

## Freshchef + Herman Lynn

**Herman Lynn** is a certified nutritionist and personal trainer through the International Sports Sciences Association (ISSA), specializing in strength training. **Freshchef Meal Prep** is partnering with him to help you reach your health goals. **Freshchef** customers get **50%** off their first TWO months of nutrition/fitness coaching.

This is not “another diet program”.

We partner to make training & nutrition simple & realistic so you can...

- Gain lean muscle
- Lose stubborn fat
- Feel strong & healthy

And most importantly... spend less time in the gym and more time living your life.

The purpose of Wise & Well is to give you all the tools you need to make fitness more efficient, sustainable, and uncomplicated. I will take out all the guesswork for you.

### What you'll get...

- **Personalized Training:** Fully tailored, progressive strength training plan on the Wise & Well app. Some experience with lifting weights is great, but all experience levels are welcome. I am always mindful that your plan helps you feel confident and safe in the gym. \*This is not a good fit for someone with no prior exercise history.
- **Nutrition:** You will have a calorie & macro roadmap to hit your goals... but more importantly, you will learn how to eat your favorite foods and enjoy family pizza night while still hitting your goals. You will learn how to feel empowered by food... not guilty. Some experience with tracking macros is helpful, but it's also unnecessary.
- **Accountability:** I can not do the work for you, but I can help ensure you are on the right track. We will use the Wise & Well accountability tracker to evaluate progress and make adjustments. You will also have access to a dedicated coach (me) when you need support or troubleshooting. You'll never feel like you have to question what you should be doing again.

**Ready to get started? fill out the form below and mention you're a **Freshchef** customer!**

<https://wiseandwellcoaching.com/online-coaching>

**Otherwise, for more information or to follow his work, see these links:**

- Website: <https://wiseandwellcoaching.com/>
  - Instagram [@wiseandwell.fitness](https://www.instagram.com/wiseandwell.fitness)
- **Wise & Well** podcast on [Apple](#) or [Spotify](#).

