

## **THE FARMETTE AT 4424 FAQs**

1. **Q:** How long has the Farmette At 4424 been in business?

**A:** Owner/lead trainer Todd Bauer and his wife Liz settled on the property on December 31, 2014. They were married on the property in October of 2015, and the Farmette At 4424 was open for business in December of 2015.

2. **Q:** Where is the Farmette At 4424 located?

**A:** 4424 Langtry Drive

Glen Arm, MD 21057

We are located just 9 miles away from Towson, MD

3. **Q:** Can I purchase the fresh produce that is grown on the property?

**A:** Yes! We offer organic eggs for purchase. As a client, you have access to our gardens.

4. **Q:** What types of animals do you have on the property?

**A:** Currently we house twenty chickens; Rhode Island Reds, Jersey Giants, California Grey's and a Silkie! We adopted all of them from the original owner and they are all sisters, raised on the chest of the original owners' kids, they are now a friendly part of our farmette family.

5. **Q:** Can clients/visitors feed the animals?

**A:** Yes! We would love to have you stop by with your kids, to give them some treats. All we ask is that you please call or shoot us a quick message so that we are prepared.

6. **Q:** What type of care/nutrition do your animals receive?

**A:** Our animals receive: Organic, non-GMO, soy free feed, with no antibiotics, no added hormones, or synthetic pesticides. 2 acres of grass pasture to roam, outdoor forage year-round, dried mealworm treats, (chickens favorite) and organic fresh fruit and veggie scraps.

7. **Q:** What types of training sessions do you offer?

**A:** We offer Private Training Sessions, Small Group Training and Bootcamps.

8. **Q:** What are the prices of each of the Training Sessions and Bootcamps?

**A:** Our Private Training Sessions cost \$55 for 45 minutes at the Farmette or \$95 in-home. Small Group Training Sessions are held weekly and are 45 minutes long and cost \$45/person. Bootcamps are 45 minutes long and cost \$15/class.

9. **Q:** What is your health coaching service?

**A:** We offer virtual health coaching to cover all of your needs, from nutrition to exercise prescription, we've got you covered. Our health coaching services start at \$49.95/month

10. **Q:** Your newest trainer, Sofia, who is she? How did she get involved?

**A:** We love Sofia! She's awesome! She's been part of the family here since April 2019. She started as a client. Todd first met Sofia through her mom who was Todd's son's mid-wife at the time of birth.

11. **Q:** What type of training does Sofia focus on?

**A:** Currently, Sofia focuses on Group Sessions and Bootcamps with female clients.

12. **Q:** Why is Sofia only working with female clients?

**A:** While Sofia is very focused on women's health and fitness, she has now added some coed sessions.

13. **Q:** You're adding a massage therapy service. When will that start? How much will it cost?

**A:** Our massage therapy service will start on June 15, 2019. We are still in the process of finalizing pricing.

14. **Q:** Who is the massage therapist?

**A:** Our therapist is leaving her current employer, so until she has done so, we have a confidentiality agreement in place.

15. **Q:** What is the specific goal of adding the massage therapy services?

**A:** Our focus is geared towards orthopedic and sports massage, to enhance, improve and maintain a stress-free body.

16. **Q:** Will you have a locker room area for before and after massage therapy sessions?

**A:** No, but we do offer a full bathroom available for clients.

17. **Q:** What is included in the \$49.95/month virtual health coaching package?

**A:** Our virtual health coaching package includes:

- Personalized health coaching to set goals and hold you accountable.
- Nutrition guidance based off your food intake log
- Individual guidance on workout programs best suited for your personal goals
- Live weekly phone calls and video chats with your health coach
- Free Fitbit and Apple watch integration

18. **Q:** How is the virtual health coaching package billed?

**A:** Billed monthly (cancel anytime)

19. **Q:** Do you offer recipes and/or cooking lessons for your clients?

**A:** Yes! Our cooking lessons are available by appointment. Delicious recipes are posted on our website for everyone to enjoy. Each recipe we deliver to our clients is tested to perfection in our kitchen.

20. **Q:** Is your produce organically grown?

**A:** Yes! Our produce is always 100% organically grown, starting with non-gmo seeds, organic compost and soil, delivered fresh to the table at each meal.