THE ACTIVATED WELLNESS ONLINE COACHING MENU

WORK ONE ON ONE WITH AMBER PAGANO
OF ACTIVATED WELLNESS AND AMBER INTO GOLD



A GO-ANYWHERE WORKOUT COLLECTION

ActivatedWellness
MIND. BODY. SOUL.

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HEALTH & FITNESS DISCLAIMER

The information presented in The Activated Wellness Online Coaching Menu is intended for general educational and informational purposes only and does not constitute medical advice, diagnosis, or treatment.

Activated Wellness Online Coaching provides personalized fitness programming, movement education, accountability, and general wellness guidance. Services are not intended to replace medical care or treatment provided by a qualified healthcare professional.

Before beginning any new fitness program, participating in virtual training, or making significant changes to your exercise or nutrition routine, please consult with your physician or qualified healthcare provider, particularly if you have existing medical conditions, injuries, or health concerns.

Participation in exercise and physical activity involves inherent risks. Clients are responsible for communicating relevant health concerns, exercising within their individual abilities, and following appropriate safety precautions.

Nutrition coaching, when selected as an additional service, focuses on general nutrition education, lifestyle habits, and wellness support within the coach's professional scope of practice. It is not intended to diagnose, treat, or manage medical conditions or replace individualized medical nutrition therapy.

A.D. Pagano LLC d/b/a Activated Wellness does not guarantee specific fitness, health, weight-management, or performance outcomes. Individual results vary based on numerous factors, including health status, consistency, participation, and lifestyle.

All coaching services are subject to the terms, policies, and informed consent documents provided during enrollment.

Your health, safety, and overall well-being remain our highest priorities.

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HI Y'ALL

WELCOME TO ACTIVATED WELLNESS ONLINE COACHING

I'm so excited to share with you a piece of my life's work and introduce you to a more personalized approach to fitness and wellness.

If you're here, chances are you're ready for something more. More structure, more accountability, more confidence, or simply a deeper commitment to yourself and your well-being.

And before we go any further, I want to acknowledge something: you've already taken the first step.

You've made the decision to explore what investing in yourself could look like, and that's something worth celebrating.

Because sometimes the hardest part of creating change isn't the workout itself. It isn't finding the perfect gym, following the perfect routine, or completely overhauling your lifestyle overnight.

Sometimes, the hardest part is simply deciding that you're ready for something different.

And that's exactly where I come in.

My role as your coach isn't to expect you to have it all figured out. It's to meet you where you are, understand where you want to go, and provide the education, guidance, structure, and accountability to help you get there.

I believe fitness should complement your life, not consume it. That sustainable progress comes from consistency, intention, and creating habits that support you long after our time working together.

Through personalized programming and one-on-one coaching, my goal is to help you build more than just physical strength. I want to help you develop the confidence, knowledge, and independence to take ownership of your wellness journey.

Because taking care of yourself shouldn't depend on having the perfect schedule, the perfect environment, or the perfect circumstances.

You can build strength anywhere.

You can create change anywhere.

You can get Activated Anywhere.

So, whether you're ready to begin or simply exploring what this next chapter could look like, I'm so glad you're here.

Let's get started.

With love,

Amber Pagano

contents

01 – INTRODUCTION

ABOUT AMBER

02 – MINDSET

WHAT TO EXPECT & MY GOALS FOR YOU

03 – RITUALS

THE INVESTMENT

04 – CONTACT US

CLOSING NOTES

04 – CONTACT US

OTHER RESOURCES

ABOUT ME



Hi, I'm Amber! I'm a certified personal trainer, licensed massage therapist, yoga instructor, and the founder of Activated Wellness.

My passion for health and wellness goes far beyond physical fitness. I believe movement is one of the most powerful tools we have to transform not only our bodies, but also the way we feel, think, and show up in our everyday lives.

Throughout my career, I've dedicated myself to helping others build strength, improve their relationship with movement, and create sustainable habits that support their overall well-being. My approach combines my background in fitness, bodywork, and yoga with a holistic understanding of the mind-body connection. I believe that wellness isn't about perfection, restrictive routines, or constantly pushing yourself harder. It's about learning to work with your body, building confidence through consistency, and finding balance in a way that feels authentic to you.



I created Activated Wellness Online Coaching to make personalized fitness guidance more accessible, no matter where life takes you. My goal is to provide you with the education, tools, structure, and accountability to feel empowered in your own wellness journey.
Because true transformation isn't just about what you accomplish during our time together. It's about the knowledge, confidence, and habits you carry with you long after.

I can't wait to be part of your journey.

With love,
Amber


A STRONGER
BODY, CREATES A
STRONGER
MIND, WHICH
CREATES A
STRONGER YOU!

WHAT TO EXPECT & MY GOALS FOR YOU

My goal with Activated Wellness Online Coaching is simple: to provide you with the knowledge, guidance, structure, and accountability to create lasting change—both inside and outside of your workouts.

I believe that fitness should enhance your life, not overwhelm it. There is no one-size-fits-all approach to wellness, which is why your coaching experience is designed around you, your goals, your lifestyle, and where you are in your fitness journey.

Over the course of our three months together, you can expect a supportive, educational, and personalized experience that encourages you to challenge yourself, build confidence, and develop a deeper understanding of your body.

WHAT YOU CAN EXPECT

01 | Personalized Programming

A customized three-month fitness program tailored to your individual goals, experience, schedule, and available equipment. Your workouts are designed to challenge you appropriately while allowing you to progress at your own pace.

02 | Guidance & Accountability

Three private, one-hour coaching sessions throughout your program where we'll discuss your progress, celebrate your wins, navigate challenges, and make adjustments to help you stay on track.

03 | Education & Empowerment

My intention isn't just to tell you what to do, but to help you understand why you're doing it. Through thoughtful programming and coaching, you'll develop the knowledge and confidence to take greater ownership of your fitness journey.



WHAT TO EXPECT & MY GOALS FOR YOU CONTINUED

04 | Flexibility & Accessibility

Your workouts and resources are available through the Activated Wellness app, allowing you to stay consistent wherever life takes you. You'll also receive access to the Activated Collective for additional movement and wellness resources.

05 | Sustainable Progress

We're not chasing quick fixes or perfection. We're building realistic routines, developing consistency, and creating habits that support your health and well-being long after our three months together.

MY GOALS FOR YOU

More than anything, I want you to leave this experience feeling stronger, more confident, and more connected to yourself.

My hope is that you walk away with more than a completed workout program. I want you to gain a better understanding of your body, confidence in your ability to move independently, and the tools to continue prioritizing your wellness for years to come.

Because the ultimate goal isn't to need a coach forever. It's to become empowered with the knowledge and confidence to take care of yourself, wherever life takes you.

Let's build strength with intention and create progress that lasts.





THE INVESTMENT

The most valuable investment you'll ever make is in yourself. Your greatest asset is you!

THE INVESTMENT

THE ONLINE FITNESS COACHING EXPERIENCE

12 Weeks. Personalized Programming. Intentional Progress.

A personalized, three-month fitness coaching experience designed to help you build strength, establish consistency, and create sustainable habits that support your lifestyle.

YOUR 3-MONTH COACHING EXPERIENCE

What's Included

- Customized 3-Month Workout Plan — Personalized programming tailored to your goals, fitness level, schedule, and available equipment with the expertise from Amber Pagano.
- Monthly 1:1 Coaching Sessions — Three 60-minute private Zoom sessions for progress reviews, goal setting, accountability, and personalized guidance.
- Activated Wellness App Access — Access your workouts, exercise demonstrations, and training program in one convenient place.
- Activated Collective Membership — Complimentary access to the Activated Collective wellness community and its fitness and wellness resources throughout your program.

YOUR INVESTMENT

$1,499 — Paid in Full

or

3 Monthly Payments of $550

Three-month coaching commitment required.



ENHANCE YOUR EXPERIENCE

PRIVATE VIRTUAL TRAINING

$185 / 60-minute session

Personalized, one-on-one virtual training with real-time coaching, technique guidance, and individualized instruction.

Subject to trainer availability.

NUTRITION COACHING

$199 / month — 3-month commitment

Complement your fitness program with personalized nutrition guidance and accountability designed to support your goals.

Includes:

- Nutrition tracking through the Activated Wellness app
- General nutrition guidance and education
- Suggested calorie and macronutrient targets
- Support with building sustainable nutrition habits

Nutrition coaching must be added for the full three-month duration of your fitness coaching program. Total investment: $597.

ADDITIONAL COACHING & ACCOUNTABILITY

$185 / 60-minute session

Additional one-on-one virtual check-ins for accountability, progress reviews, goal setting, and ongoing guidance.

Subject to availability.

READY TO GET ACTIVATED?

Your goals deserve a personalized approach.

Complete the online coaching application to share more about yourself, your lifestyle, and what you're looking to achieve.

APPLY FOR ONLINE COACHING HERE



Coaching with Amber Pagano

Founder | Activated Wellness

Move with intention. Live activated.

OTHER RESOURCES

NOT QUITE READY TO INVEST?
CHECK OUT THESE OTHER RESOURCES THAT CAN HELP YOU
WITH YOUR GOALS!

This is only the beginning. I'm continuing to create resources to help you move better, feel better, learn more, and build a wellness practice that can actually move through life with you.

Keep Learning + Moving With Me
COMING TO YOUTUBE (or already on YouTube)
My Favorite Home Gym Essentials
My go-to equipment and tools for creating an effective workout space at home—without needing an entire gym.
How to Build Your Own Home Gym
Whether you have an entire room or a tiny corner of your apartment, I'll show you how to create a space that actually works for you.
Minimal Equipment Workouts
Simple, effective workouts using just a few pieces of equipment that you can do at home, while traveling, or anywhere in between.

Want to Explore Your Spiritual Side?
COMING SOON: The Beginner's Guide to Spirituality
If your wellness journey goes beyond the physical, this one's for you.
We'll explore some of the books, practices, tools, and ideas that helped open the door to my own spiritual journey and give you a simple place to begin exploring yours.
Mind. Body. Soul. It's all connected.

