

# Health Coaching



HEALTH  
AND  
WELL-BEING  
MADE  
SIMPLE.

Are you feeling

unwell?

unhappy?

uninspired?

or unsatisfied?

I understand and

I can help.

## About Your Coach

### **RAE-ANNE JAMMER** CWP, WWHP, CFT

For over 20 years, Rae-Anne Jammer has dedicated her life to helping adults, families and youth improve their health, their well-being and their quality of life.



A Certified Wellness Coach, Workplace Wellness Specialist, Certified Fitness Trainer and member of the National Wellness Institute, Rae-Anne is a passionate, sincere and empathetic wellness professional. As someone who lives with two chronic autoimmune diseases (Systemic Lupus and a blood disorder called ITP), she sets a wonderful example of the value and benefit that living a wellness lifestyle can bring.

A renowned expert and sought after speaker in stress management and wellness, Rae-Anne has been featured at conferences and trade shows, in newspapers and magazines, and on radio and television. She and her husband Clinton Jammer, an award-winning Wildlife Artist, live in Muskoka, Ontario.

# A Personalized Program to Improve Your Health and Enhance Your Well-Being



**HEALTH COACHING TEACHES YOU HOW TO MAKE SIMPLE LIFESTYLE CHANGES THAT WILL HELP YOU LOOK BETTER, FEEL BETTER AND BE HAPPIER.**

### PROGRAM DETAILS

#### **TestWell® Lifestyle Questionnaire**

Assesses health, wellness and at-risk lifestyle behaviours.

#### **Nutri-Body® Questionnaire**

Assesses bodily signs related to nutritional imbalance.

#### **StressMap® Questionnaire**

Assesses 21 sources of stress and your responses to them; measures your strengths and vulnerabilities; and identifies your coping assets and liabilities.

#### **Computerized Nutritional Analysis**

Assesses your nutritional intake based on the five components of nutrition, including a detailed vitamin and mineral profile.

#### **BMI Assessment**

Measures your body composition and assesses your current weight.

#### **Personalized Wellness Plan**

**Private Health Coaching**  
(see pricing for included hours)

### PROGRAM PRICING

#### **Basic Program \$299**

TestWell® Lifestyle Questionnaire  
Nutri-Body® Questionnaire  
3 hours of private coaching\*  
Personalized Wellness Plan

#### **Enhanced Program \$399**

TestWell® Lifestyle Questionnaire  
Nutri-Body® Questionnaire  
StressMap® Questionnaire  
4 hours of private coaching\*  
Personalized Wellness Plan

#### **Premium Program \$499**

TestWell® Lifestyle Questionnaire  
Nutri-Body® Questionnaire  
StressMap® Questionnaire  
Computerized Nutritional Analysis  
BMI Assessment  
5 hours of private coaching\*  
Personalized Wellness Plan

*\*Additional private coaching with program purchase: \$40.00 per hour.  
À la carte private coaching without program purchase: \$50.00 per hour.  
Coaching provided via telecoaching.  
All prices plus HST.*

### START TODAY!

**Call Rae-Anne now at (705) 644-3000 to book your free, no obligation consultation.**

Improve your health and enhance your well-being today!

(705) 644-3000

---

Rae-Anne Jammer, CWP, WWHP, CFT  
CERTIFIED WELLNESS COACH

**(705) 644-3000**

[www.PathwaysHealthPromotion.com](http://www.PathwaysHealthPromotion.com)