

*ELEVATE X BALANCE*

# WELLNESS CHALLENGE



INFO & PRICING  
GUIDE

# ARE YOU LOOKING FOR:

WELLNESS



BALANCE



CONFIDENCE



EMPOWERMENT

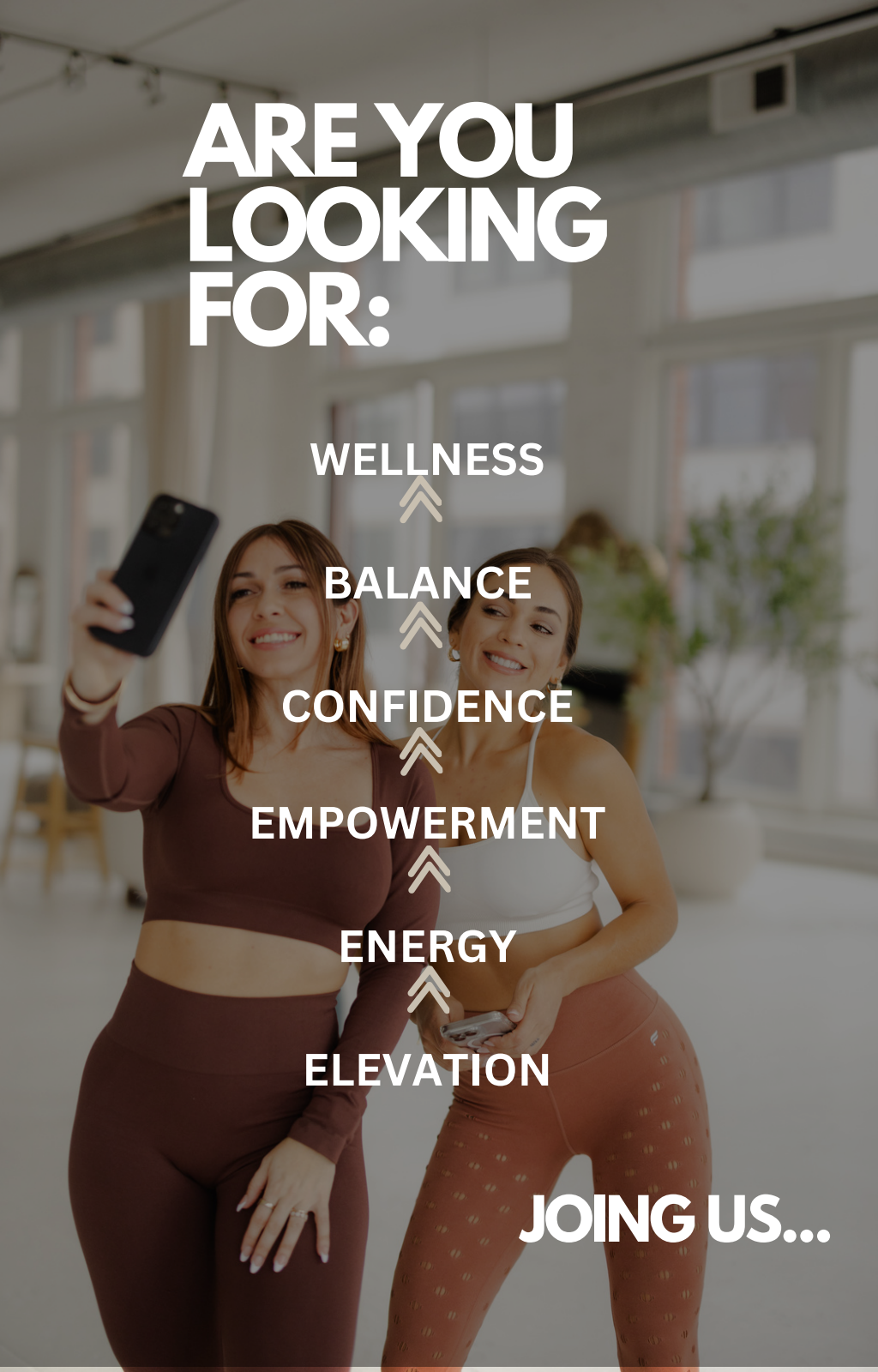


ENERGY



ELEVATION


JOINING US...



"Welcome, everyone! We are gathered here today to embark on a journey towards improved health and well-being. We are thrilled to invite each and every one of you to join us in our upcoming wellness challenge.

By signing up for this wellness challenge, you are committing to a happier, healthier version of yourself. You will have the chance to explore new ways of taking care of your mind, body, and spirit. Whether it's through exercise, mindfulness practices, healthy eating, or self-care routines, this challenge is designed to support you every step of the way.

Together, we will motivate and inspire each other on this wellness journey. Let's celebrate our successes, share our challenges, and cheer each other on as we strive for healthier lifestyles.



**Are you ready to make this  
SUMMER your healthiest and  
happiest one yet?**

Before the warm days and sunshine of summer arrive, let's take this opportunity to invest in our well-being and create positive habits. The wellness challenge now will set you up for success and ensure you look and feel your best when summer rolls around.

Hey bae... Let's work together to achieve our health goals, boost our confidence, and make this summer one to remember. Don't wait for summer to be your motivation - start now and let's make the most of this wellness challenge together!

*Summer*



# THE WELLNES CHALLENGE

The wellness challenge is all about giving You a step by more them step 6 week (48 days) workout program designed for you to tighten, tone, build muscle, and confidence through dumbbell training + cardio + nutrition recipes + community support!!!

Challenge Star Day: **APRIL 15**

End Day: **MAY 31**

## **YOU NEED TO ACCOMPLISH**

*1 HOUR EVERY DAY FOR SELF CARE:*

*Move your body ☆ keep yourself Hydrate ☆ affirmation and Gratitude ☆ Healthy Eating ☆ Night Cap*

## **WE WILL SUPPORT YOU WITH:**

*ELEVATE Fitness App ☆ workouts ☆ SELF CARE videos ☆ Community Group Chat ☆ 24/7 Personal Trainer Support questions ☆ Personal consultation ☆ Diet and recipes*



# THE GUIDELINES



**47 Days to invest in your life for you to BALANCE  
and ELEVATE to next level.**

**3 little step every day can change your life**

## **BODY:**

**40 minutes of movement (Workout,  
Cardio, Stretching) + 4 Healthy Meals**



## **MIND:**

**10 Minutes of Practice Transformation  
Mindset to ELEVATE your life**



## **SPIRIT:**

**10 Minutes of Reflexion and Meditation  
of your Day with Affirmation and  
Gratitude.**

# PACKAGE

## MENU

### FOUNDATION

70\$

- Access to the app workout and self-care videos
- Community Group Chat
- Personal Trainer Support.
- Diet and recipes
- Live class access
- Live kick-of Event

### BALANCE PACKET

100\$

- Access to the app workout and selfcare videos
- Community Group Chat
- Personal Trainer Support.
- Diet and recipes
- Live class access
- **Ticket for KICK OF BALANCE EVENT IN CHICAGO**

### ELEVATE PACKET

150\$

- Access to the app workout and self-care videos
- Community Group Chat
- Personal Trainer Support.
- Live class access
- **Ticket for KICK OF BALANCE EVENT**
- **ONE O ONE Consultation Session with Andrea Personal Trainer**
- **PERSONAL MACRO CALCULATE DIET AND RECIPES**



**DO IT IN PAYMENTS**

# ELEVATE X BALANCE

## WELLNESS CHALLENGE



## KICK-OFF EVENT

Ladies, mark your calendars for a fabulous evening of fun, fitness, and friendship to kick off our exciting wellness challenge! Join us for an exclusive gathering where you can meet like-minded individuals, connect with new friends, chat about health and wellness, and enjoy delicious drinks and snacks with **Cesci West** founder of **BALANCE by Cw.**

### Highlights of the Event:

- 🍹 Refreshing Drinks and Tasty Snacks
- 🎤 Introduction to the Challenge
- 💬 Q&A Session with **Andrea** Personal Trainer
- 🎁 Cute Gifts and Raffle Prizes

Come mingle, relax, and get ready to jumpstart your wellness journey with a bang! Let's support each other, ask questions, and clarify any doubts with our dedicated personal trainers. This is your chance to begin your transformation in a vibrant and supportive environment.

Get ready to sweat, smile, and sparkle! 💪🌟





# GO VIP PACKAGE!

Ladies, as we embark on this journey towards a healthier, happier you, let me shine a light on the exclusive VIP Package that promises to take your wellness transformation to the next level. 🚀

Imagine having your very own personal trainer by your side every step of the way, guiding you, cheering you on, and customizing your fitness journey just for you. With the VIP Package, you will receive personalized attention like never before. Picture this: a one-on-one weekly call with your personal trainer, dedicated solely to your progress, challenges, and victories. This level of personalized support is tailored to help you reach your goals faster and more effectively than ever before.

But that's not all - with the VIP Package, you will also have the luxury of having your macros calculated and a diet plan designed specifically for your unique needs. Say goodbye to guesswork and hello to a precise and personalized approach to nutrition. Not to mention, you will receive a treasure trove of delicious recipes that are not only nutritious but also tantalizing to your taste buds.

And wait, there's more! For the first time ever, experience the value of an in-person consultation with your personal trainer. This face-to-face meeting will not only deepen your connection but also provide you with the opportunity to ask questions, seek advice, and fine-tune your fitness strategy in a way that truly resonates with you.

So, BAE I urge you to seize this exclusive opportunity to join the VIP



# SIGN UP

1. Choose your favorite packages.
2. Contact Andrea or Cesci via Email, Text, or DM before April 14, 2024, to set up your arrangement promptly.
3. Receive a payment link
4. Get Ready to start!!!



# CONTACT US

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