



Whole You Wellness Presents the 6-Week Beyond the Scale Program

I'm Mindy, the founder of Whole You Wellness. My mission is to support you in achieving your health goals while embracing every part of your journey. With personalized guidance, I'm here to empower you to build healthy habits that feel natural and sustainable. Your transformation begins here.

This group-based 6-week program is designed to help you achieve your wellness goals—whether you're looking to lose or maintain weight, improve your nutrition habits, or build consistency in tracking food and exercise. With dedicated support and expert guidance from Mindy Arndt, Certified Health Coach and Certified Personal Trainer, you'll stay motivated while focusing on holistic well-being.

This program is perfect for those who thrive with community encouragement and value a balanced approach to health. Progress, not perfection!

Challenge Details:

- ❖ Dates of Challenge: Monday June 16-Sunday July 27 (6 weeks).
- ❖ Cost of Challenge: \$150.00. Cost includes instructor-led weekly zoom calls providing support, educational resources, problem solving, and weekly goal setting. In addition, all participants will have access to the superior Practice Better portal, a confidential and resourceful app that grants you access to food and mood journaling, lifestyle journaling, group chat support, 3rd Party App Integration, healthy recipes and meal prep guidance, and analysis throughout the program. Resources, support, and guidance are key elements of this program.
- ❖ Forms to Complete: Please note you will have forms to complete prior to the start of the challenge. Completion of these forms will ensure that you are healthy and safe to join this challenge. Your safety is my priority. *If forms are not submitted, you cannot participate.*

- ❖ Challenge Completion: If you complete the 6-week program, you will obtain a certificate of completion by email--what an accomplishment! Along with your completion, you will continue to stay up to date with upcoming events and happenings at Whole You Wellness. Lastly, you will have priority access to *Beyond the Scale* Maintenance Membership, with a 10% discount on your first month. Whole You's *Beyond the Scale* Maintenance Membership is a monthly virtual (*online via zoom*) program designed to provide community-based support, continuous goal-setting, and effective problem-solving strategies. Every participant shares the same core objective, maintaining healthy habits for long-term success.

To Sign Up for this challenge: [Click Here](#)