



FUNdamental Health Coaching
404-275-0213
angie@fundamentalhealthcoaching.com
FundamentalHealthCoaching.com
WEBSITE COMING SOON

How would YOU define optimal wellness?

FUNdamental Health Coaching (FHC) defines optimal wellness by focusing on three areas - **Healthy Body, Healthy Mind, and Healthy Finances**. **YOUR** journey on the path to optimal wellness progresses differently than it does for any other. We are each unique. However, statistics show we are more likely to **SUCCEED with support and guidance**, than going at it along. **FHC helps YOU identify your ultimate goals, the gap (where you are and where you want to go), and then GUIDES YOU** to solutions to close the gap in a **FUN, MOTIVATING and INSPIRING** way. There is no judgment, just a focus on **SUPPORTING YOU**.



Healthy Body



Healthy Mind



Healthy Finances

FUNdamental Health Coaching believes all aspects of **OPTIMAL HEALTH** are connected. When we first focus on our **PHYSICAL HEALTH**, our energy increases. When our **ENERGY** increases, our confidence grows. When our **CONFIDENCE** grows, our **DREAMS** begin again, **AND WE WANT TO DO MORE!**

WHAT ARE YOU TRYING TO DO?!

New goals don't deliver new results. New lifestyles do. A lifestyle is a process, not an outcome. For this reason, your energy should go into building better habits, not chasing better results.

FAQs

Is this a program?

This is coaching. A plan/program will work, if the participant works the plan/program. Not every program fits every situation. I do have tools and resources that have worked for many others including myself, but some of my clients come already participating in a program. If you are coming with a blank slate, we will create a plan of action for you. If you already have your goal identified and are participating in a plan/program – my 1/1 coaching will be the additional support you need on your journey by helping guide you to reach those goals you have identified.

What can I expect from FUNdamental Health Coaching if I sign up?

A commitment to focus on YOUR goal, and the plan of action YOU created.

Accountability = Ownership. YOU are only accountable to YOURSELF and YOUR goals, FHC is there to support, motivate, inspire and help you progress in your journey.

What will be expected of me?

This is YOUR journey. FHC will give you the tools and support you need to move forward on your progress, but we can't do it for you.

The expectation you should have of yourself is to be an active participant in your journey.

HAVING BEEN EXTREMELY OVERWEIGHT, WITH ZERO ENERGY, LOW CONFIDENCE, ANXIETY AND MONEY CONCERNS, I FOUND A SIMPLE (NOT EASY) PROGRAM THAT CHANGED MY LIFE.

I WANT TO BE REMEMBERED FOR BEING GENEROUS WITH MY HEART, MY TIME AND MY \$

Angie Duprey – Independent Certified Optavia Health Coach
FUNdamental Health Coaching

Find What Serves You

Personal Growth Program *with a Weightloss Component*

Habits of Health (HOH) Transformational System – Full access: Weekly contact (as desired) with coach, education materials, blueprint program, and tools to help follow the program in a simple way as well as a community to share, support and motivate. Created by Dr. Wayne Scott Andersen, the HOH is your blueprint to learning, installing and mastering the necessary behavioral and lifestyle modifications to optimize your health and life. It is a developmental training system to create Lifelong Transformation, One Healthy Habit at a Time. *Approximate Cost \$400/month (includes 85% of your nutritional needs and the blueprint system as well as the coaching benefits described below)*

Optimal wellness coaching *Monthly Subscription Membership*

Focusing on education, motivation and habit creation. Includes 1 - 1/1 monthly goal strategy session (45 min) weekly check-ins as desired (20 min), access to education webinars and other content only available to the public for purchase. *Cost based on commitment – save/month when you commit up front:*

- 1 month commitment–\$250/month renewable
- 3 month commitment–\$500 (saving \$250) renewable
- 6 month commitment–\$750 (savings \$750) renewable
- 12 month commitment–\$1000 (saving \$2000) renewable

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