



**Whole You Wellness LLC**  
Website: [www.wholeyouwellnessllc.com](http://www.wholeyouwellnessllc.com)  
Phone: 715.846.2429  
Email: [mindy.arndt@icloud.com](mailto:mindy.arndt@icloud.com)  
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

### Fitness Memberships

Fitness memberships at Whole You Wellness are strategically developed to support each member with their personal fitness and health goals, online. All fitness coaching sessions are 1:1 and between 30-45 minutes in length by phone, online/virtual, or in-person (*in-person based on location*).

**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. The initial fitness coaching session involves running a quick assessment of your health history, learning more about you and your lifestyle, discussing your fitness goals, and discussing a plan of how we'll accomplish them together.

### Whole You Gold Fitness Membership

Unlock the ultimate Whole You Fitness membership. This membership is designed for those who want additional support and guidance with starting their fitness journey. Think of this as the ultimate personal training experience. Fitness is a big undertaking, so let Mindy guide you every step of the way. Whole You Gold Fitness Membership includes:

- Access to Whole You Wellness Portal: Practice Better, which includes journals and support.
- Priority scheduling with Mindy.
- One Fitness Coaching session per week (phone/virtual/online/in-person).
- Access to *Wellness with Mindy* emails.
- Access to private communications with Mindy in-between coaching sessions.

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- Access to wellness challenges at no charge.
- Access to weekly *Beyond the Scale Sessions* (group-based support for Whole You Wellness members) every Tuesday at 6pm (*schedule may vary*).
- Access to meal prep and recipes support through *That Clean Life* with Mindy.
- Ongoing demonstrations with Mindy to ensure safety of exercises and program modification.
- Access to *Whole You Group Fitness Membership* to include variety and fun.

*Cost: \$100 per month*

*\*Fees are subject to change*

### **Whole You Silver Fitness Membership**

The Silver Fitness Membership is great for those who have some experience with fitness programming but still desire bi-weekly sessions per month for guidance and support. Whole You Silver Fitness Membership includes:

- Access to Whole You Wellness Portal: Practice Better, which includes journals and support.
- One Fitness Coaching session every other week (phone/virtual/online/in-person).
- Access to *Wellness with Mindy* emails.
- Access to private communications with Mindy in-between coaching sessions.
- Access to wellness challenges at no charge.
- Access to weekly *Beyond the Scale Sessions* (group-based support for Whole You Wellness members) every Tuesday at 6pm (*schedule may vary*).
- Access to meal prep and recipes support through *That Clean Life* with Mindy.
- Ongoing demonstrations with Mindy to ensure safety of exercises and program modification.
- Access to *Whole You Group Fitness Membership* to include variety and fun.

*Cost: \$75 per month. Fees are subject to change .*



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### Whole You Bronze Fitness Membership

Enjoy essential fitness perks designed to help build lasting habits and achieve meaningful results. This membership is great for those who prefer less frequent sessions with Mindy, especially if you are looking for more of a maintenance plan and are confident in your fitness abilities. Whole You Bronze Fitness Membership includes:

- Access to Whole You Wellness Portal: Practice Better, which includes journals and support.
- One Fitness Coaching session per month (phone/virtual/online/in-person).
- Access to *Wellness with Mindy* emails.
- Access to private communications with Mindy in-between coaching sessions.
- Access to wellness challenges at no charge.
- Access to weekly *Beyond the Scale Sessions* (group-based support for Whole You Wellness members) every Tuesday at 6pm (*schedule may vary*).
- Access to meal prep and recipes support through *That Clean Life* with Mindy.
- Ongoing demonstrations with Mindy to ensure safety of exercises and program modification.
- Access to *Whole You Group Fitness Membership* to include variety and fun.

Cost: \$50 per month.

\*Fees are subject to change



Whether personal training or health coaching, I recommend all clients start with the gold membership. It's vital that you get a strong start on your wellness journey. Please keep in mind that we can health coach during your scheduled 1:1 fitness coaching session.

Health and fitness coaching go hand in hand. -Mindy

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<u>Services Included</u>	<u>Whole You Gold Fitness Membership</u>	<u>Whole You Silver Fitness Membership</u>	<u>Whole You Bronze Fitness Membership</u>
Access to Whole You Wellness Portal: Practice Better	✓	✓	✓
Priority Scheduling	✓		
1 Fitness Session Per Week ( <i>no more than 4 sessions/month</i> )	✓		
1 Fitness Session Bi-Weekly ( <i>No more than 2 sessions/month</i> )		✓	
1 Fitness Session per month			✓
Access to <i>Wellness with Mindy</i> emails	✓	✓	
Access to ongoing support with Mindy in-between fitness sessions, including fitness demos	✓	✓	✓
Access to wellness challenges at no charge	✓	✓	✓
Access to monthly <i>Beyond the Scale Talks</i> (group-based sessions designed for community support)	✓	✓	✓
Access to meal prep and nutrition support through <i>That Clean Life</i> with Mindy	✓	✓	✓
Access to Online Group Fitness Classes with Mindy	✓	✓	✓

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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 to 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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