

Yielding Action Health Coaching

Cultivating Thoughts ; Yielding Action

As a Master Certified Health Coach it is my privilege to work with you through the four pillars of health: Lifestyle, Exercise, Attitude, and Nutrition (L.E.A.N) and to help you move beyond thinking about a healthier lifestyle and into living it.

Smart Shopping

Don't let the aisles and aisles of choices at the grocery store intimidate you. Shop with confidence when you discover the secret to identifying healthy foods. Receive a suggested brand(s) shopping list and personalized attention during this fun shopping trip. - \$55 Per hour

Pantry Makeovers

Cleaning out your pantry has never been this fun! During this interactive home consultation you and your family will learn how to read a nutrition label, which foods to consider replacing with healthier options, insightful cooking and shopping tips, and more! - \$55 per hour (Outside of 20 mile radius additional fees may be included)

Menu Planning Tutorial

If the biggest question in your house "What's for dinner?", then you are not alone. Learn the basics of planning a menu, how to find healthy meals, and tips to make mealtime less stressful and even fun! This session is available individually or as a small group. \$55 per hour for individual. Prices vary based on the size of a group and the activities we plan.

Individual Consultations

Need someone to partner with you to help you achieve your health goals? To learn things like: knowing what to eat, how to shop for quality foods, how to make lasting lifestyle changes? I offer a variety of one-on-one wellness solutions, including video conferencing, for those seeking a personalized guide to better health. - \$55 per hour. Price may increase if I travel outside of 20 miles.

Group Presentations

Let's have a fun interactive and education health and wellness presentation together! Each presentation is packed full of practical, affordable tips and advice. Perfect for community events, health fairs, business luncheons, and more! Prices vary

Workplace Wellness Programs

For every dollar spent on employee wellness programs, employers receive three to four dollars in healthcare savings according to researchers at Brigham Young University. Let me provide a wellness program customized to fit your needs! Prices vary

Special Events

In addition to the services listed above there are special events such as Recipe Rescue night, Healthy Holiday Planning, Health Chats, DIY projects and more. Please check our events page on [Yieldingaction.com](http://yieldingaction.com) for dates and prices.

I am Certified through the Dr. Sears Wellness Institute, founded by world-renowned physician and author, Dr. William Sears. The Institute is a leader in science-based health and wellness education that focuses on the four pillars of health; Lifestyle, Exercise, Attitude and Nutrition (L.E.A.N.).

Lisa Burbach, Master Certified Health Coach, 336-638-1681, <http://yieldingaction.com>

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Done

Paragraph Style

Body

Font
Helvetica
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Alignment

Line Spacing

Paragraph Spacing
Before

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