



Program One: The Starter

WHO IS THIS FOR?

"I need to break my unhealthy cycle with nutritional guidance, weekly workouts, support and accountability!"

"I need to take an honest look at my monthly cycle and daily habits and figure out a strategy to improve how I feel."

WHAT YOU GET: (additional details on next page)

- 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.

Early Bird Price Before August 15th:

\$199

Regular Price After August 15th:

\$249



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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