

# Family Health Coaching Package



## What this package entails:

*The definition of family is not for me to decide as we know families come in all shapes, sizes and groupings. All configurations are welcome. You tell me what your definition of family is and I will happily support you.*

Every individual has their own definition of health and how they view their own personal wellness. This can present a challenge in a family, especially when there are good intentions to support each other around health, eating, movement, sleep, screen time and overall well-being. Often, there are varying opinions – maybe disagreement (or even all-out fights) about what to eat, screen time, bedtime, exercise, etc. In this chaos, intentions are lost and family members end up doing the exact opposite of what they hoped, leaving loved ones feeling judged and not supported.

Family Health Coaching sessions are designed to guide families to get on the same page about managing wellbeing. These sessions are not about weight loss or creating the perfect eating plan; rather, they are centered around understanding what each member of the family values when it comes to their own personal health, nutrition, movement and well-being. Once that is established, the goal is to create language on how to speak about wellness with each other, set family goals, and action plans that feel inclusive and supportive to all parties. In this process, learning occurs around nutrition, exercise, sleep and behavior. As a family, you will establish a new culture of wellness together and leave with concrete action plans.

## Family Health Coaching Package includes:

- ❑ 6 virtual sessions with Kerri, a Registered Dietitian and Personal Trainer
- ❑ An in-depth review your family's health history with making changes both individually and together
- ❑ Current food and behavior research and science
- ❑ Science summaries & educational handouts
- ❑ "A Family Health Focus": a systematic review and prioritization desired health changes as a family
- ❑ Health Coach Plan with both short-term and long-term SMART goals
- ❑ Collaborative development of tools to support your accountability

## How we work together: 6 Weekly Virtual Sessions

**Session 1- Family Exploration:** A background gathering session to help Kerri get to know your family. Each family member will get a chance to speak, so they can share what influences their health, movement and nutrition. As a family, you can update Kerri on how your approach to change has gone, and what goals and expectations you may have. At the end of the session, you will establish a "family focus" to build upon. This family focus is an overarching nutrition/movement goal for the whole family to work on together.

**Session 2- Breakdown the Barriers:** Kick off the process of "getting on the same page." From this session, each family member will leave with a SMART goal that will support them, and contributes to the overarching "family focus." You will discuss what support looks like within your family and how to offer support to each other.

**Session 3- Nutrients to Fuel You:** Focus on your current eating habits – both individually and as a family – and what changes you would like to see. Kerri will help sort through all the misinformation out there when it comes to eating. She will also use science and enjoyment to

help establish how your family wants to approach food. Education, tools, shopping list and meal planning ideas will all be shared based on your family goals and needs.

*Session 4- On the Move:* An exploration of how movement occurs both individually and as a family. Kerri will help sort through all the misinformation out there around “what is exercise.” Each family member will leave with an action plan for their own personal movement goals and establish how the family may support those goals by moving together.

*Session 5- Easier Said Than Done:* Focus on behavior change and setting up systems to create accountability for the changes/goals you are actively working. You will explore the barriers that have been occurring, and review what to do when you have lapses.

*Session 6- Where Do You Go From Here:* With Kerri’s support you will evaluate what changes have been made as a family and individual. You will openly discuss what support and accountability is needed to keep changes happening both as a family and individual.

### **The cost of the package:**

- **2 Participants over the age of 10 (\$100 per session)**
  - One-time payment of \$540.00 (10% discount) **Or** \$100.00 is charged to your credit card weekly for the duration of the package/6 weeks.
- **3 Participants or more over the age of 10 (\$125 per session)**
  - One-time payment of \$675.00 (10% discount) **Or** \$125.00 is charged to your credit card weekly for the duration of the package/6 weeks.
- This package must be used within 3 months from the start of session #1 (*any remaining charges will be collected on that expiration date*)