

HEALTHY LIVING PACKAGE

from
Personal Best



PERSONAL BEST
WITH MILLIE BETTS

PERSONAL TRAINER

WEIGHT LOSS SPECIALIST

LIFE COACH



*I will work with you to design, and implement a **plan of action**, working through the inevitable changes and any obstacles to help you work toward achieving **Your Personal Best!***

Each Personal Best "Healthy Living" client gets **a customized plan, personal attention** and **weekly support** with a focus on my holistic approach to healthy living:

- **EAT HEALTHY!** Weight management and nutrition counseling and monitoring, food tracking technology information* or food tracking sheets, nutrition guidelines and recipes, easy meal and snack prep strategies....and much more.
- **MOVE MORE!** Personal fitness training workouts or yoga sessions, exercise tracking/activity monitoring technology information* or records, exercise on-your-own plans, and moving more strategies that work.
- **BREATHE!** Life coaching, goal setting, overcoming obstacles.

Special Package Rate Includes:

- Weight management and nutrition counseling and monitoring
- 8 ½-hour personal fitness sessions
- Lifestyle change coaching

Cost: \$460 total package



Or,
personal
check

To Sign-Up, Contact:

Millie Betts, 703-421-4395
millie@personalbetts.com

Limited Offer Based Upon Availability

8 ½-hour sessions
that include:



**Weight management
counseling & monitoring**



Personal fitness training



Life coaching



**Client Portfolio Notebook
& Weekly Assessment**