



## Kate Stempel

IIN Certified Nutrition Health Coach  
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electiveweightloss.com

I am a supportive mentor and accountability partner who can help empower you to be the best version of yourself. I believe in bio-individuality and that every body is unique. No 'one size fits all' diet plan works, and I can help you look and feel your best through individualized food and lifestyle changes. I support intuitive eating, and listening to your own bodies natural cues on when and what to eat. I will help you get unstuck and build forward momentum to achieve your weight, health and life goals.

*The greatest gift you can give yourself  
is a healthy and happy you!*

1 - 30 min session	Pack of 3 - 30 min sessions (5% discount)	Pack of 6 - 30 min sessions (10% discount)	Pack of 9 - 30 min sessions (15% discount)
\$95.00	\$271.00	\$513.00	\$728.00