

## Consulting and Coaching



P. D. Mangan, age 63.

**Consulting and Coaching**



One of my clients, age 54.

I can consult and coach you on diet, health, and fitness. I take a holistic approach; to achieve optimal health, all aspects of diet, exercise, sleep, hormones, and more, must be dialed in correctly.

**Anti-Aging**

**Nutrition**

**Fat Loss**

**Muscle and Weight Gain**

**Exercise and Strength Training**

**Motivation**



That's me, P. D. Mangan, July 2017, age 62.

Please note that I cannot diagnose or treat any medical condition.

## **Rates**

Consultation call via phone or Skype, single sessions of one hour: \$149; one half hour, \$85.

Monthly: 4, once-weekly sessions of one hour each: \$500; 4 once-weekly sessions of one half hour each: \$300.

## **Scheduling**

To schedule a consultation, use the form below:

You don't need to contact me after scheduling using the app above, but should you wish to do so, or to contact me for any other reason, fill out the form below.

## Contact

Name(required)

Email(required)

Website

Comment(required)