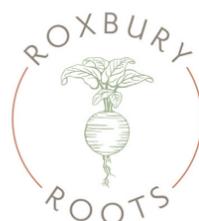


WHOLE DAY



WHOLE-HEALTH

Dedicate a whole day for your whole-health.

INTENTION

Educate on the principles & philosophies of integrative nutrition

Provide guidance & accountability toward the functional food & habits that best support a bio-individual whole-healthy self

Provide a safe, confidential, & judgement-free space

WHOLE DAY DETAILS

6 a.m.

Let's Hit the Ground Running!

Walk or run 3,5, or 7 miles with me. I'll meet you at your front door with a pre-planned route followed by a custom breakfast!

9 a.m.

Integrative Nutrition Education

Experience a personalized integrative nutrition workshop! Learn the value of a whole-healthy lifestyle that is right for you with your dedicated coach.

10 a.m.

Integrative Nutrition Health Coaching Deep Dive

Take the plunge into the real work it takes to understand the root cause of common obstacles, and develop attainable action steps toward a whole-healthier you.

12 p.m.

Break for Custom Lunch when Hungry!

Please your palate and satiate your stomach with a midday meal designed for you!

1 p.m.

Kitchen Audit

Allow me to provide a safe and judgement-free evaluation on how your kitchen supports the whole-healthiest you!

3 p.m.

Private Yoga Class with Certified Instructor

Enjoy a 45-minute flow designed for you to reflect, restore, and connect to your whole-health needs.

4 p.m.

90-Minute Massage

Complete your whole-healthy day with a licensed bodywork expert tailored to your bio-individual requirements.

A custom dinner will be prepared for you to enjoy on your own time.

Times are subject to vary based on individual needs. Custom meals will be determined after initial discovery session. Snacks to keep up blood sugar, focus, and energy will also be available throughout the day.

Total Cost: \$1,855

Includes health coaching, meals, and services + gratuity for yoga instructor & bodywork expert

Does not include airfare, hotel, or commuting costs over 50 miles.

ABOUT YOUR COACH, COURTNEY

Courtney Combs is the Owner of Roxbury Roots and Integrative Nutrition Health Coach. She is a 15x marathon runner, mom, and advocate for accessible health. She is a former NCAA field hockey player, Corporate American, people pleaser, and under-rester. She advises clients on how to nurture their whole health through food and lifestyle education for optimal-level performance, optimal-level happiness, and long-term vitality.

[BOOK A DISCOVERY SESSION NOW](#)



WWW.ROXBURYROOTS.COM

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