



**FORTY FIFTY  
FABULOUS**  
Your Key to Midlife Wellness



## Mindful Midlife Wellness Program

### What's included?

You will work 1:1 with me for 12 weeks to achieve your specific health goals. This program includes:

- A full health and behaviors assessment.
- Customized macro and calorie recommendations.
- Nutrition guidance to support your midlife health.
- Menopause education
- Goal setting
- Weekly check-ins
- Private coaching app

### What can I expect?

You will work one-on-one with me as your nutrition and health coach. You will receive a custom-to-you, evidence-based program that focuses on empowering behavior change and that teaches you how to nurture your body through the menopause transition.

### What NOT to expect?

I do NOT provide cookie cutter programs, get fit quick schemes, or the latest diet fads that have no scientific support! If you're willing to put in hard work and effort to achieve your goals, I will be there to support you!

### Do I need to be accepted into the program?

Yes! It's important that we know we can work together and that I am the right coach for you! That's why I offer a free 30-minute consultation where we can discuss your health goals and current challenges and see if we are a good fit!

Book your free consultation: <https://calendly.com/fortyfiftyfabulous/free-1-1-wellness-consultation>

### **Who is this program for?**

If you are a woman in your 40s or 50s who has been struggling with weight loss and the changes that perimenopause and menopause bring, and you want to feel fit and healthy in midlife, then this is the program for you!

### **Can I book a longer coaching term than just 12 weeks?**

Absolutely! This is YOUR program, and it will be tailored to meet YOUR goals. Book a free consultation and let's talk about you and what you want for your midlife health.

Book your free consultation: <https://calendly.com/fortyfiftyfabulous/free-1-1-wellness-consultation>

### **Is there a payment plan?**

Yes, I offer either Paid in Full (PIF) or a monthly payment plan option.

### **Need more info?**

Contact me at [sue@fortyfiftyfabulous.com](mailto:sue@fortyfiftyfabulous.com)

Book here: <https://calendly.com/fortyfiftyfabulous/free-1-1-wellness-consultation>