



#### **BODY FAT ANALYSIS WITH RECOMMENDATIONS**

**\$25**

The weight on the scale is a meaningless number! Learn your bodyfat %, lean mass and fat mass. Then you can SEE how your workouts and eating programs are changing your body.

#### **INITIAL NUTRITION SESSION**

**\$50**

Find out ideal calorie count, healing foods for your body as well as inflammatory/trigger foods for your body. Learn how to pair foods together to suit your body type. Address weight loss concerns through food and supplementation. \*\* Jessica does not sell or endorse any products! Supplements available from the local health food store will be recommended based on individual needs.\*\*

#### **MEDICAL NUTRITION SESSION**

**\$65**

Physician referred. With the partnership between your physician and Jessica you can live a life off of prescription medications! Learn to use food to heal your body from Type 2 diabetes, Irritable Bowel Syndrome, Chronic Fatigue, Auto Immune disorders such as Rheumatoid Arthritis and much more.

#### **ONE TO ONE PERSONAL TRAINING SESSION**

**\$50/SESSION**

Schedule your "Me" time with Jessica! These 40 minute sessions are geared specifically to your current fitness levels and designed to systematically progress you to your next fitness and weight goal. You have Jessica's undivided attention to discuss nutritional recommendations and health practices as you are exercising.

#### **SMALL GROUP PERSONAL TRAINING SESSION**

**\$250/MONTH**

Fitness and nutrition on a budget! This package includes initial bodyfat % measurements, two fitness sessions weekly with Jessica, and written workouts to do on your own for a complete wellness system. Start your own group with coworkers, friends, or family! Call for special pricing.

#### **VIRTUAL NUTRITION COACHING**

**\$99/MONTH**

You can't outrun your fork! Send Jessica your foodlogs daily and receive feedback. This option is already included in all fitness packages.

#### **6 MONTH HEALTH COACHING PACKAGE**

**\$595**

You can eat all the kale in the world, but until you address the entire being: Body, Mind, and Spirit authentic change will remain elusive. Drill down to root causes of dis-ease and attain sustainable health and happiness.

#### **WHOLY YOU SEMINARS**

**PRICING DEPENDENT ON VENUE**

This seminar series is a fantastic complement to church retreats and church wellness challenges. Learn how to balance hormones, heal the gut, curb anxiety and stressors, all within the scope of living out our lives to suit God's higher calling.

**SCHEDULE  
YOUR SESSION**

**CALL OR EMAIL 806.231.0084  
JESSICA@REALRESULTSFITNESS.NET**