

Hey!!

I'm so excited that you're taking this step towards building a new and improved relationship with your health, nutrition and self! The idea behind this challenge is that you will not only change your body and health for 21 days, but from here on out. The information you will learn in this boot camp about nutrition and exercise will help shape your future. Anyone can commit to something for 3 weeks! You are going to be so happy you did.

Read through the information provided and expect to hear back from me within 24-48 hours to discuss your questions--so take mental or physical notes!

ABOUT OUR ONLINE BOOTCAMP:

WORKOUTS:

- * Home workouts
- * Challenging, but doable
- * There is a modifier in case something is too hard.
- * Workouts rotate between cardio, strength training, yoga/pilates and stretching.

NUTRITION:

- * Based on portion control
- * Portions tailored to your height and weight
- * Both regimented and flexible
- * You won't be hungry (a lot of food)
- * Incorporates Beachbody's superfood protein shake (**Shakeology**); which curbs hunger, provides energy and **really speeds up weight loss**

ACCOUNTABILITY:

- * Online "virtual" Bootcamp
- * Support daily from yours truly
- * I will be your personal coach and hold you accountable to your goals
- * Positive, no judgment environment where everyone is rooting for everyone else
- * Expect to **lose 6 to 12 pounds**
- * Gain visible muscle definition

SHAKEOLOGY:

- * Superfood - nutrient dense meal replacement shake
- * Replace one meal per day
- * Benefits include: Curbs hunger, reduces cravings, provides energy, helps regulate blood sugar levels, improves PH balance, aids with digestion (tons of probiotics and amino acids). Because of the superior nutrition in the shake, it helps promote healthier hair and skin as well as **weight loss** because all your bodily systems begin to run at more optimal levels with continued use.

Shakeology is so much more than just a protein or weight loss shake that you can find at GNC.

You will need to invest in yourself in order to get the results you've always wanted. **Shakeology is \$4.33 per MEAL.** You are **replacing one full meal a day, so it's part of your grocery bill.**

Plus let's be honest most people don't think twice about buying a 5 dollar latte at Starbucks... this is much better for you. I know I personally have spent more on junk food in one meal and that's how I thought of it when I started. It's money I had to budget into my day one way or another.

Shakeology Video:

https://youtu.be/hqBWm_dCa7I

Ingredients List:

http://images.beachbody.com/tbb/store/shakeology/pdf/ShakeologyChocolateVegan_Ingredients.pdf

REQUIREMENTS FOR INVOLVEMENT:

- * To secure your spot, we will get you a SMOKIN' deal on a fitness/nutrition package!
- * Your package includes: DVDS, Online Streaming Workouts, Nutrition Program and Shakeology
- * I'll help you select a workout routine that best suits you

WHAT NOW?

Email me, confirming you've read the details, and we'll figure out the best package for you!