

Getting Star

LET'S WORK TOGETHER

Getting Started

In order to sign up, please read the Terms and Conditions below and confirm your agreement by ticking the box:

Coaching Process: Through this coaching process — whether 1:1 or as part of a group — you'll be guided through a self-discovery journey exploring your goals, and you may uncover limiting beliefs and greater insight into your own potential along the way.

Medical Disclaimer

Suggestions from your coach are not medical advice. You retain full responsibility for your health and may consult with your medical doctor before making any changes to your diet, fitness, or supplement regimen.

Confidentiality

Information shared in your sessions will remain confidential. Your name or any identifying information will never be shared unless you personally request that your coach speak with another provider or family member about your situation.

Community Guidelines

Our community chat is here to support and encourage each other. Please be respectful, and avoid self-promotion or advertising other products, services, or accounts. Admins may remove any post or member who doesn't follow these guidelines.

Your Data

Any health data you track (food, movement, sleep) is used only for your personal insights, never for advertising or shared for marketing. You can request access, correction, or deletion anytime via info@totalnutritionandwellness.com. See our Privacy Notice for full details.

Copyright

All guides, recipes, meal plans, challenges, and other materials shared with you as part of this program are the property of Total Nutrition and Wellness and are for your personal use only. They may not be copied, shared, or redistributed without permission.



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