



# 30-DAY JUMP START

**Begin your active life with a 30-day jump start to get you reset and focused.**

## **30-DAY JUMP START PROGRAM INCLUDES:**

45-minute initial consultation to learn about you and your goals.

One-month personal program that includes a training plan and nutritional support.

(4) 30-minute coaching and accountability calls.

Easy and delicious recipes.

Private FB page for additional education, support and camaraderie with other like-minded women.

Love the Green Special: \$150, normally \$250.

For every program purchased I will donate \$10 back to **Love the Green Life.**

For more details, email Stacy at, [healthcoachrhea@gmail.com](mailto:healthcoachrhea@gmail.com)  
Subject line: LTGL21