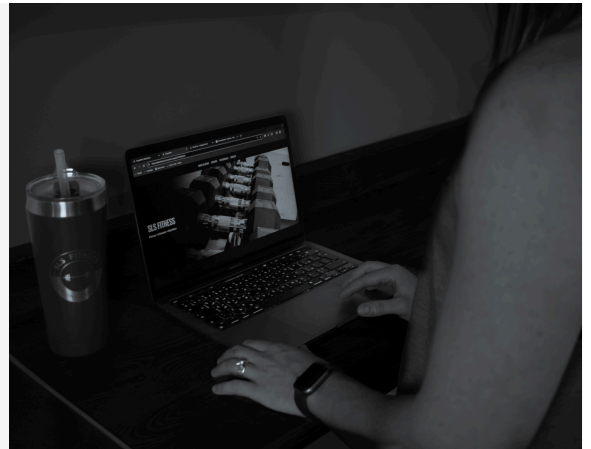


SLS FITNESS

SLS Fitness Remote Coaching

Sarah Simkins, SLS Fitness Owner



Monthly Package Details

Online Programming & Remote Coaching

- + Lifestyle Habit Building
- + Nutrition Coaching

\$195 per month

Initial commitment of 3 months

Included in package:

- Initial Consultation + Movement Assessment
 - Zoom or In-Person (60-75 minutes)
 - Individually designed workouts based on data collected during initial consultation + movement assessment
 - Lifestyle Habit Building
 - Assess where you are at with the Basic Lifestyle Guidelines
 - Establish target areas to focus on improving
 - Receive daily reminders to keep you on track
 - Nutrition Coaching
 - Tailored to meet you where you're at currently & where you want to go
 - Learn about the fundamentals of nutrition
 - Understand what 'good nutrition' means for you
 - Coaching can include: Food log, Macro Targets & Individualized Calculations OR be a habit-based approach
 - App access to your program (CoachRX)
 - Weekly Program Overview [Video recorded]
 - Video Exercise Demo's
 - Track Your Progress
 - Instant Messaging: send questions/feedback directly from the app
 - Weekly check-in: prompted every Sunday
 - Form Feedback: upload video(s) for feedback on your form
 - Monthly Consult: 30-45 minutes
-

Additional Remote Coaching Details

Weekly Check-In & Overview

- You will receive an in-app prompt to complete your weekly check in via the CoachRX app where you will answer a few questions using a number scale + have the opportunity to provide additional comments about your week!
- Comments and notes you make during your workouts throughout the week also help me in seeing if you were able to make load progressions in the exercises from week to week and hit target rep ranges, these being a few of the variables that give me insight on how to adjust your program for the next week.
- An integrated video app, Loom, allows me to provide you with feedback and answers to any comments or questions you noted during your workouts over the week. As well as provide an overview video explanation of your upcoming week of workouts!
 - If you've uploaded videos for form review, these will also be reviewed and you will receive video feedback

Monthly Consults

- Chat about your previous month of training, nutrition, and lifestyle habits and discuss changes and training focus for the upcoming month. Plus! Receive a follow up email with consult notes and bonus content and resources individually selected for you for the areas you want to learn more about!

Billing Options

E-Transfer or Credit Card

Monthly reoccurring subscriptions are credit card only

Contact Details

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