

Finances/ Budgeting for Movement Services

Budgeting: Fast Food vs. Wellness Services?

“It’s amazing how fast you can go through \$7,000 with beer, pizza and The Gap.” –Ben Affleck

People groan at the words budget, exercise, and healthy food. Why? They relate sinking, depressed, deprived feelings to these words. Well, if you have these feelings you aren’t alone. To the vast majority of us, it denotes scarcity, deprivation and limitations; none of which seem pleasurable. Exercising usually means eliminating fun, pain, boredom, sweat, feelings of inadequacy, something we do when we are stressed out. This is not my idea.

My idea is designing a plan to achieve healthy (not magazine) bodies; reaching all those goals you would like to accomplish over time without the heroic effort. Movement should be an enjoyable process not a bitter, restrictive, fearful pill to swallow.

An action plan for fitness and healthy eating doesn’t have to be written in stone, it should be flexible, adjustable and one that reflects your values and your life. All of these decisions and commitments that you make give you the power to change so you don’t feel trapped. You aren’t stuck. It wouldn’t make sense to create a plan that made you feel stuck. You can change things if you are willing.

The power of a plan is that you can decide at the beginning of every week or month how you will spend your calories burned/ your fuel you use, how much, when and how. Then when you add up your cumulative calories burnt for the week or month you see whether or not you want to change your decisions for the following month or design a plan that works for you. Then, work your plan.

I happily move spending calories I burn in the wisest of ways!

Add up your last four week’s receipts of eating out. I would bet if you commit to eating just a portion of those meals at home, you could afford a Fitness Coach, yoga or Pilates very easily. Notice I didn’t suggest stopping eating out completely; just slowing the pace a little bit so you can find some balance between eating and moving.

A group Yoga class is the price of lunch.

A group Pilates chair class is the price of dinner.

Fitness Coaching and Classical Pilates is a health investment in you.

Let's say you can afford lunch out! Well then you could afford to use Mind Body Balance Services to change your lifestyle. We've taken the liberty to map out a two year lifestyle change plan to help you navigate our services.

- 1-4 Months: Group Yoga 2-3 times per week
- 5-10 Months: Group Yoga 2-3 times per week and Intuitive Eating
- 11-15 Months: Unlimited Group Yoga and Body Balance Nutrition
- 16-19 Months: Unlimited Group Yoga, Body Balance Nutrition and 8 weeks Fitness Coaching Program
- 20-24 Months: Unlimited Group Yoga, Body Balance Nutrition, Fitness Coaching & Group Pilates Chair 2 times per week

Total expenses over two years are approximately: \$1937 or \$968.50 per year or \$18.62 per week or \$3.10 per day

Let's say you can afford dinner out! Well then you can afford to use Mind Body Balance Services to change your lifestyle. We've taken the liberty to map out a two year lifestyle change plan to help you navigate our services:

- 1-4 months: Group Pilates Chair 2-3 times per week
- 5-10 months: Group Pilates chair 2-3 times per week and Intuitive Eating
- 11-15 months: Group Pilates chair 2-3 times per week Body Balance Nutrition
- 16-19 months: Group Pilates chair 2-3 times per week, Body Balance Nutrition and 8 weeks Fitness Coaching Program
- 20-24 Months: Group Pilates Chair 2-3 times per week, Body Balance Nutrition, Fitness Coaching, and Group Yoga 2 times per week

Your Total expenses over two years are approximately: \$5230 or \$2615 per year or \$50.28 per week or \$8.40 per day

Let's say you can afford a health investment in yourself! Well then you can afford to use Mind Body Balance Services to change your lifestyle. We've taken the liberty to map out a two year lifestyle change plan to help you navigate our services:

- 1-4 months: Private Classical Pilates 2 times per week & Intuitive Eating
- 5-10 months: Duet Classical Pilates 2 times per week & Group Yoga 1 time per week
- 11-15 months: Trio Classical Pilates 2 times per week & Group Yoga 1 time per week, and Body Balance Nutrition
- 16-19 months: Trio Classical Pilates 2 times per week, Group Yoga 1 time per week, Group Pilates Chair 1 time per week, Body Balance Nutrition and a 16 weeks Fitness Coaching Program
- 20-24 months: Trio classical Pilates 2 times per week, Group Yoga 1 time per week, Group Pilates Chair 1 time per week, Body Balance Nutrition and Fitness Coaching

Your Total expenses over two years are approximately: \$9190 or \$4595 per year or \$88.37 per week or \$12.62 per day

What is great about all of our full time clients is that we have loyalty programs that help you save money and grow your services each and every year. Saying you can't afford movement services is just an excuse. Don't cheat your body. Choose to take your life back and be healthy for yourself and your loved ones. We inspire our clients to movement!