



DELICIOUSLY FIT N' HEALTHY

Guide Comparison Chart

HELPING YOU CHOOSE WHICH IS RIGHT FOR YOU

	Postpartum Guide	Diastasis Recti Guide	Pregnancy Guide
Purpose	Meant to ease you back into fitness the correct way postpartum	To improve and heal your core, allowing it to feel better and look better	To be used during pregnancy
Workouts	24 Total Body Workouts and 20 Core Rebuilding Workouts	30 Core ONLY Workouts: 10 Beginner, 10 Intermediate, 10 Advanced (No Full-body Workouts)	25 Workouts: 9 Upper Body, 9 Lower Body, 4 Full Body, 3 Yoga/Stretching
Nutrition Support	Full nutrition by weeks postpartum and recipe ideas	Tips for nutrition	Nutrition by trimester and sample meal/snack ideas
For Whom	Within 1 year postpartum or brand new beginners to exercise. If you have already started working out postpartum consistently this may not be a fit.	Anyone at ANY point who struggles with diastasis recti, pelvic floor issues, or a weak core.	Anyone who is pregnant
Equipment	2-3 sets of weights, 1-2 resistance loops, exercise ball (optional)	1-3 resistance loops, small bouncy ball, exercise ball (optional)	2-3 sets of weights, exercise ball, 1 resistance loop, leg weights (optional)
Educational Chapters	Nursing, TVA breathing and pelvic floor, sleep schedules, hormones, nutrition advice by weeks, recovery	Pelvic floor, TVA breathing, connecting breath with movements, Physiotherapist Q&A, modifying cardio and strength training with DR, tips for nutrition	Diastasis recti prevention, TVA breathing, pelvic floor, nutrition

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Coaching Comparison Chart

HELPING YOU CHOOSE WHICH IS RIGHT FOR YOU

	Macro Coaching	Workout & Macro Coaching	Workout Coaching
Purpose	To help teach macro nutrition and help you reach your goals of fat loss and/or muscle gain	To help you lose fat and gain some muscle based on your goals	To help you lose weight and gain some muscle based on your goals
Workouts	None - you need to have one set up on your own	4 workouts a week (20-45 minutes) in my app, all in short video form. Diastasis safe, plus healing plan and a regular plan for those who don't have DR	4 workouts a week (20-45 minutes) in my app, all in short video form. Diastasis safe, plus healing plan and a regular plan for those who don't have DR
Nutrition Support	Tailored macros, daily emails, weekly check-ins, educational teaching videos	Tailored macros, daily emails, weekly check-ins, educational teaching videos, any question answered	None
For Whom	Anyone who wants to change and balance their diet based on goals	Anyone who needs accountability, a good workout plan, and help adjusting your diet and learning to eat balanced to reach your goals. The plan covers all aspects of fitness for best results. It's both food and workout assistance.	Anyone looking for a good workout plan that is DR safe or traditional
Equipment	None	2-4 sets of weights; resistance loops are optional, but awesome.	2-4 sets of weights; resistance loops are optional, but awesome.
Educational Chapters	Daily email full of tips, tricks, education, 50+ recipes, and support	Daily email full of tips, tricks, education, 50+ recipes, and support	Tips for nutrition
Other Perks	Private Facebook group with an awesome community and live Q&A every week	Private Facebook group with an awesome community and live Q&A every week, plus a messenger in my app	Messenger in my app for questions



DELICIOUSLY FIT N' HEALTHY

Guide and Coaching Comparison Charts

HELPING YOU CHOOSE WHICH IS RIGHT FOR YOU

	Postpartum Guide	Diastasis Recti Guide	Pregnancy Guide	Macro Coaching	Workout & Macro Coaching	Workout Coaching
Purpose	Meant to ease you back into fitness the correct way postpartum	To improve and heal your core, allowing it to feel better and look better	To be used during pregnancy	Purpose To help teach macro nutrition and help you reach your goals of fat loss and/or muscle gain	To help you lose fat and gain some muscle based on your goals	To help you lose weight and gain some muscle based on your goals
Workouts	24 Total Body Workouts and 20 Core Rebuilding Workouts	30 Core ONLY Workouts: 10 Beginner, 10 Intermediate, 10 Advanced (No Full Body Workouts)	25 Workouts: 9 Upper Body, 9 Lower Body, 4 Full Body, 3 Yoga/Stretching	Workouts None - you need to have one set up on your own	4 workouts a week (20-45 minutes) in my app, all in short video form. Diastasis safe, plus healing plan and a regular plan for those who don't have DR	4 workouts a week (20-45 minutes) in my app, all in short video form. Diastasis safe, plus healing plan and a regular plan for those who don't have DR
Nutrition Support	Full nutrition by weeks postpartum and recipe ideas	Tips for nutrition	Nutrition by trimester and sample meal/snack ideas	Nutrition Support Tailored macros, daily emails, weekly check-ins, educational teaching videos	Tailored macros, daily emails, weekly check-ins, educational teaching videos, any question answered	None
For Whom	Within 1 year postpartum or brand new beginners to exercise. If you have already started working out postpartum consistently this may not be a fit.	Anyone at ANY point who struggles with diastasis recti, pelvic floor issues, or a weak core.	Anyone who is pregnant	For Whom Anyone who wants to change and balance their diet based on goals	Anyone who needs accountability, a good workout plan, and help adjusting your diet and learning to eat balanced to reach your goals. The plan covers all aspects of fitness for best results. It's both food and workout assistance.	Anyone looking for a good workout plan that is DR safe or traditional
Equipment	2-3 sets of weights, 1-2 resistance loops, exercise ball (optional)	1-3 resistance loops, small bouncy ball, exercise ball (optional)	2-3 sets of weights, exercise ball, 1 resistance loop, leg weights (optional)	Equipment None	2-4 sets of weights; resistance loops are optional, but awesome.	2-4 sets of weights; resistance loops are optional, but awesome.
Educational Chapters	Nursing, TVA breathing and pelvic floor, sleep schedules, hormones, nutrition advice by weeks recovery	Pelvic floor, TVA breathing, connecting breath with movements, Physiotherapist Q&A, modifying cardio and strength training with DR, tips for nutrition	Diastasis recti prevention, TVA breathing, pelvic floor, nutrition	Educational Chapters Daily email full of tips, tricks, education, 50+ recipes, and support	Daily email full of tips, tricks, education, 50+ recipes, and support	Tips for nutrition
Other Perks				Other Perks Private Facebook group with an awesome community and live Q&A every week	Private Facebook group with an awesome community and live Q&A every week, plus a messenger in my app	Messenger in my app for questions



YOU'VE GOT THIS!

Andrea