

12-Week Personalized Lifestyle Coaching

Transform Your Habits, Transform Your Life

Ready to make real, lasting changes? This 12-week coaching program is designed to help you create sustainable habits that support your wellness, energy, and confidence—inside and out.

Led by a certified coach in **personal training, behavior change, senior and women's fitness**, this program integrates **mindset, breathwork, and lifestyle tools** tailored specifically to your goals. Each week builds momentum as you move from feeling stuck to fully empowered.

■ Investment:

- \$65 per 45-minute online session
- Bundle all 12 sessions for \$720

Let's take the next step toward a healthier, more empowered lifestyle.

■ **Reach out to get started:** gingerandoak@gmail.com