Competitive Edge Wellness LLC

Leta’s Health & Wellness Services

Choose an individual service or combine services as your goals and needs develop.

Start here

Introductory wellness appointment

Pay what you choose

Review your questionnaire and personal goals, discuss the Pillars of Health, and identify next steps.

Nutrition

Personalized 7-day meal plan

$125

Breakfasts, lunches, dinners, snacks, recipes, a grocery list, and a 30-minute review.

Pantry and refrigerator visit

$150

Up to 90 minutes in your home to review what you have, read labels, agree on food swaps, and create a replacement shopping list.

Guided grocery shopping

$100

Up to 60 minutes shopping together to compare products and practice reading labels.

Training

Athletic / Event conditioning and recovery

$100

A written four-week program for strength, balance, mobility, warm-up, and recovery, with a 45-minute walkthrough.

Personalized gym program

$125

A written four-week routine with exercise instructions, progression guidance, and a 45-minute walkthrough.

Individual gym coaching

$50

One 60-minute coaching session with Leta.

Four gym sessions

$180

Four 60-minute coaching sessions with Leta.

Follow-up

Progress appointments

First visit free up to 30 min

Review progress, barriers, and small adjustments. The first appointment is free for up to 30 minutes. Additional time is $25 per 15 minutes.