

Wellness & Fitness Coaching

Personalized support for getting stronger, moving better, and building habits that fit your life

There is no one-size-fits-all approach to wellness. We'll start with where you are, talk about what matters to you, and create a realistic plan that supports your goals, lifestyle, experience, and priorities.

WHAT COACHING INCLUDES

- Up to four 30-minute one-on-one coaching sessions each month
- An individualized, progressive fitness program based on your goals, abilities, schedule, and available equipment
- Fitness programming generally updated every four weeks, with adjustments as needed
- Wellness coaching around the areas that matter to you — such as habits, nutrition behaviors, sleep, stress, recovery, and mindset
- Accountability, reassessment, and brief between-session support for questions or program adjustments

HOW IT WORKS

1. Complimentary exploratory conversation

We'll talk about what you're looking for and decide whether working together feels like a good fit.

2. Initial assessment & plan

If we decide to work together, we'll take a deeper look at your goals, current routines, preferences, and starting point.

3. Ongoing coaching

We'll meet regularly, adjust the plan as life and progress require, and keep the focus on sustainable change.

INVESTMENT

\$300/month

3-month initial commitment

After the initial three months, coaching may continue month-to-month when it remains useful and is a good fit.

WHO IT'S FOR

This may be a good fit if you want a personalized fitness plan, support building healthier habits, or a combination of both — without being handed a rigid, one-size-fits-all program.

ABOUT ALICIA

Alicia Taylor | National Board Certified Health & Wellness Coach • Certified Personal Trainer • RYT-200 Yoga Teacher

INTERESTED? LET'S START WITH A CONVERSATION.

Reach out to learn more or complete the short interest form. The exploratory conversation is complimentary and there's no obligation to continue.