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|  | Jennifer Barnes at [info@jbarnesliving.com](mailto:info@jbarnesliving.com)  Ph: (226) 791 7881 [www.jbarnesliving.com](http://www.jbarnesliving.com) |
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**My name is Jennifer Barnes and l run a wellness coaching business with a focus on Building Teams Through Wellness. I currently work with leadership teams to improve their functioning and wellbeing.**

Through these health challenges we work on building team comradery while improving health. Team members support each other to reach their health goals. The wellness programs are fun and interactive.

**My services include:**

1. **5 Day Healthy Eating Challenge**

* Learning with the group to eat healthier for 5 days
* Determine health goals with tools and tips to succeed for the group
* Provide healthy meals for the challenge, lunch and dinner for the 5 days
* Wellness Coaching provided during the challenge (via zoom)
* A recipe booklet for breakfast and snacks provided during the challenge
* Debrief and healthy way forward is discussed with the group

1. **7 Day Reboot Cleanse**

* A kick start to your health journey by cleansing the body for 4 days and then introducing healthier food choices
* A more challenging program which focuses on the group supporting each other during the cleanse which promotes comradery
* Provide healthy meals for the cleanse and introduction of healthy foods (for 7 days)
* Wellness coaching provided during the challenge (via zoom)
* A recipe booklet for breakfast and snacks provided during the challenge
* Debrief and healthy way forward is discussed with the group

1. **Lunch and Learn Wellness Talks**

* By working as a team, we learn strategies to improve our health and to support each other
* Nutritionist leads the group through wellness topics, each session often includes food samples to demonstrate
* The sessions can be catered to the group’s interest/needs. The wellness sessions can include lunch
* Nutrition talks are usually 45 minutes with 15 minutes for Q & A
* Debrief and healthy way forward is discussed with the group

1. **Coaching Wellness Programs with individuals (typically 6 weeks or 3 months)**

* Coaching individuals on specific health/wellness goals (typically coming from the group programs)
* Create nutrition and wellness plans based on individual’s health goals
* Live coaching calls via zoom for support and accountability
* Track your progress and provide accountability to reach your health goals
* Healthy plan discussed with the individual and a way forward

I am open and flexible to find the right fit for you and your organization.  Now more than ever wellness is important for physical, emotional and mental health. It's a 3-fold win, for the health of the individual, the health of the team and the health of the organization.