



## What Is Primal Health Coaching?

Founded on ancestral health principles and driven by decades of scientifically validated research, Primal Health Coaching helps people create lives of vitality and lasting wellness with...

- nutrition guidance
- customized exercise programs
- stress reduction techniques
- evolutionary-based lifestyle practices
- and personalized, adaptable and holistic mind-body health plans

## The Missing Piece in Your Arsenal

Your Box supplies everything your clients need in the zone of fitness...why not extend your offerings to a complementary nutrition and lifestyle plan? Based on always up-to-date scientific findings, Primal Health Coaching turns your clients' bodies into the fat-burning machines they were designed to be!

## Round Out Your CrossFit Offerings

The Primal Health Coach program is an all-in-one nutrition, fitness and lifestyle program for your CrossFitters. Primal Health Coaching seamlessly integrates into and enhances your existing business offerings.

## Become a Credentialed Primal Health Coach

Gain lifetime access to a comprehensive, self-paced multimedia online course that offers a deep understanding of primal nutrition, fitness and healthy lifestyle principles, in-depth coaching training so you can excel as an effective coach, business-building

tools and support, a ready-made 12-week coaching program to use with clients and a professional health coaching credential.

## Brand Your Box and Get Built-in Business Support

License your box with the Primal Health Coach brand and get special pricing on certifications for your staff, use of Primal Health Coach logos and programming materials and all the resources you need to effectively coach your clients. Gain access to our exclusive Box Resource Center, featuring assorted multimedia materials, including eBooks, articles, handouts, PowerPoint presentations, a customized 12-Week Coaching Program and much more!

## Starter fee of \$2195<sup>00</sup>

(equal to the retail price of program)

### Annual licensing fee: \$995

- Pass one person (box or gym owner, or one trainer) through the certification program
- Get access to and use of Box Resource Center materials: 12-Week Programming Guide, PowerPoint presentations, handouts, rate advice, etc.
- Start using the Primal Health Coach brand/marks
- Take advantage of discounted certification program rates for your trainers (half off the retail price: \$1,095).
- Enjoy Your Box Kit: Gym Banner, Decal, and more!



**Learn more at [primalhealthcoach.com](http://primalhealthcoach.com) or call us at 844-307-7662**