

Beautiful and Healthy You

MEET DEE

Hi, I am Dr. Dee. I am not a medical doctor and cannot give you medical advice; however, I do have a doctorate degree which means I love 😊 learning.

About 13 years ago, I juggled with my weight and tried several diets. I would lose ten pounds and gain twenty. At my heaviest, 200 pounds, I was frustrated when I realized that eliminating certain foods from my diet for a period, will cause me to lose the weight but once I started eating my usual way, I gained everything I lost and more, that is how diets work. However, I wanted a change and dieting was not the solution. I changed the way I ate and that made a difference. I successfully lost over 40 pounds and kept it off. The same way I was able to lose the weight, I would like to share some of my coaching tips and tricks with YOU. I would like to be your accountability partner. Sometimes, we just need someone to give us a push!

I am very passionate about food and healthy living. I love to cook, bake, and read lots of books on health, nutrition, food, herbs, herbal and natural medicine. What we eat counts for 85% of our body weight; the remaining 15% depends on exercise. YOU must choose the right food to eat.

Keep in mind that healthy eating is not a diet, it has to be your lifestyle!

Qualifications:

- Holistic Nutrition and Health Coach (HNHC)
- Registered Health and Nutrition Counselor (RHNC) License ID#1700701
- Certified Health Coach (CHC) - in progress

Certificates:

- Holistic Health Cooking
- Vegetarian Nutrition
- Sports Nutrition Specialist

Affiliations and Membership:

- National Association of Nutrition Professionals (NANP)
- Health Coach Alliance (HCA)
- National Wellness Institute (NWI)
- The Weston A. Price Foundation

P.O. Box 663, Oakland, FL 34760, USA

Phone: 1-407-986-8622

BNYOU.com

dee@bnhyou.com

COACHING

Sessions and Pricing

MEETING YOU

Before, I start any coaching session, we will start with an initial consultation. You can book this by clicking the blue "schedule a session with me" on the website. I will be able to meet you and ask questions about what you do and eat on a typical day including cravings, sleep duration and quality, stress levels, history with nutrition and dieting, fitness level, and any medications, vitamins, and supplements you are taking.

My questions are designed to give me a clearer picture of where you are now. Then, we will talk about what you want to accomplish and your goal(s). My job is to help you bridge that gap between where you are and where you want to be using the right coaching regime designed for your body and lifestyle.

Some of my suggestions includes recipe recommendations, guided meal plans, as well as herbal supplements and/or vitamins. I highly discourage and will never recommend you to purchase diet pills/ teas, weight loss shakes, or appetite suppressants.

Instead, I will provide you with new ideas, teach the “why” behind my recommendations, and help you live your best life.

SINGLE APPOINTMENTS

Initial Consultation

- First step to better YOU. Time frame 45 min – 60 minutes
- Discuss specific health and nutrition needs as well as your goals.
- A guided meal plan will be emailed within 48 hours.

Follow Ups

- Maintaining what you started. Time frame 20-30 minutes
- Review your meal plan; make changes if needed, add recommendations, and workout schedule.

WEEKLY PACKAGES

Three (3) Weeks:

- 1 Initial consultation. Time frame 30 minutes, this will be basic only focusing on your current food intake.
- A guided meal plan will be emailed within 48 hours.
- 2 Follow Up Calls: Time frame 15 minutes
- 3 Weekly Check In emails: Emails will consist of recommendations and words of encouragements.

Six (6) Weeks:

- 1 Initial consultation. Time frame 30 minutes, this will be basic only focusing on your current food intake.
- A guided meal plan will be emailed within 48 hours.
- 3 Follow Up Calls: Time frame 15 - 20 minutes
- 6 Weekly Check In emails: Emails will consist of recommendations and words of encouragements.

Nine (9) Weeks:

- 1 Initial consultation. Time frame 30 minutes, this will be basic only focusing on your current food intake.
- A guided meal plan will be emailed within 48 hours.
- 4 Follow Up Calls: Time frame 15 minutes
- 9 Weekly Check In emails: Emails will consist of recommendations and words of encouragements.

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MONTHLY PACKAGES

Jumpstart - One (1) Month – 3 sessions:

- 1 Initial consultation. Time frame 45- 60 minutes
- 2 Follow Up Calls: Time frame 20-30 minutes
- Weekly Check-In emails: Emails will consist of recommendations and words of encouragements.
- A guided meal plan will be emailed within 48 hours.
- Ongoing Food and exercise journal

Success Awaits - Three (3) Months – 5 sessions:

- 1 Initial consultation. Time frame 45- 60 minutes
- 4 Follow Up Calls: Time frame 20-30 minutes
- Weekly Check-In emails: Emails will consist of recommendations and words of encouragements.
- A guided meal plan will be emailed within 48 hours.
- Ongoing food and exercise journal
- Grocery list and recipes

New You - Six (6) Months – 9 sessions:

- 1 Initial consultation. Time frame 45- 60 minutes
- 8 Follow Up Calls: Time frame 20-30 minutes
- Weekly Check-In emails: Emails will consist of recommendations and words of encouragements.
- Ongoing Food and exercise journal
- Grocery list and recipes
- Pantry clean out
- Bi-weekly guided meal plans
- Unlimited emails or messages with any questions

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HOW TO CONTACT ME

Email: dee@bnhyou.com.

Phone: 1-407-986-8622

WhatsApp: 1-407-924-3635

Skype: DEE - bnhyou@gmail.com

PAYMENTS

- Payment must be made before the session begins.
- Payment plans are available for *Success Awaits* and *New You* Monthly packages.
- Full payment savings are available.

Referrals are welcomed! As an existing client (with three months or more), you will receive one (1) free follow-up for every new client you introduce to the program. The new client gets a one time saving of 10% off on any session including single appointments, or weekly and monthly packages.



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