

Book a

HEALTH HUDDLE

with Coach Jodie Today!

Customize Your Health Huddle

- 30, 60 or 90 minutes
- Pick your topics
- Make it a Health Huddle Series



Possible Topics for Your Huddle

- 5 Ways to Regulate Your Blood Sugar and Reduce Your A1-C
- Mind Mapping to Achieve Your Goals
- Guilt-Free Snacking
- Gut Reset
- Macros Made Simple
- Mindful Eating and Easy Meal Prep
- Vitamins, Minerals and Supplements
- Just Breathe - The Power of Breath Work
- 5 Action Steps to a Healthier You
- Travel Tips to Stay on Track
- How to Survive the Bermuda Triangle of Holidays (Halloween through New Years)
- Simple Ways to Increase Your Metabolism



**JODIE
NEEDHAM**
Fitness

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Coach Jodie's HEALTH HUDDLE TOPICS

5 Ways to Regulate Your Blood Sugar and Reduce Your A1-C

Coach Jodie is thrilled to offer an empowering session on regulating blood sugar and reducing A1-C levels through five effective strategies. Join us as we delve into evidence-based techniques to take control of your blood sugar and improve your overall health. You'll discover 5 practical lifestyle changes that can have a big impact on managing your blood sugar spikes to help stop the cravings. Whether you're diabetic or not, this session provides invaluable insights and actionable steps to help you thrive. Don't miss this opportunity to take charge of your health and achieve lasting improvements in blood sugar control. Join Coach Jodie and embark on a journey towards a healthier, happier you today

Mind Mapping to Achieve Your Goals

Coach Jodie is excited to present a transformative session on mind-mapping to help you conquer your goals like never before. Join us as we explore the power of visualization and strategic planning to turn your dreams into actionable steps towards success. In this dynamic session, you'll learn how to harness the innate potential of your mind to map out your goals, break them down into manageable tasks, and create a roadmap for achievement. Through interactive exercises and personalized guidance, Coach Jodie will empower you to unleash your creativity, overcome obstacles, and stay focused on your objectives. Whether you're striving for personal growth, career advancement, or health and wellness, this session offers invaluable tools and strategies to help you reach new heights. Don't miss this opportunity to unlock your full potential and design the life you've always dreamed of. Join Coach Jodie and start mind-mapping your way to success today.

Guilt-Free Snacking

Coach Jodie is thrilled to introduce a session dedicated to guilt-free snacking, where you'll discover how to satisfy your cravings without compromising your health goals. In this empowering session, you'll learn the secrets to making smart snack choices that nourish your body and delight your taste buds. Say goodbye to guilt and hello to indulgence as Coach Jodie shares delicious and nutritious snack ideas, along with practical tips for mindful eating and portion control. Whether you're craving something sweet, savory, or crunchy, this session has you covered with wholesome alternatives that will keep you energized and satisfied throughout the day. Don't miss this opportunity to redefine your snacking habits and enjoy guilt-free treats that support your journey towards optimal health and well-being. Join Coach Jodie and embark on a delicious adventure that will leave you feeling empowered and inspired.

Gut Reset

Coach Jodie invites you to embark on a transformative journey towards gut health and vitality with our exclusive Gut Reset session. Join us as we delve deep into the intricate world of your microbiome, exploring how the health of your gut impacts every aspect of your well-being. This immersive experience offers a comprehensive approach to resetting and rejuvenating your gut. You'll learn how to identify potential triggers, optimize your diet for gut health, and implement lifestyle changes that support long-term digestive balance. Whether you're struggling with digestive issues, low energy, or simply seeking to enhance your overall health and vitality, this session provides invaluable tools and strategies to help you reclaim control of your gut health and unlock your body's full potential. Don't miss this opportunity to embark on a transformative journey towards a happier, healthier you. Join Coach Jodie and take the first step towards a gut reset that will leave you feeling revitalized and empowered.

CLIENT SPOTLIGHT - JOANNE SMITH



I have always enjoyed walking for fitness, but I realized that it wasn't enough of a workout anymore, and I needed to focus on core and upper body strength as well. I didn't know where to start or what kind of strength exercises to try without hurting myself, so I decided to find a personal trainer.

I also have been a Weight Watchers Alum for many years...sometimes "on program" but over the years more often "off program." I wanted to clean up my diet as well.

Jodie has helped me with all of that because she is not only a fitness trainer, but also a WW coach. I feel like I have found the best of both worlds! She is so full of energy and positivity that she makes my workouts really fun, and even though they are challenging, I actually look forward to working out. I've been going to her for about 8 months now and I'm down by almost 40 lbs. and 3 pant sizes! Plus, through the toning and muscle building that I have accomplished, I am physically able to do so many things with ease that I struggled to do before. I feel so much healthier now!

Coach Jodie's HEALTH HUDDLE TOPICS

Macros Made Simple

Join Coach Jodie in an empowering session designed to demystify the world of macros and revolutionize your approach to nutrition. In this dynamic session, you'll learn how to harness the power of macronutrients—proteins, carbohydrates, and fats—to optimize your health and achieve your fitness goals with ease. Through clear explanations, practical examples, and personalized guidance, Coach Jodie will break down complex concepts into simple, actionable steps, empowering you to make informed choices that fuel your body for success. Whether you're aiming to lose weight, build muscle, or simply improve your overall well-being, this session offers invaluable tools and strategies to help you navigate the world of macros with confidence and clarity. Don't miss this opportunity to unlock the secrets of sustainable nutrition and take control of your health journey. Join Coach Jodie and embark on a transformative path towards a healthier, happier you.

Mindful Eating and Easy Meal Prep

Embark on a journey of mindful nourishment and culinary empowerment with our immersive session on mindful eating and easy meal prep. Led by Coach Jodie, a CPT and CNC, this transformative experience invites you to explore the profound connection between food, mindfulness, and overall well-being. Discover how cultivating a mindful approach to eating can revolutionize your relationship with food, leading to greater satisfaction, improved digestion, and enhanced overall health. Learn practical tips how to effortlessly incorporate mindful eating practices into your daily routine, empowering you to savor each bite and make conscious food choices that align with your health goals. Additionally, delve into the art of efficient meal prep, discovering time-saving techniques and delicious recipes that streamline your week while nourishing your body and soul. Whether you're a novice in the kitchen or a seasoned chef, this session offers invaluable insights and tools to help you cultivate a healthier, more balanced approach to eating and meal preparation. Join us and embark on a culinary adventure that will nourish your body, mind, and spirit.

Vitamins, Minerals and Supplements

Discover the key to unlocking your body's full potential with our enlightening session on the importance of vitamins, minerals, and supplements. Led by Coach Jodie, a CPT and CNC, this immersive experience delves into the essential role these micronutrients play in optimizing overall well-being. Explore the science behind vitamins and minerals, and gain practical insights into how they support vital bodily functions, from boosting immunity to promoting cellular repair and beyond. Learn how to identify common nutrient deficiencies and explore evidence-based strategies for incorporating supplements effectively into your daily routine to fill nutritional gaps. Whether you're looking to enhance energy levels, support brain health, or optimize athletic performance, this session offers invaluable knowledge and personalized guidance to help you thrive. Join us and unlock the secrets to a healthier, more vibrant life through the power of vitamins, minerals, and supplements.

Just Breathe - The Power of Breath Work

Unlock the profound power of breath work in our enlightening session dedicated to exploring its transformative impact on overall well-being. Led by Coach Jodie, a Certified Personal Trainer and Certified Nutrition Expert, this immersive experience delves into the vital role that conscious breathing plays in optimizing physical, mental, and emotional health. Discover how simple yet profound breath techniques can reduce stress, enhance mental clarity, and promote relaxation. Through guided practices and interactive discussions, you'll learn to harness the innate wisdom of your breath to cultivate resilience, boost immunity, and cultivate a deeper connection to yourself and the world around you. Whether you're seeking to manage anxiety, improve sleep quality, or elevate your performance in daily life, this session offers invaluable tools and insights to help you unlock the full potential of your breath and lead a more vibrant, balanced life. Join us and embark on a journey of self-discovery and transformation through the power of breath.

"...she's ever so knowledgeable about the body, fitness, strength training, diet, and overall physical health. She makes working out a blast, and is very motivating. She modifies for any client in need; to prevent injury or to work around an injury or pain. And to top all this off, she's always energetic, always happy, tough on us but in a very positive way. I've never once regretted a workout with Jodie."

—Kathy Meyer

Coach Jodie's HEALTH HUDDLE TOPICS

5 Action Steps to a Healthier You

Embark on a transformative journey towards a healthier you with our enlightening session, where we unveil five actionable steps to empower you on your path to optimal well-being. Led by Coach Jodie, a Certified Personal Trainer and Certified Nutrition Expert, this immersive experience is designed to provide you with practical tools and personalized guidance to kickstart your journey towards a healthier lifestyle. From cultivating mindful eating habits to incorporating regular exercise routines, each step is carefully crafted to help you build sustainable habits that nourish your body, mind, and spirit. Whether you're looking to improve your nutrition, manage stress, or enhance your overall wellness, this session offers invaluable insights and support to guide you every step of the way. Join us and embark on a transformative journey towards a healthier, happier you.

Travel Tips to Stay on Track

Embark on a transformative journey towards holistic wellness with this exclusive travel tips session tailored to promote a healthy lifestyle on the go. Delve into a wealth of insights equipping you with practical strategies to nourish your body, mind, and spirit while traveling. Discover how to maintain nutritious eating habits, master mindfulness techniques to combat travel stress, and seamlessly integrate exercise routines into your adventures. From insider hacks for staying hydrated and well-rested to fostering mental resilience during your travels, this session is your passport to experiencing vitality and balance wherever your wanderlust takes you. Join us and unlock the secrets to thriving on your journey towards wellness-infused travel experiences.

How to Survive the Bermuda Triangle of Holidays (Halloween through New Years)

Coach Jodie is excited to introduce a transformative session on navigating the Bermuda Triangle of holidays with ease and grace. Join us as we explore practical strategies to maintain balance, manage stress, and prioritize self-care during this festive yet challenging time of year. Through insightful discussions and personalized guidance, you'll learn how to indulge in holiday festivities while staying true to your health and wellness goals. From mindful eating tips to stress-reducing techniques, Coach Jodie will equip you with the tools and mindset needed to navigate social gatherings, family gatherings, and seasonal temptations without derailing your progress. Whether you're looking to maintain your fitness routine, stick to a healthy eating plan, or simply preserve your sanity amidst the holiday chaos, this session offers invaluable support and encouragement to help you thrive. Don't let the Bermuda Triangle of holidays overwhelm you—join Coach Jodie and emerge from this season feeling empowered, energized, and ready to embrace the new year with renewed vitality.

Simple Ways to Increase Your Metabolism

Unlock the secrets to revving up your metabolism and unleashing your body's full potential in our dynamic session on boosting metabolic health. Led by Coach Jodie, a Certified Personal Trainer and Certified Nutrition Expert, this immersive experience will guide you through evidence-based strategies to ignite your metabolic fire and achieve your wellness goals. From optimizing your diet with metabolism-boosting foods, to incorporating targeted exercises that supercharge calorie burning, we'll equip you with the tools and knowledge to transform your body!



Jodie Needham, Certified Personal Trainer and Certified Nutritionist

"My approach to fitness includes all forms of wellness related to nutrition, exercise, hydration, sleep, and mindset."



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