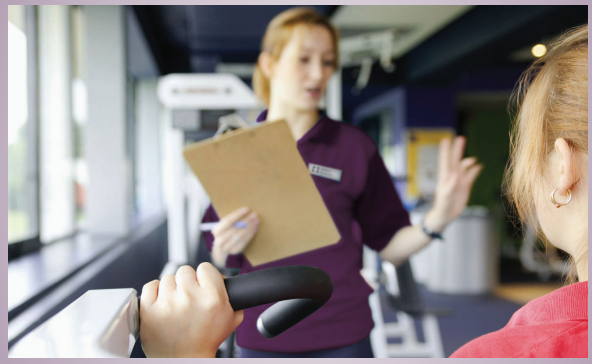


# BeWell Coaching Services



## WHAT ARE BEWELL COACHING SERVICES?

*BeWell* is a program that combines services to help individuals set and achieve their wellness goals. Two options are available to provide professional support towards addressing physical, nutritional and overall wellness goals.

**OPTION 1:** *MoveWell* coaching is with a personal trainer and health coach who collaborate to provide individualized services. The personal trainer customizes your workout instructions and shares feedback. The health coach discusses behaviors, goals and how to overcome obstacles.

**OPTION 2:** *EatWell* coaching is with a personal trainer and registered dietitian nutritionist who work to support you in reaching your exercise and nutritional goals. Workout instructions and feedback from the personal trainer along with diet and food guidance from the registered dietitian gives you an inclusive plan.

## HOW OFTEN DO I MEET WITH MY COACHES?

Reoccurring weekly, bi-weekly or monthly appointments are available. This structured format optimizes consistency, accountability and progression towards an individual's goals.

## WHAT DOES BEWELL COACHING COST?

The all-encompassing program is at an affordable price to support the commitment needed for success. This subscription service gives you tiered discounts of 5-20% off regular pricing.

30 MINUTE PERSONAL TRAINING & 45 MINUTE HEALTH OR NUTRITION COACHING	MEMBERS	NON-MEMBERS
Weekly: 8 sessions per month	\$287 (\$69.50 per week)	\$380 (\$95 per week)
Bi-Weekly: 4 sessions per month	\$157 (\$78.30 per week)	\$214 (\$107 per week)
Monthly: 2 session per month	\$83	\$107

## HOW DO I PURCHASE AND SCHEDULE?

Contact Fitness Manager Carla Zedicher at 402.413.4012 or [czedicher@madonna.org](mailto:czedicher@madonna.org).