

Health *Matters*

Individual, Group, and Corporate Health Coaching

If you want to *be healthy*, a good place to start is to stop doing the things that *make you feel sick.*

#HealthMatters
www.RosieBank.com

Rosie Bank
Board Certified Integrative Nutrition Health Coach
www.GetYourBodyToLoveYouBack.com



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What is Health Matters Coaching?

Be led by a caring, knowledgeable professional so you can reach your personal health, energy and weight goals, and enjoy a more peaceful, balanced life.

- Discover much greater **peace, happiness, and confidence** around your body, your health, your size, your energy level, and your food choices.
- Get a customized **not** one-size-fits-all plan for food and reliable nutrition.
- Say good-bye to gimmicky restrictive dieting forever.
- Get relief from a variety of unwanted health issues. (Examples: digestive disorders, overwhelming food cravings, difficulty sleeping, aches and pains, brain fog, exhaustion, emotional eating, stubborn extra weight.)
- Discover habits and practices that are enjoyable and sustainable.
- Learn to fall in love with food that is good for you and enjoy an amicable divorce from food that leaves you feeling crummy.
- Make lifestyle choices that put you back in control.
- Learn how to detoxify your body and experience way more energy.
- 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.

“I used to get so stressed out at work. It was spilling over to my family and I did not realize it. Health coaching has restored my health and my sanity. 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

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. ~ Rosie Bank

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 unwanted 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 Matters Coaching could make a huge difference for you in your life.

Health Coaching Options

- **Complimentary Initial Health Coaching Session**
 - Private 30 minute transformation Discovery Session
 - Uncover goals and concerns
 - Discover if we are a good match to work together
- **Individual Health Coaching Twelve-Session Program (WOW Package)**
 - ***Most effective program for achieving optimal health and permanent weight loss**
 - Twelve 50-minute private sessions (Sessions can be weekly, bi-monthly, or as we deem best for you.) ([Schedule here](#))
 - Total cost = \$2160 (\$180/session) (Discount options available. See next page)
 - Lifelock pricing to extend or repeat
 - Copy [Health Matters](#), electronic or traditional format
 - Complimentary buddy session with spouse, friend, or partner
 - One pouch My Smart Shake, meal replacement (14 meals)
- **Individual Health Coaching Mini-Series**
 - Three 50-minute private sessions
 - Total cost = \$600
 - *The total amount may be applied to the twelve session program at any time*

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

[I'm ready! Let's get started!](#)

(See page 6 for pre-qualifications. Once you are selected to begin, you will receive further instructions to prepare for your Health Coaching.)



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 Twelve Sessions

Health Matters 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 (Most popular)
 - Personal check, no-fee PayPal or Venmo: 15% Discount (\$1836, save \$324)
 - Major credit card: 10% Discount (\$1944, save \$216)
 - Get a complimentary copy of *Health Matters* in E-Book or print
- 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.

[Watch video about what Emily said about health coaching with Rosie](#)

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 two weeks, had way more energy, and for the first time saw how I could be healthy without obsessing over food and dieting.” ~ Danny A., CEO

Imagine yourself one year from now. What if you could experience yourself at a whole new level of health, vitality, and confidence?
See guarantee below.

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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 (agree to be 100% trainable)** and if you are not 100% satisfied with the results you get, I will refund all of your money minus \$75 for admin.

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 20 – 30 minutes per week between Health Coaching sessions to do some exercises that will support you in achieving your goals. You will receive Session Notes with each session plus other goodies throughout your series:

- 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 Twelve Session Program** receive a complimentary copy of [Health Matters](#), signed by Rosie
- You are encouraged to join the Facebook group www.Facebook.com/GetYourBodyToLoveYouBack for ongoing support.

Ready to get started?

[Schedule session](#)

Got questions?

Call 650-740-9500

[Or Email me](#)

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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. I continue to practice yoga and meditation regularly. These practices and disciplines support my ability to coach others.

As a graduate of the Institute for Integrative Nutrition, a Sanoviv Nutrition Advisor, and a Certified Nutrition and Wellness Consultant (AFPA) I have been trained in over 100 dietary theories. I am the founder **Health Matters Coaching**, 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, a life-threatening 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. I enjoy perfect health, abundant vitality, and a love for whole, healthful, mostly plant diet. This is a gift that I want to pay forward. Hopefully with you.

Rosie Bank

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[Schedule a Discovery Session.](#)

Talk with Rosie... is Health Matters Coaching right for you?

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