



Carrie Helmer

Independent Personal Health
and Wellness Coach



HEALTH - WEIGHT LOSS PROGRAM

- Free Personal Health and Wellness Coach - consultation, accountability, and progress monitoring coaching for all Hulings & Associates friends, family, and clients.
- If any Associates are interested in being on a health plan, I will offer a \$25 wellness credit for every client I receive through a referral from them.

HEALTH AND WELLNESS GOALS

- To improve health and well-being long-term
- To establish healthy eating and hydration habits through a transitional approach
- To reduce inflammation and stabilize a healthy metabolism
- Focus on healthy weight management habits, healthy eating, sleep, hydration, motion, mind, and surroundings
- Once the weight loss goal is accomplished, begin maintenance planning
- No exercise is necessary to meet the weight loss goal, but light to moderate physical activity encouraged
- Reduce and eliminate cravings...eat every 2-3 hours
- Financial responsibility from the client is approximately \$12.50/per day for healthy fuelings

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