



# Program Two: Personalized Plan

## WHO IS THIS FOR?

*"I'm a hot mess! I need to figure out my current cycle of bad habits, am experiencing serious perimenopausal symptoms or just need to change my lifestyle."*

*"I need to have the plan personalized and a more specific strategy with a trainer"*

## WHAT YOU GET:

\*Indicates Starter program items

1\*) Three group accountability/motivational meetings to keep you on track and access to a group support Facebook page.

2\*) Two Group Meetings with Homeopathic and Traditional Medical Professionals. We will meet with both an OBGYN plus a certified herbalist who specializes in female reproductive health.

3\*) Pre-recorded workout plans for your level of fitness. Do the workouts when you can fit it in your schedule! Will provide both beginner and advanced programming!

4\*) Nutritional help, recipes and general nutrition plan. Education on foods that help women dealing with perimenopausal and menopausal stressors, a general meal plan to follow, recipes and ideas.

5) A 45 minute one-on-one meeting with Betsy to determine your cycle triggers and how to attack them with nutrition, fitness and lifestyle.

6) Personalization of the nutritional plan offered in the starter program.

7) Personalization of the fitness plan offered in the starter program.

8) *A one-on-one meeting with a certified herbalist* who can look at your current symptoms and recommend an herbal strategy to attack your symptoms.

Early Bird Price Before August 15th:

\$499

Regular Price After August 15th:

\$549



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Thinking about it? Here are all the details and schedule:

Dates: September 5th- November 3rd

All Meetings are Recorded and if you cannot make it there live, you can watch the recording! DON'T SKIP OUT because you can't be there live!

Meetings are live on Zoom, be sure to get that downloaded and updated!  
All workouts and nutritional plans will be written in PDF form with easy links to watch the videos on your own schedule!

## Meeting Dates and Times:

### **Meeting One:**

Accountability with Betsy: Wednesday, September 6th 4:30 PM EST

### **Meeting Two:**

Herbalist, Liane Moccia: Monday, September 18th at 4:30 PM EST

### **Meeting Three:**

OBGYN, Dr. Stephanie McNally: Week of September 25th-29th TBD

### **Meeting Four:**

Accountability Check in with Betsy: Wednesday, October 11th 4:30 PM EST

### **Meeting Five:**

Accountability Check with Betsy: Monday, October 23rd 4:30 PM EST

## Equipment needed for fitness:

- Small Bands
- Dumbbell Weights 5, 8, 10, 12 pounds or kettle bells
- Yoga Mat