility
- Cardiovascular Health
- Lifestyle & Habit Development

These elements are important throughout your life. How you approach each will change over time. You need a guide to help you navigate each phase - I can help!

Our work together will be more than sets and reps, proper form and calorie counts.

We will focus on YOUR goals and YOUR future in each stage of life!

*Your
Detailed
Assessment*

\$200

When you plan a road trip, you need your current location to determine length of the trip. The same is true when you consider your health goals.

Included in the assessment:
Joints, Muscle, Cardio, Nutrition and more!

Clients are saying...

"The encouragement you give me, forces me to stay accountable to myself as well as to you!!" - FIT D.I.Y. Client

"Ally is a fantastic trainer and weight management guru... Not only have I lost weight but I'm so much stronger. She is a caring and knowledgeable trainer. She is very flexible on scheduling and even works with me remotely when I'm out of town for the summer. She genuinely cares about her clients. If you want to get healthy - diet and exercise - she is the one you want on your side."

- Move & Fuel For Life @ Home Client

Call Today. 512-917-2542
www.yourtrainernextdoor.com

