



IT'S NEVER TOO LATE TO BE YOUR SEXIEST SELF!

# GET BACK YOUR

*Glow*

WITH DANNA GIROUX

A 4 WEEK JUMPSTART TO TRANSFORM YOUR BODY, DIET, MIND & SOUL

# WHAT YOU RECEIVE

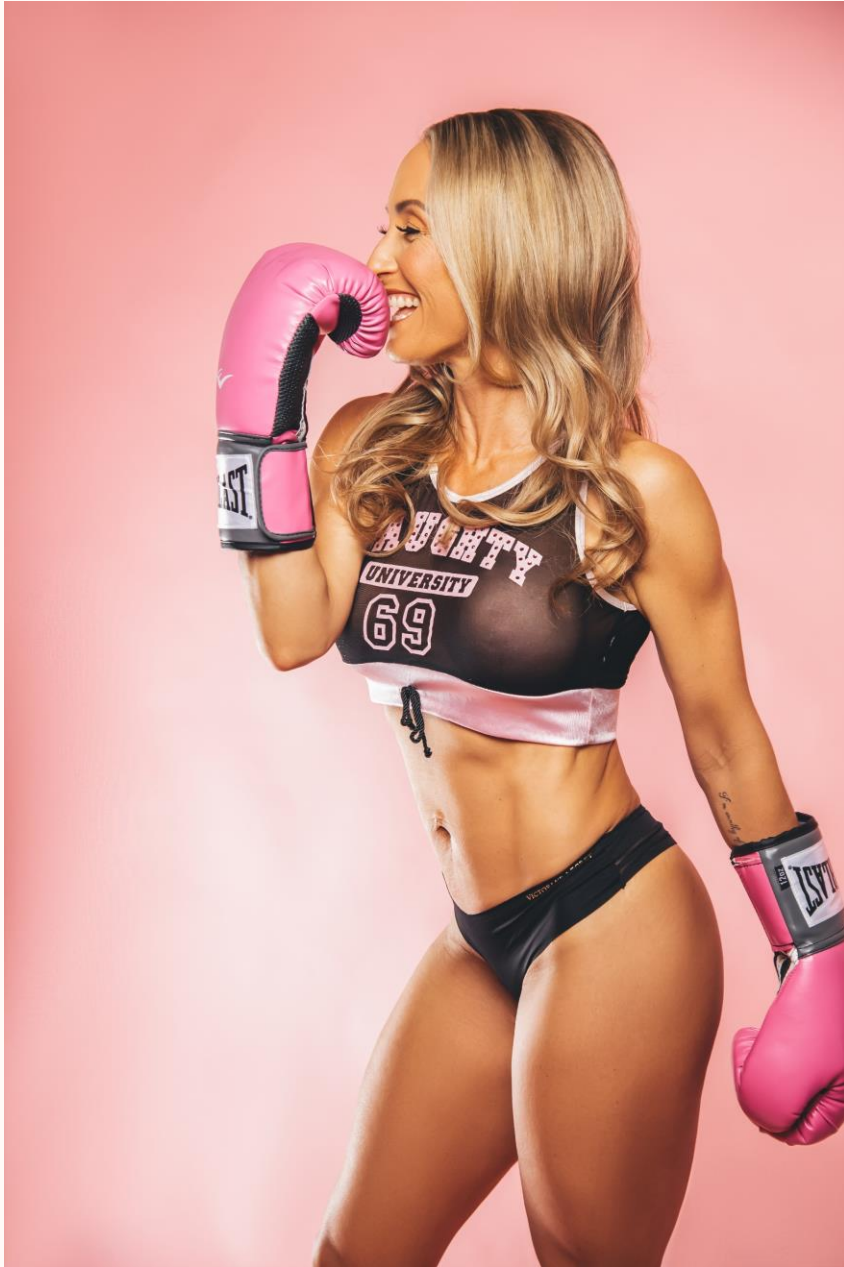


## **1 x HOLISTIC HEALTH ANALYSIS**

This comprehensive Holistic Health Analysis is a customized protocol that will evolve with you on your journey! This is where I get to know you and your unique needs on a deep and personal level. Through this analysis we'll establish your current health status and get a clear vision of where you're going and the steps it will take to start transform yourself - mind, body and soul! We'll create an easy game plan that grows with you - including customized nutrition, fitness, and wellness recommendations.  
*(value of \$450)*

## **1 X 1 HOUR FOUNDATION SESSION**

In our first session together, we'll go deep and review your Holistic Health Analysis and map out the next 1 month together. During this call, you'll begin to learn how to uniquely nourish your mind, body and soul to bring you optimal health and happiness! We'll cover the basics – showing you how to fuel yourself for greater energy and make your wellness a priority.  
*(value \$200)*



# WHAT YOU RECEIVE

## **BI-WEEKLY MEAL PLANNING SUPPORT (INCLD. 2 MEAL PLANS & RECIPE EBOOKS)**

A customized meal plans that will support you on your journey! No more stressing about your meals! I'll review your food and drink log and provide exciting new meal ideas based on your personal preferences. Food recommendations in line with your Holistic Health Analysis. I'll show you how to make your cooking easy and delicious – making food that nourishes on all levels.

*(value \$500)*

## **EMAIL / TEXT ACCESS**

You are never alone on this journey! For any and all questions between our sessions you'll have limited email and text access to me. You can use this to help you make empowered choices, boost your confidence, receive grocery store support & more.

*(value \$75)*

# WHAT YOU RECEIVE

## **1 x 1 HOUR CONCLUSION CALL**

Review of progress to date! We will establish where you have been and how much you have accomplished, as well as the nutrition, fitness & wellness steps it will take to continue transforming your mind, body and soul!

*(value of \$200)*

## **UNLIMITED ACCESS TO “GET BACK YOUR GLOW” PRIVATE FB GROUP**

Join our community of like-minded women! Receive support as you navigate this journey, share and connect with other women on the same path as you, and get exclusive nutrition / fitness / wellness tips! This is a compassionate, supportive, judgement-free, and educational space – where we’ll approach topics such as: wellness, relationships, sexual health, nutrition, fitness, self-worth and self-esteem, mindfulness, positivity, and more.

*(value \$297)*





# GET BACK YOUR GLOW

TOTAL VALUE:

\$1,722+

YOUR INVESTMENT:

\$1,333+

PAY IN FULL BONUS

An additional customized meal plan & recipe eBook

## TESTIMONIAL:

“Working with Danna completely changed my life. She is the reason I was able to get back on my feet when I had been physically broken and mentally lost. And based on her recommendation we focussed on nutrition and mental wellness.

For nutrition we looked at my eating habits, what I liked and didn't like. Danna was able to recommend sound detailed nutrition plans that were easy to follow and sustainable, as well as specific for me and my lifestyle.

I could see how this fit into my mental wellness. We spent a lot of time talking about where I was and where I wanted to be. The daily check-in's, the well thought out probe questions, as simple as they were, really helped me reflect on my answers. It was a discovering journey that I will forever be grateful for and to this day a year later I still practice”.

- Victoria Baclao