



Mein Coaching

Mit viel Herzblut will ich meine jahrelange Erfahrung und meine Passion teilen, um dich beim Erreichen deiner Ziele zu unterstützen.

Ziele

Folgend werden nur einige wenige Ziele aufgelistet, welche du mit mir gemeinsam erreichen wirst.

- Gesundheitsoptimierung
(Gewichtsreduktion, Muskelaufbau,...)
- Lebensmehrwert generieren

- High quality of life in cases of severe psychological and physical stress, as well as in old age
- Further objectives according to personal needs

Services

(that's what I offer)

- Individual training planning ☐ Adjustment Training planning
- Exercise recommendations via training clips
- Nutritional adjustment/optimization
- Supplement plan
- Recommendation of adaptogens*
- Daily planning / daily routine including tips and tricks
- Body cleansing (detox/intestine/liver)
- Stress management
- WhatsApp Support (24/7)
- Weekly updates
- Further services by arrangement

* To increase energy/improve mood/correct hormonal

Problems/Stabilization of blood sugar/Improvement of memory and thought processes/Slowing down of aging

Cost

- Initial consultation (30min) free of charge
- 3-month subscription (minimum term) – 1,500fr
- 6-month subscription – 2,700fr (including 10% discount)
- Zoom or Coach Call (60min) – 120fr

!Prepayment!

!Supplements not included in the price! !Time stop in case of accident or illness / not during holidays!

!No money-back guarantee!

Further information

Recommendations are made to the best of our knowledge and belief. No liability is assumed! If you are unsure, please consult your doctor.

If necessary, a doctor's consultation is recommended.

I look forward to you!

Greetings

Jacqueline "Jay" Fuchs

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