

Health Powered By You, LLC

Suanne Kowal-Connelly, MD

Baldwin, New York

www.HealthPoweredByYou.com

Suanne@HealthPoweredByYou.com

Phone: 516.633.3380

Fax: 1.888.731.4114



Triathlon Coaching Packages

Features	BRONZE	SILVER	GOLD
Price	\$225.00/month	\$300.00/month	\$375.00/month
Minimum Commitment	3 Months	3 Months	3 Months
Physiological Assessment to Determine Training Zones	Yes	Yes	Yes
Health Powered By You Inventory	Yes	Yes	Yes
Goal Setting and Plan Development Consultation	Yes	Yes	Yes
Development of Periodized Training Plan	Yes	Yes	Yes

Customized Daily Workouts with Instructions	Yes	Yes	Yes
Daily Performance Feedback	Yes	Yes	Yes
TrainingPeaks Account	Basic	Premium	Premium
Max Number of Client Phone Calls & E-Mails per Week	1	Unlimited	Unlimited
Number of Training Plan Revisions per Month	1	3	Unlimited
Minutes of One-on-One Coaching per Month	0	90	135
Race/Event Coaching and Preparation	No	Yes	Yes
Power Data Review	No	Yes	Yes
Personalized Educational Webinars	No	No	Yes
Off-the-Bike Strength Training and Flexibility Coaching	No	No	Yes
Nutritional Assessment	No	No	Yes

THE COACH



Dr. Suanne Kowal-Connelly, MD, F.A.A.P, is a board certified pediatrician who has spent nearly thirty years in a group private practice serving children and their families. Having majored in both Biology and Psychology at the State University of Stony Brook, it was fitting that she chose to focus heavily in the area of Early Childhood Development. For 10 years, Dr. Kowal-Connelly served as Co-Chair for the Medical Advisory Committee to Child Care Council, and was recently elected to the Board of Directors.

Because of her strong interest in Community Medicine, Dr. Kowal-Connelly has served as the District Physician for several School Districts on Long Island for over 25 years. She is a trainer in the Child Abuse and Neglect system and travels throughout New York State instructing personnel on an exhaustive list of topics. Throughout her career, Dr. Kowal-Connelly has held voluntary staff privileges at all of the local hospitals, but most recently she has joined the Faculty Staff of Nassau University Medical Center, in East Meadow, NY, where she serves as a preceptor of pediatric residents.

Dr. Kowal-Connelly has always been an active individual and in 2006 she began training and competing in the sport of Triathlon. Her successes as an Age Group Athlete compelled her to achieve certification as a Level I USA Triathlon coach as well as certification as both a Youth and Junior coach. With this added expertise, Dr. Kowal-Connelly has embraced both the field of medicine and the athletic world of multisport to create a program that helps families and individuals develop and maintain a healthy lifestyle.

Dr. Kowal-Connelly has developed a heartfelt sense of responsibility to contribute to some of the most challenging medical issues facing our society. There is no health concern today more daunting and pervasive than obesity and its serious related complications. Because of this, Dr. Kowal-Connelly has created Health Powered By You, which is an innovative program bridging years of medical expertise, athletic expertise, nutritional education and psychological support. Her primary goal is to educate and coach families to a healthier existence where they can sustain a level of wellness and joy throughout their lives, hopefully without the need of medicinal support.