



Transform Your Health & Your Body

Nutrition & Fitness Coaching With The Experts At Healthy Steps Nutrition

CROSSFIT **HSN** 

About Healthy Steps Nutrition Coaching Program

- ✓ Habit-Based & Holistic Health Coaching
- ✓ Dedicated Coach Providing Top-Notch Accountability
- ✓ Exclusive HSN App For Habit Tracking, Education & Ongoing Support
- ✓ 25 Class Options Per Week
- ✓ Progress Tracking Through InBody Scan
- ✓ Small Group Classes With Personalized Attention
- ✓ Open Gym Daily



Expected Results



1% Body Fat Per Month
4-6 Pounds Per Month
Risk of Chronic Disease



Improved Health
Improved Endurance & Strength
Improved Energy
Improved Confidence
Improved Sleep

Client Results

At Healthy Steps Nutrition & CrossFit HSN, we've helped thousands of people take control of their health through nutrition, fitness, and accountability coaching! We would love to help you too!

HSN
NUTRITION MADE SIMPLE

KRISSY
NUTRITION-ONLY CLIENT

☆☆☆ **RESULTS** ☆☆☆

↓ 14% BODY FAT
52 POUNDS OF FAT
15 INCHES IN WAIST

↑ HEALTH
CONFIDENCE
NEW CLOTHS
IN 7.5 MONTHS

GUIDED.TESTED.PROVEN.



HSN
NUTRITION MADE SIMPLE

JOSH
EMPLOYEE WELLNESS CLIENT

☆☆☆ **RESULTS** ☆☆☆

↓ 14% BODY FAT
102 POUNDS
12 PANT SIZES

↑ HEALTH
CONFIDENCE
NEW CLOTHS
IN 3 YEARS

GUIDED.TESTED.PROVEN.



HSN
NUTRITION MADE SIMPLE

LORENA
CROSSFIT HSN & NUTRITION
COACHING MEMBER

☆☆☆ **RESULTS** ☆☆☆

↓ 5% BODY FAT
35 POUNDS
12 INCHES

↑ STRENGTH
ENDURANCE
CONFIDENCE
IN 5 MONTHS

GUIDED.TESTED.PROVEN.



HSN
NUTRITION MADE SIMPLE

GABE
FOUNDING CROSSFIT HSN &
NUTRITION MEMBER

☆☆☆ **RESULTS** ☆☆☆

↓ 18% BODY FAT
50 POUNDS OF
FAT

↑ FRIENDS
STRENGTH
ENDURANCE
CONFIDENCE
IN 1 YEAR

GUIDED.TESTED.PROVEN.



HSN
NUTRITION MADE SIMPLE

NOEL
FOUNDING CROSSFIT HSN &
NUTRITION MEMBER

☆☆☆ **RESULTS** ☆☆☆

↓ 5% BODY FAT
12 POUNDS OF
FAT

↑ 3# OF MUSCLE
STRENGTH
ENDURANCE
CONFIDENCE
IN 3 YEARS &
MAINTAINED

GUIDED.TESTED.PROVEN.



HSN
NUTRITION MADE SIMPLE

ANDREA
CROSSFIT HSN & NUTRITION
COACHING MEMBER

☆☆☆ **RESULTS** ☆☆☆

↓ 10% BODY FAT
50# FAT
6 PANT SIZES

↑ 10# OF MUSCLE
ENDURANCE
STRENGTH
IN 12 MONTHS

GUIDED.TESTED.PROVEN.



Google Reviews



Nicole

1 review



★★★★★ 10 months ago

Nutrition & CrossFit Client

Before Healthy Steps Nutrition, I tried many different diets but never found long-term success. I wanted a plan that was simple that was customized for me. The combination of nutrition, fitness and accountability from the coaches helped me transform my body and now I'm in the best shape of my life! I lost 5% body fat and finally feel confident in my skin! I highly recommend Healthy Steps Nutrition!



GospelontheGo Balkans

1 review • 0 photos



★★★★★ 19 weeks ago

Nutrition & CrossFit Client

My wife and I are truly grateful to HSN for the tools to help us with our exercise and nutritional goals. We have been following both programs for 5 months, and are amazed at the results.....weight loss, improved cardio and strength, a healthy and energetic lifestyle. All of the exercise trainers, as well as our personal nutritionist, are PHENOMENAL people and INCREDIBLE resources for us. Our part is easy, follow their advice and trust in the process.....the results will come....and they have!!!
Daniele and Andrew



Humberto Omena

4 reviews



★★★★★ 7 months ago

Nutrition & CrossFit Client

I been working out at HSN for about 3 months and have had fantastic results! Never did any exercises before in my life and Well worth it.
The facility is excellent, great vibe, SUPER clean and everyone is nice and friendly.
The coaches are experienced, engaging, caring and very professional that respect your limits. Each class is challenging and unique. I am so happy to be part of the HSN family and excited to see the continual changes that my body will go through. Thank you for keeping me healthy and happy.

Google Reviews



Travis Purdy

4 reviews · 0 photos



Nutrition-Only Client

★★★★★ 3 weeks ago

NEW

Nutrition coaching and accountability with Coach Brittany helped me build a handful of simple & attainable healthy habits! Brittany's insights and helping to keep me on track with my goals is SUPER VALUABLE. If you're thinking about starting, just start! The HSN team starting with Nicole and Jason are fantastic. Great service, communication and value.



Christina Marinos

3 reviews



Nutrition-Only Client

★★★★★ 3 months ago

Working with HSN & Brittany (best dietician ever) has really improved my overall knowledge on food consumption and the benefits of why I eat what I eat, what it's doing for my body, and how it overall will improve my longevity of life! Jason at HSN has also been a huge help, in helping me reach my fitness goals. The entire team is dedicated to helping you reach what you're trying to achieve in a healthy, long term way. Thank you so much!



Sydney Madrigal

5 reviews · 1 photo



Nutrition-Only Client

★★★★★ 3 months ago

When I first signed up for nutrition coaching I knew what fitness and health goals I wanted to achieve but I had no idea where to begin. It was really easy setting up my first virtual appointment with Jason, he matched me with someone according to my schedule and goals. Working with Amanda these past few months has helped me achieve higher energy levels and excel in my workouts even with my busy schedule. They really focus on accountability and building healthy habits. Highly recommend everyone join no matter what your goals or understanding of nutrition is!

Google Reviews



Meg Baker

2 reviews • 0 photos



★★★★★ 3 days ago

NEW

Nutrition-Only Client

As a health care professional and patient, I highly recommend HSN's CGM Coaching Program. For three years, my fasting blood sugars have been slightly elevated but trending up. Primary care doctor told me "don't worry about it." No surprise when I pushed to have my A1c done, it was elevated and also trended up on serial checks. Again, PCP not concerned because I eat healthy, exercise regularly and have a BMI of 21. This prompted me to pursue CGM monitoring on my own. Information was invaluable, and it was very helpful to speak with my coach weekly to process the numbers and tweak my diet. Together, we came up with a plan to keep my spikes lower/more infrequent and my overnight values within a normal range. I now have an endocrinologist, and he feels these simple changes will indefinitely delay my need for medication. Is the program expensive? Yes, but so are diabetic supplies.....money well spent!



Josh O

1 review



Employee Wellness Client

★★★★★ 6 months ago

1 week left in our 2nd round of the wellness challenge at our office and HSN has been fantastic! I started my journey three years ago during our first round of the wellness challenge with Nicole and her team. I learned a lot about nutrition and how to make lifestyle changes that are manageable and sustainable. After the challenge I stuck with it, obviously ran into some bumps in the road here and there, but using a lot of what I learned from HSN I have been able to lose over 80lbs and keep it off! The program works, try it and commit to it and you will see results!



robert norris

2 reviews



Employee Wellness Client

★★★★★ 2 months ago

I've learned to eat healthy, deal with the stress of the job, and learned some new good habits. I like to say it leads you into it and gradually making a change for the better. I would recommend this program to anyone who wants to make a healthy change for the better. Liz is a great coach who takes time to answer any questions and add valuable advice that really works

Are You Ready For A Total Transformation?

- ✓ Can You Commit To Working Out At Least 3X Per Week?
- ✓ Can You Commit To A 90-Day Program?
- ✓ Are You Ready To Invest Your Time & Money Into Your Health?
- ✓ Can You Commit To Be Coachable?



How Can The Experts At HSN Help You?



**Lose Weight
& Body Fat**



**Support &
Accountability**



**Gain
Confidence**



**Increased
Energy**



**Improve
Health**



**Expert Fitness &
Nutrition Coaches**

12-WEEK TRANSFORMATION INCREASED ACCOUNTABILITY NUTRITION & FITNESS COACHING

\$579/MONTH FOR 3 MONTHS

- ✓ **3 (1 hour) Personal Training Sessions (OnRamp)**
- ✓ **Unlimited Group Fitness Classes**
- ✓ **Initial Consultation With Nutrition Coach**
- ✓ **Monthly InBody Scan & Progress Assessments**
- ✓ **Access to Exclusive HSN App**
- ✓ **Individualized Plan Addressing Nutrition, Daily Movement, Mindset & Sleep**
- ✓ **Healthy Cookbook**
- ✓ **Weekly Message Check-Ins With Your Nutrition Coach**
- ✓ **Weekly (15-Minute) Calls With Your Nutrition Coach**
- ✓ **(3) Monthly In-Person (30-Minute) Follow-Up Visits**

12-WEEK TRANSFORMATION NUTRITION & FITNESS COACHING

\$479/MONTH FOR 3 MONTHS

- ✓ **3 (1 hour) Personal Training Sessions (OnRamp)**
- ✓ **Unlimited Group Fitness Classes**
- ✓ **Initial Consultation With Nutrition Coach**
- ✓ **Monthly InBody Scan & Progress Assessments**
- ✓ **Access to Exclusive HSN App**
- ✓ **Individualized Plan Addressing Nutrition, Daily Movement, Mindset & Sleep**
- ✓ **Weekly Message Check-Ins With Your Nutrition Coach**
- ✓ **(3) Monthly In-Person (30-Minute) Follow-Up Visits**
- ✗ **Weekly (15-Minute) Calls With Your Nutrition Coach**

12-WEEK HIGHER ACCOUNTABILITY NUTRITION COACHING

\$339/MONTH FOR 3 MONTHS

- ✓ **Initial Consultation With Nutrition Coach**
- ✓ **Monthly InBody Scan & Progress Assessments**
- ✓ **Access to Exclusive HSN App**
- ✓ **Individualized Plan Addressing Nutrition, Daily Movement, Mindset & Sleep**
- ✓ **Healthy Cookbook**
- ✓ **Weekly Message Check-Ins With Your Nutrition Coach**
- ✓ **Weekly (15-Minute) Calls With Your Nutrition Coach**
- ✓ **Monthly In-Person (30-Minute) Follow-Up Visits**

12-WEEK STANDARD ACCOUNTABILITY NUTRITION COACHING

\$229/MONTH FOR 3 MONTHS

- ✓ **Initial Consultation With Nutrition Coach**
- ✓ **Monthly InBody Scan & Progress Assessments**
- ✓ **Access to Exclusive HSN App**
- ✓ **Individualized Plan Addressing Nutrition, Daily Movement, Mindset & Sleep**
- ✓ **Weekly Message Check-Ins With Your Nutrition Coach**
- ✓ **Monthly In-Person (30-Mintue) Follow-Up Visits**
- ✓ **Habit-Tracking In The HSN App**
- ✓ **Healthy Recipes**