

## Welcome To Your New Lifestyle!

### 12-WEEK PROGRAM OVERVIEW

*If you need to lose weight and improve health, your supplement protocol has been customized to achieve your goals as you outlined them in your Questionnaire.*

*For those who don't need to lose weight, but rather are focused on improving overall health, this program is foundational to that process. Your supplements have been customized for those needs based on your Questionnaire. This may include chronic health challenges such as blood pressure, cholesterol or other concerns. Whatever ahead you need to address, this program will address your needs.*

### Your Commitment is VITAL to Your Success

*I have never had a client who followed my instructions walk away without losing pounds and inches. This program works, and it works well. But, in order to reach your goals, you must accept responsibility for your own health. Simply put, you must:*

- ★ Recognize that **diets don't work**. If they did, you'd do it once and never need another. This is NOT a diet, so don't plan to put yourself on one. This is a HEALTH program and a LIFESTYLE change.
- ★ Commit to using the recommended **foundational supplements** based on your individual health history questionnaire. These supplements are necessary to support your body as we repair and address metabolic and health challenges.
- ★ Communicate with me daily for **12 weeks** utilizing a simple tracking system (takes less than 5 minutes each day). All communication will be via email and/or text message. We'll also schedule a 15-minute weekly phone call to maximize your success. And, after your 12-weeks is complete, I'll still always be available to you for as long as you need me.
- ★ Read all **program materials** and watch **videos** as they are assigned. This will take no more than 1 hour per week, and frequently much less. The materials you will receive in this class provide the educational foundation to prepare healthy meals and support and maintain an optimal weight for you and your family for years to come.

### What Can I Expect?

I've done my part, and you've made the hard choice to make your health a priority. So, once you click on that "Checkout" button, what exactly are you getting yourself into?

### **Week 1: CLEANING OUT THE ENGINE (AKA "Your Body")**

- ➔ You'll learn to create meals and snacks for yourself (and your family) which will help rid your body of toxins and prepare it for healthy living. I will provide you with an extensive list of fruits, vegetables and clean proteins on the Wednesday before your start date so that you'll have plenty of time to go grocery shopping and plan your

meals. In addition to your own creativity, Phase 1 appropriate recipes will be provided.

- ➔ Use the recommended supplements that are specifically formulated to support your body, fill in nutritional gaps, and limit food cravings.
- ➔ Review printable materials and watch short videos which will educate you on the “why” behind the way this program is created, including how your food choices impact blood sugar. The program is structured to take the load off the liver and other body systems to effect healthy detoxification.
- ➔ Focus on relaxation and rest to give your body the opportunity to begin the healing process.
- ➔ During the first few days, I’ll check on you mid-day to answer any questions you may have. But, throughout the week, you’ll stay in close communication with me as your body begins to adjust to your new lifestyle. This process should not be miserable, and you are not allowed to go hungry.
- ➔ Check-in with me before bed each night via a text message photo of your Food Journal page.

### **Weeks 2 and 3: RAMPING UP FAT BURNING & SUPPORTING BODY SYSTEMS**

- ➔ You’ll receive a new foods list filled with low-glycemic fruits and vegetables, as well as additional lean proteins as you continue to explore how the foods we eat create either sickness or wellness. Phase 2 appropriate recipes will be shared.
- ➔ Add in appropriate all-natural accelerator supplements (based on your individual health history questionnaire) that will assist in promoting lean muscle mass and decreasing the amount of fat stored in your body.
- ➔ Review printable materials and watch short videos which will help you to better understand the difference between “good” and “bad” fats, how to build lean, fat-burning muscle, reading nutritional labels and the importance of being “present” with your food.
- ➔ Explore options for “moving your mass” (AKA exercise). You’ll begin slowly and work your way up to a challenging (for you) workout five out of seven days each week. We don’t strive for perfection...we celebrate progress.
- ➔ During Week 3, we’ll spend a little longer on our weekly phone call to reassess your goals and determine your next steps for continued success.
- ➔ Continue checking-in with me before bed each night via a text message photo of your Food Journal page.

### **Weeks 4 through 12: CREATING THE NEW YOU**

- ➔ At the appropriate time (based on our phone call from Week 3), you’ll receive new foods list(s) formulated to help you continue progressing towards your goals. You didn’t put the weight on overnight, and it won’t come off overnight. **Traditional results when following this program for 12 weeks are around 30 pounds and 30 full inches of fat banished from the planet forever.** As in previous weeks, additional phase-appropriate recipes will be provided, along with video instruction to help you avoid becoming “bored” with your foods.

- ➔ Your original order of supplements will last about one month, and you'll make decisions about which (if any) you will re-order. We'll discuss this in detail during our phone call in Week 3.
- ➔ Continue your exercise routine and/or investigate new options to find a plan that works for you.
- ➔ At a minimum, you'll check-in with me each Monday morning with your new weight and measurements. If you'd like to continue sharing your daily Food Journals, daily accountability is always available. I am your personal Coach...your partner to better health now, and in the future.