



## Whole You Wellness LLC

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Wellness with Mindy: [Sign up to Stay in Touch!](#)

## Whole You Wellness LLC

At Whole You Wellness, we are a community where your health and wellness goals are priority. Our personalized health and fitness coaching services are designed to meet your unique needs and help you achieve your goals for a healthier, happier you. Let us support you as you work towards your best self.

Why collaborate with us? As a certified health coach and personal trainer with 20 years of experience in the field of wellness, healthcare, and fitness industry, we will support, guide, and assist you throughout your health and wellness journey as you build healthy habits for lasting change.

## Wellness Services

### Health Coaching Memberships

Our health coaching memberships are personalized, supportive, and community-based to support individuals in achieving their health and wellness goals long-term. By working closely with clients, we help develop tailored strategies that align with their unique needs, preferences, and challenges. This collaborative and community-based approach address key areas such as nutrition, fitness, stress management, chronic disease prevention and management, GLP-1 support, nicotine cessation, and improvement in overall lifestyle. Through guidance, support, and encouragement, we empower clients to build sustainable habits and take proactive steps toward lasting well-being.

All health coaching sessions can run 20-45 minutes in length and can be done by phone or virtually/online. *In-person options are available based on location (Wausau, WI).* All members of Whole You Wellness have access to the highly rated and secure Practice Better portal.

Initial Consultation (phone/virtual): FREE. The Initial Consultation is 15-30 minutes in length and is designed to understand your unique health needs and goals. This consultation involves running a quick assessment of your health history, learning more about you and your lifestyle, and discussing Whole You Wellness LLC health coaching services. We want to make sure we are a good match in partnership, and that you are ready for health coaching.



## Whole You Gold Health Coaching Membership

Unlock the ultimate Whole You Wellness membership experience with exclusive perks designed for lasting transformation. Whole You Gold Membership includes:

- Access to Whole You Wellness Portal Practice Better, including journals and secure messaging.
- Priority scheduling with Mindy.
- Weekly 1:1 Health Coaching Session (phone/virtual/online) with Mindy.
- Access to *Wellness with Mindy* emails.
- Access to private communications with Mindy in-between coaching sessions.
- Access to wellness challenges at no cost to you.
- Access to monthly *Beyond the Scale Community Sessions* (group-based support with Whole You Wellness members).
- Access to wellness educational materials throughout your membership.
- Access to meal prep and recipes support through *That Clean Life* with Mindy
- Access to *Whole You Group Fitness Membership* to include variety, fun, and fitness.

*Cost: \$100 per month*

*Fees are subject to change*

## Whole You Silver Health Coaching Membership

Enjoy essential wellness perks designed to help you build lasting habits and achieve meaningful results. Whole You Silver Membership includes:

- Access to Whole You Wellness Portal Practice Better, including journals and secure messaging.
- Bi-Weekly 1:1 Health Coaching Session (phone/virtual/online) with Mindy.
- Access to *Wellness with Mindy* emails.
- Access to private communications with Mindy in-between coaching sessions.
- Access to wellness challenges at no cost to you.
- Access to monthly *Beyond the Scale Community Sessions* (group-based support with Whole You Wellness members).
- Access to wellness educational materials throughout your membership.
- Access to meal prep and recipes support through *That Clean Life* with Mindy
- Access to *Whole You Group Fitness Membership* to include variety, fun, and fitness.

*Cost: \$75 per month*

*Fees are subject to change*

### Whole You Bronze Health Coaching Membership

Enjoy fundamental wellness perks designed to help you build lasting habits and achieve meaningful results. Great for those who are in the maintenance phase of behavior change and have worked with Mindy for a few months. Whole You Bronze Membership includes:

- Access to Whole You Wellness Portal Practice Better, including journals and secure messaging.
- Monthly 1:1 Health Coaching Session (phone/virtual/online) with Mindy.
- Access to *Wellness with Mindy* emails.
- Access to private communications with Mindy in-between coaching sessions.
- Access to wellness challenges at no cost to you.
- Access to monthly *Beyond the Scale Community Sessions* (group-based support with Whole You Wellness members).
- Access to wellness educational materials throughout your membership.
- Access to meal prep and recipes support through *That Clean Life* with Mindy
- Access to *Whole You Group Fitness Membership* to include variety, fun, and fitness.

*Cost: \$50 per month*

*Fees are subject to change*

### Whole You Virtual Health Coaching Membership

Enjoy the online platform Practice Better designed to help you build lasting habits and achieve meaningful results. Great for those who are in the maintenance phase of behavior change or prefer to work with Mindy through online messaging. Whole You Virtual Health Coaching Membership includes:

- Access to Whole You Wellness Portal Practice Better, including journals and secure messaging.
- Access to *Wellness with Mindy* emails.
- Access to private communications with Mindy in-between coaching sessions to help you stay on track and engaged with your goals.
- Access to wellness challenges at no cost to you.
- Access to monthly *Beyond the Scale Community Sessions* (group-based support with Whole You Wellness members).
- Access to wellness educational materials throughout your membership.
- Access to meal prep and recipes support through *That Clean Life* with Mindy
- Access to *Whole You Group Fitness Membership* to include variety, fun, and fitness.

*Cost: \$50 per month*

*Fees are subject to change.*

**With health coaching, it's imperative that you start strong. All new clients are recommended to start with the Gold Membership to ensure your initial success with behavior change management. Lastly, remember that health coaching is not about the health coach telling the client what to do. Instead, it's about support, accountability, and helping the client build habits that provide lasting change. ---Mindy**

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Services Included	Whole You Gold Health Coaching Membership	Whole You Silver Health Coaching Membership	Whole You Bronze Health Coaching Membership	Whole You Virtual Health Coaching Membership
Access to Whole You Wellness Portal: Practice Better and its resources	✓	✓	✓	✓
Priority Scheduling	✓			
Weekly 1:1 Health Coaching Sessions	✓			
Bi-Weekly 1:1 Health Coaching Sessions		✓		
Monthly 1:1 Health Coaching			✓	
Ongoing review of journals & goals by Mindy	✓	✓	✓	✓
Access to <i>FREE</i> wellness challenges throughout the year	✓	✓	✓	✓
Access to <i>Wellness with Mindy</i> emails	✓	✓	✓	✓
Access to private communications with Mindy in-between coaching sessions	✓	✓	✓	✓
Access to wellness challenges at No cost to you	30% Discount	20% Discount	10% Discount	N/A
Access to monthly <i>Beyond the Scale Sessions</i> (group-based chats & virtual sessions designed for community support, led by Mindy by Zoom)	✓	✓	✓	✓
Access to meal prep and nutrition support through <i>That Clean Life</i> with Mindy	✓	✓	✓	✓
Access to Online Group Fitness Classes	✓	✓	✓	✓

WHOLE YOU WELLNESS LLC  
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### Common Questions and Answers:

Q: Is a referral required to enroll in wellness services at Whole You Wellness? A: No referral is necessary.

Q: What is health coaching? A: Health coaching provides support, guidance, and behavior change strategies for those who desire health and wellness improvements. As a certified health coach, Mindy helps everyone reach their health and wellness goals through positive behavior change strategies she has specialized in over 20 years.

Q: What qualifications does Mindy have? Mindy has a Bachelor of Science degree in Health Promotion and Wellness from the University of Wisconsin-Stevens Point, as well as a Master of Science degree in Health and Wellness Management. She has certifications in health coaching, personal training, and group fitness instruction through American Council on Exercise (ACE). Additionally, she has specialized training through ACE in Fitness Nutrition and Behavior Change. Lastly, she has over 20 years of health coaching, fitness, wellness, and healthcare related experience.

Q: Why is a membership type format used? A: Great question. Many wellness professionals have transitioned to memberships. The benefits of membership type models are profound. At Whole You Wellness, we believe in supporting our clients now and long-term. We don't want our clients to feel "restricted" in the services we provide. We believe in the power of connection, communication, and community. It's a win-win for all!

Q: What are online/phone fitness services? A: As a certified personal trainer, Mindy can assist you with beginning and maintaining a fitness program that is specific to your needs and goals. Your safety and goals are her priority. Please note that in-person services are available based on location (Wausau, WI area).

Q: Can members transition from one membership to another? A: Yes. We regularly update our membership models and enable our members to choose the membership that suits them best.



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