



Reflective Harmony LLC and Outcome Fitness & Nutrition announce...

Whole Body^{and} Soul Wellness Packages

After the overwhelming amount of feedback from my last 30-Day Manifestation Challenge on the topics of health and diet, exercise and fitness, and making time for entire self-care - I felt so incredibly moved by each of you to come up with something more I could offer my clients to jump start that shift of self-care! I am so excited to introduce to you Jeremy Prusky, Owner, Coach, and Trainer of Outcome Fitness & Nutrition. Jeremy and I will be partnering up to offer my clients 2 exclusive packages (see below) to help you live best life -- from a Mind, Body, and Spirit perspective.

More people are turning to health and wellness as a spiritual practice, making it an important part of their lives and a means to a higher vibration. Understanding this can help you to validate your fitness plan as a spiritual practice, which may make you more likely to keep up with it. Seeing everyday activities as such can help continue to change the way we see our lives, bringing more depth and meaning to all areas, which equals a happy and fulfilled self. Whether you select one of the packages below for physical results, mental and emotional results, or just finding an overall way to better yourself - we created these packages to help you to enhance your sense of well-being, find success your goals, and to even help with fitness becoming part of the foundation of your healthy lifestyle.



ARE YOU READY TO...

GROW AS A WHOLE BEING? STRENGTHEN YOUR RESOLVE TO BE BEST SELF?
EXPAND YOUR COMFORT ZONE?
CONQUER TASKS, GOALS, NEW PERSONAL RECORDS, AND INNER BARRIERS?
CHANGE YOUR HEALTH KARMA?
RELEASE EMOTIONS, OLD BARRIERS, AND STAGNANT ENERGY?
BE MORE PRESENT AND AWARE OF HOW ACCESSIBLE A JOYFUL LIFE IS?
PUSH FURTHER , BEYOND PRECONCEIVED LIMITS, AND EMBRACE A NEW LIGHT?

Online Package - \$200

- Initial Assessment Call with Jeremy
- Exclusive access to Jeremy's mobile app
- Personalized meal plan by Jeremy
- Customized workout program by Jeremy
- 60 minute Law of Attraction/Manifesting Coaching Session with Kelly

Hybrid Package - \$275

- Initial Assessment Call with Jeremy
- Exclusive access to Jeremy's mobile app
- Personalized meal plan by Jeremy
- Customized workout program by Jeremy
- 2 in-person training sessions with Jeremy
- 60 minute Law of Attraction/Manifesting Coaching Session with Kelly
- 30 minute Energy Work Session with Kelly

To find out more information about signing up for these packages,
email Jeremy at info@outcomefitnessnutrition.com or Kelly at kellymballard@yahoo.com .

Follow our entire Whole Body & Soul Wellness journey to become our best selves on facebook:
<https://www.facebook.com/OutcomeFitnessandNutrition/>
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