

Health *Matters*

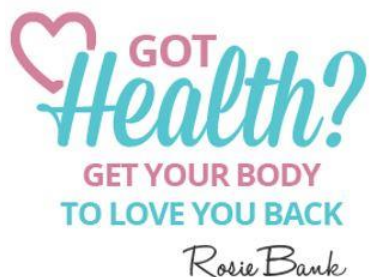
Individual, Group, and Corporate Health Coaching



Rosie Bank

Board Certified Integrative Nutrition Health Coach

www.GetYourBodyToLoveYouBack.com



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What is Health Coaching?

Health Matters Health Coaching is a process where you are led by a caring, knowledgeable professional so that you can reach your personal health, energy and weight goals, and enjoy a more peaceful, balanced life.

The process takes place over a series of live private sessions*, where you will likely:

- Discover much greater peace, happiness and confidence around your body, your size, and your food choices.
- Discover habits and practices that are enjoyable and sustainable.
- Learn to fall in love with food that is good for you.
- Make lifestyle choices that put you back in control.
- Make adjustments so that you love how you look and feel.
- Learn how to say “yes” to what nurtures you and “no” to what destroys or damages you, or puts you at risk.
- Enjoy a better connection with your family and greater impact at work.
- Discover options other than prescription or over-the-counter medicines.

*Sessions take place in person (my office), phone, FaceTime, or via Skype

Health is not a destination, but a springboard that can launch you to having the life you desire. Health Coaching can be among the most significant, transformational experiences of your entire life.

“I used to get stressed out at work. It was spilling over to my family time and I did not realize it. Health coaching has restored my health, and my sanity. I feel so free and confident around food. The cravings are gone and I see a much brighter future for my health and my life. I feel like you saved my life!”

Marjorie J., CFO

Why Work With A Health Coach?

How many of the following statements describe you?

1. You are a busy professional and you need to feel better in order to be productive.
2. You wish you had more energy and you wish you did not feel exhausted.
3. Your life is out of balance which often causes you great frustration.
4. You are saddled with pesky excess weight
5. You hate to diet and you want to lose the weight without starving yourself.
6. You are getting older and you still want to look great and feel great.
7. You feel hooked on food that you know is not good for you.
8. You want to exercise more but are barricaded behind your excuses.
9. You either have been diagnosed with or want to avoid getting something serious.
10. You feel too busy, tired, stressed, and overwhelmed to make taking care of yourself a priority.
11. You are confused about what is good and healthy to eat, and what is not.

If you can relate to two or more of these statements, Health Coaching could make a huge difference for you in your life.

Health Coaching Options

- **Complimentary Initial Health Coaching Session**

- Private 50 minute transformation session
- Uncover goals and concerns
- Discover if we are a good match to work together

- **Individual Health Coaching Six-Month Program**

Most effective program for achieving optimal health and permanent weight loss

- Twelve 50-minute private sessions (two sessions per month/six months)
- Total cost = \$2160 (\$180/session)
- Payment/discount options available (See next page)
- Discount options available to extend or repeat

- **Individual Health Coaching Mini-Series**

- Three 50-minute private sessions
- Total cost = \$600 (\$200/session)*

* *The total amount may be applied to the six-month program at any time*



My commitment is to help you feel better, look better, have more energy, lose weight, keep more of your money, create better health purposefully, and live your ideal life by having your body support you.

I will teach you to go sane around food and to get your body to love you back.

Payment Options for Six-Month *Health Matters* Health Coaching Program

- Total program cost = \$2160
- Option A: Two payments
 - \$1080 paid at the start of the program
 - \$1080 mid-way through the program
- Option B: Pay in full up-front
 - Personal check, no-fee PayPal or Venmo: 15% Discount (\$1836, save \$324)
 - Major credit card: 10% Discount (\$1944, save \$216)
- Re-up six-month series prior to session #11 for a 20% savings plus life-time price-lock
- Refer someone to Health Coaching for additional discounts and thank-you gifts.

Make taking care of yourself a priority. Your body will love you back for the rest of your life.

“With just one of the techniques you taught me, I lost four pounds in the first week, had way more energy, and for the first time saw how I could be healthy without obsessing over food and dieting”

Danny A., CEO

Your Satisfaction is Guaranteed

I am available to select you as a client if you are committed to getting healthier and happier in your body and to having a more balanced life. *Regardless of what obstacles you are facing*, if you know that the time is now for you to get your body back, to “go sane” around food, and to feel dramatically better, I will seriously consider working with you and make a commitment to help you achieve your goals. You *will* get results. But you must realize going into this that your participation and willingness are key. If so, [let me know that you are serious](#).

Your results are important to me. If you do your part and if you are not 100% satisfied with the results you get, I will refund all of your money.

Cancellation: If you choose to discontinue your health coaching sessions, your money will be returned for the amount of sessions you have had on a pro rata basis, minus a \$75 processing fee.

Extras

If you would like consultation on nutritional products through [USANA Health Sciences](#), that is provided on a no-fee basis. This part of my service is complimentary.

You will be encouraged to spend approximately 10 – 20 minutes per week between Health Coaching sessions to do some exercises that will support you in achieving your goal. You will receive Session Notes plus other goodies throughout your series:

- You will receive a complimentary copy of *It Pays to Be Healthy*
- Email support is available to you during the week between your sessions.
- Text support is available to you during the week between your sessions.
- All who enroll for the full **Health Matters Six Month Program** receive a complimentary copy of *Health Matters*, signed by Rosie



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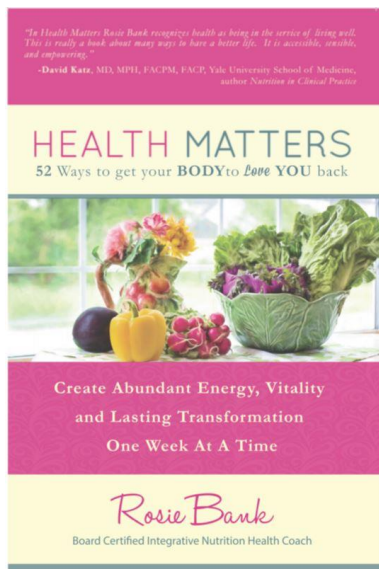
Let me help you get to know me.

Since the mid-1970's I have facilitated groups and individuals to live more successfully in their bodies.

As a Certified Advanced Rolfer and Rolf Movement Teacher, I taught yoga, body therapy and movement for over thirty years.

As a graduate of the Institute for Integrative Nutrition, I have been trained in over 100 dietary theories. I am the founder **Got Health? Get Your Body to Love You Back**, corporate wellness, and the author of **Health Matters**. (www.HealthMattersBook.com)

On a personal note, I **used to** struggle with excess weight, erratic energy, food addiction, an eating disorder, severe cravings and insane dieting. Having resolved 100% of these issues makes me want to help others as much as anything I have ever done. My perfect health is a gift that I want to pay forward. Hopefully with you.



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