



WELLNESS & NUTRITION COACHING WITH ALEX MATHISEN

Nutrition and wellness are vital for a balanced and happy lifestyle. Alex offers a wellness track, nutrition track, and one-time consultations with detailed, personalized nutrition plans.

WELLNESS TRACK

Five, 45-minute sessions

This track is designed to propel you on the path to change, provide accountability, and help you create sustainable health and wellness changes that will work within the fabric of your daily life. Each coaching session will include health and wellness education, habit formation exploration, goal setting and implementation. Areas that you might opt to explore include sleep, physical activity, eating habits, managing and reducing stress, motivation, work-life balance, outlook/mindset, connection and community. Alex's role is to educate, empower, and motivate you to make informed dietary and lifestyle changes that will help you achieve and sustain optimal well-being.

\$500 Members | \$550 Nonmembers

NUTRITION TRACK

Five, 45-minute sessions

This track is designed to propel you on the path to change, provide accountability, and help you create sustainable changes that will work within the fabric of your daily life. Coaching sessions will vary but could include a cooking class, pantry redo, grocery store visit as well as nutrition education and personalized nutrition plan. This is a collaborative program that is unique to each client. Your coach's role is to educate, empower, and motivate you to make informed dietary and lifestyle changes that will help you achieve and sustain optimal well-being.

\$500 Members | \$550 Nonmembers

ONE TIME CONSULTATION

45 minute session with detailed, personalized plan

This option includes a one hour consultation and personalized wellness and nutrition plan from coach Alex.

\$150 Members | \$165 Nonmembers

ABOUT ALEX MATHISEN

Hi! I'm Alex –nutrition therapist, food lover, yoga teacher, wellness coach, traveler, plant-based cook, mother, and nature lover. Originally from London, England I have called Steamboat Springs, Colorado my home for the last twenty years. I am a certified Mayo Clinic Wellness Coach, Nutrition Therapist Master and yoga teacher. I believe that change is possible and it starts with you. You have the power to optimize your health starting now. As a nutrition therapist and wellness coach, I will provide you with support, guidance and accountability so that you can fulfill your wellness goals.