



# Health Coaching

## LIFESTYLE PACKAGES

SET, REACH, and ACHIEVE your goals this year with Tara Penawell, M.Ed, Health Coach

### PANTRY MAKEOVER

**\$95** mem **\$125**

Clear out the junk in your kitchen. Set yourself up for success with a well stocked pantry of healthful choices. Package includes: 1 hr > in your home > for local Austinites

### GROCERY STORE TOUR

**\$95** mem **\$125**

Shop smarter! Discover new brands, hidden healthy gems, and gain new perspective on your weekly shopping trips. Package includes: 1 hr > in your local grocery > for local Austinites

### MEAL PREP LESSONS

**\$199** mem **\$229**

Lessons in creating a healthy menu that is easy to execute and keeps you on track to healthy eating on your schedule. Package includes: 2, 1hr sessions > in person or phone/Skype

### FOOD JOURNALING 101

**\$149** mem **\$199**

Discover patterns, triggers, and obstacles when you start tracking your intake. Self-awareness with guidance! Package includes: Monthly; 1/2 hr consult and 2x/wk feedback email exchanges (8 total)

### COACHING

Focused one-on-one sessions on a topic of your choice! In person or phone/Skype

member  
30 min/1hr

**\$55, \$100**

non-member  
30 min/1hr

**\$60, \$110**

## What is a Health Coach?

A Health Coach is a wellness mentor who will empower and support you in making lasting changes to your health habits. Set meaningful goals, identify barriers to change, and gain the skills you need to cultivate positive health choices. Health coaching sessions involve nutritional coaching, use of behavioral change techniques, and tracking of progress. Each plan is unique to you and no plan is the same.



## Meet Your Health Coach, Tara Penawell

**Tara Penawell** believes that fitness and good nutrition can enhance the quality of everyone's lives. Tara works with a wide age range of clients and has been training for over 10 years. Tara is a Master trainer certified NSCA-CPT, an ACE certified Health Coach, a certified Precision Nutrition coach, and holds a Master's degree in Kinesiology. She has a passion for helping clients find balance in life with trusted Health Coaching techniques and scientifically backed nutritional theory.