

# WELCOME TO THE

# BestBodiesforLife

# COMMUNITY

By becoming a part of the **BestBodiesforLife** community, we provide you with everything you need to succeed!

THE BEGINNING OF YOUR  
**BestBodiesforLife** JOURNEY

# NUTRITION - YOUR ROAD MAP TO SUCCESS!



**Our team's first step toward helping you achieve your Best Body for Life will be helping you to begin living a more nutritionally balanced life, while still making it an easy and enjoyable experience!**



1 hand Lean Skirt Steak

## WE MAKE PORTIONING YOUR MEALS EASY!

-Portioning your meals will be easy ANYWHERE with your meal portioning blueprint

Since we understand portioning is a grueling task, your guide is designed so you can portion all your meals with only one measuring tool - YOUR HAND!

**YOUR NUTRITIONAL GUIDE IS DESIGNED, SO CALORIE COUNTING, FOLLOWING RECIPES, AND CONSTANT CRAVINGS ARE NEVER A CONCERN!**

-Your guide consists of 7 meals - (3 Power, 2 Pop, and 2 Optional meals) - **You will NEVER go hungry!**

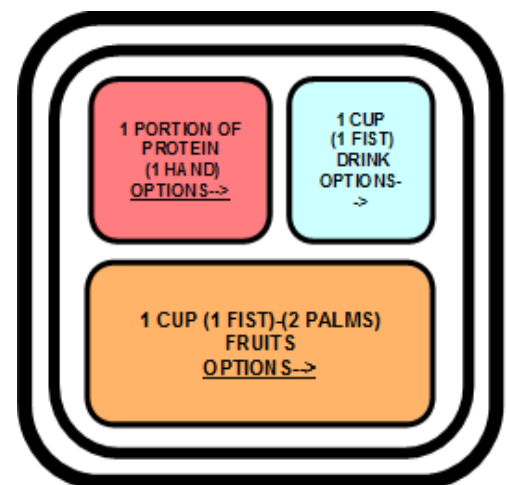
**Preparing your meals will be easy with our combo system**

-Each one of your meals will have a set of portion combo options you can choose from

-Our combo system doesn't restrain you to recipes. When you're preparing your combos, you can choose from flavors and foods you enjoy eating!

**YOUR COMBO LAYOUT WILL LOOK LIKE THE IMAGE TO THE RIGHT ->**

[Look to your guide for more info](#)





## SINCE WE UNDERSTAND COOKING IS JUST NOT AN OPTION ON THOSE NIGHTS WHEN YOU GET HOME FROM WORK TIRED!

- Our shake option is here for those days you want a light meal, and you just don't want to sit in front of the hot stove
- At the end of your guide, you will have your build a power shake option
- We provide you with several recommended ingredients and the proper portions to build your power shake

## YOU CAPTURE IT & WE TRACK IT

SINCE WE KNOW THAT TRACKING YOUR PORTIONS AND TIMES CAN BE DIFFICULT, WE WILL PROVIDE YOU WITH OUR MOBILE MEAL COACHING SYSTEM-->[description below](#)

Since your personalized guide consists of 3 Power, 2 Pop, and 2 Optional meals for the day, we recommend you separate each of your meals 2-3 hours apart

**WE KEEP YOU ACCOUNTABLE EVERY STEP OF THE WAY!**



## Understand Your Meal Coaching System

- After you prepare each meal, send a brief message identifying which combo you chose, a brief description of what your combo consists of and a picture of your meal to our coaches. They will then evaluate your portions and arrival times - **You can send us your meal descriptions & pictures via text or email to: [mobile@mybestbodies.com](mailto:mobile@mybestbodies.com)**
- Our team will create a weekly report that evaluates your pictures and arrival times, so we can help you stay on track and evaluate your monthly progress.

# WORKOUT/FITNESS - ROAD MAP TO SUCCESS!



**Although our strategies are designed to help solve commonly shared problems, we believe each strategy should be PERSONALLY designed to address your specific goals and according to your personal profile!**



**AS WE DESIGN YOUR WORKOUT GUIDE, WE DO CONSIDER THAT THIS COULD EITHER BE YOUR FIRST TIME EXERCISING OR YOU COULD BE AN EXPERT.**

- Our team will design your guide according to what you comfortably feel is your entry level  
**(BEGINNER, INTERMEDIATE, ADVANCED)**
- Each month we will evaluate your progress, and restructure a new guide for you according to your improvements





### **HEAVY EQUIPMENT AND CROWDED GYMS WILL BE TWO LESS THINGS TO WORRY ABOUT**

- You will be able to do your entire workout from the comfort of your own livingroom or as far as your front yard
- The only equipment you will need is yourself and positive attitude
- **OPTIONAL** - For a little more resistance, you can also incorporate some light weights or resistance bands, but they are not required for any of your workouts

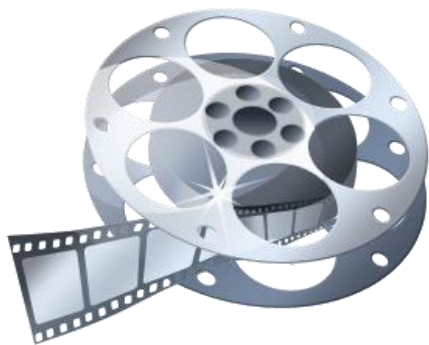
**AS YOU START YOUR JOURNEY, WE RECOMMEND THAT YOU WORKOUT ATLEAST EVERY OTHER DAY !**

### **YOUR BestBodiesforLife Workout Guidebook WILL HELP YOU AVOID CONFUSION AND WRONG TECHNIQUE !**

#### **It will:**

- Assit you before, during, and after your workout.
- Guide you step by step on how to perform each of your exercises
- Show you what steps to take to help maximize your results and make your workout even more effective

**BestBodiesforLife**  
**Workout Guidebook**



### **IN ADDITION TO YOUR BestBodiesforLife WORKOUT GUIDEBOOK, YOU WILL ALSO HAVE UNLIMITED ACCESS TO OUR WORKOUT GUIDE COACHING VIDEOS**

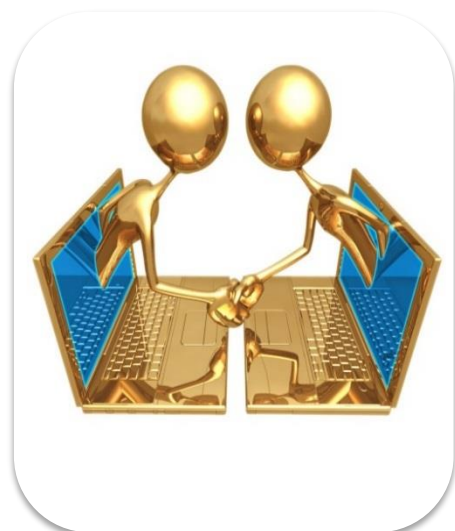
- Our team personally shows you how to perform each exercise in your workout guide
- Our team will show you how to maintain good form and technique during your workout

**WE ARE HERE TO HELP YOU MAXIMIZE YOUR RESULTS**

# HOW YOU WE WILL HELP YOU STAY ON TRACK ROAD MAP TO SUCCESS!



**BestBodiesforLife** believes that support and guidance play a major role in helping our entire community succeed !



**As a BestBodiesforLife member, you will have your own personalized webpage**

**YOU WILL HAVE DIRECT ACCESS TO:**

- Your Nutritional & Workout guides
- Your online BestBodiesforLife Workout Guidebook
- All our online exercise coaching videos
- BestBodiesforLife Newsletters & Tips

**Our team will also allow you to analyze and asses your profile and progress**



**BestBodiesforLife BELIEVES THAT KEEPING YOU UPDATED WITH OUR MOST RECENT COMMUNITY NEWS IS CRITICAL FOR YOUR SUCCESS !**

- Our newsletter will provide you with some useful tips that will help you along your journey
- Our recipe section will provide you with some delicious and healthy meal options

**WE ARE HERE TO PROVIDE YOU WITH EVERYTHING YOU'LL NEED TO SUCCEED**

**OUR TEAM WILL EVALUATE YOUR PROGRESS TO HELP YOU STAY ON TRACK !**

- We will look over your meals and analyze your arrival times and portions-**YOUR MEAL COACHING SYSTEM-(Pg 4**
- We will provide you with tips and reminders on how to stay motivated and committed

**WE ARE HERE TO MAKE SURE YOU REACH YOUR GOALS !**

BestBodiesforLife Report



**AS A MEMBER OF THE BestBodiesforLife COMMUNITY, WE WILL OFFER YOU CONSTANT COACHING AND SUPPORT**

- Each month our coaches will evaluate your personal profile
  - You will have the option to continue with your current strategy or switch into one of our other two strategies
- According to any changes and progress you make, we will restructure your strategy to help you keep striving for success

**IN ADDITION TO PROVIDING YOU WITH ONLINE SUPPORT, YOU WILL HAVE ACCESS TO OUR COACHES FOR ONE ON ONE ENCOURAGEMENT AND GUIDANCE !**

As a new member of BestBodiesforLife community, we will provide you with a 10 minute 1 on 1 consultation with one of our coaches

**If you feel you need additional coaching, you can contact us at (866)-481-9221**

**CALL TO SCHEDULE YOUR CONSULTATION  
OUR TEAM OF COACHES ARE HERE FOR YOU!**



# **UNDERSTAND YOUR STRATEGY**

## **NUTRITION/FITNESS/SUPPORT**

Your **BestBodiesforLife** personalized strategy will include 3 main components

- **Nutritional package**
- **Workout Fitness package**
- **Support/Coaching package**

### **NUTRITIONAL PACKAGE**

#### **YOUR NUTRITIONAL PACKAGE INCLUDES:**

##### **1) A PERSONALIZED NUTRITIONAL GUIDE**

- a. A personalized nutritional guide suited to help you balance your daily nutrition and maximize your results

##### **2) A PORTABLE PORTIONING BLUEPRINT**

- a. Your blueprint will allow you to dine out and enjoy a night of fun with your friends and family without worrying about your meal portions fluctuating
- b. Your blueprint will serve as your universal portioning device

##### **3) BUILD A POWER SHAKE OPTION**

- a. At the end of your guide, our team provides you with a selection of recommended ingredients and appropriate portions to help you prepare your power shake

##### **4) EASY TO FOLLOW COMBO OPTIONS**

- a. Your nutritional guide consists of 3 Power meals, 2 Pop meals, and 2 Optional meals
- b. To make your journey as easy as possible, each one of your meals will have a set of combo options for you to pick from
- c. Each one of your combos will serve as a portioning guide structured according to your personal nutritional needs



- d. Next to each of your combo meal options, we provide you with recommendations color coded according to each combo component

## **WORKOUT FITNESS PACKAGE**

### **YOUR WORKOUT PACKAGE INCLUDES:**

#### **1) A PERSONALIZED WORKOUT GUIDE**

- a. A personalized workout guide designed according to your personal goals, needs, and entry level
- b. We design your guide so you can start at a level you feel comfortable at and you can slowly continue to advance throughout your journey

#### **2) A WORKOUT GUIDEBOOK & ONLINE VIDEOS**

- a. A guidebook to help you step by step effectively perform each exercise in your workout
- b. Access to exercise coaching videos to help you maximize your results

#### **3) HEAVY EQUIPMENT AND FITNESS CENTERS ARE NOT REQUIRED**

- a. We designed your workout so the only equipment you need is your body
  - i. You may incorporate some light dumbbells or resistance bands to your workout to add some extra resistance
- b. We provide you the opportunity to complete your entire workout from the comfort of your livingroom or as far as your front yard

## **SUPPORT/COACHING PACKAGE**

### **YOUR SUPPORT/COACHING PACKAGE INCLUDES:**

#### **1) A PERSONALIZED WEB PORTAL**

- a. We will provide you with your own web page where you can analyze your progress and access all of your **BestBodiesforLife** strategy tools

#### **2) A CONSISTENCY REPORT**

- a. Each week our team will analyze your meal pictures, so we can help you stay on track

### 3) A MONTHLY EVALUATION

- a. Each month, our team will evaluate your progress and restructure your strategy according to your progress

### 4) PERSONAL CONSULTATIONS

- a. As a part of joining the **BestBodiesforLife** community, we provide you with a 10 minute consultation with one of our **BestBodiesforLife** coaches
- b. **YOU MUST CALL AND SCHEDULE YOUR CONSULTATION**

### 5) NEWSLETTER & TIPS

- a. We will provide you with a **BestBodiesforLife** community newsletter that will include tips, recommendations, recipes , and much more to help you maximize your experience

**BestBodiesforLife PROVIDES YOU WITH THE FOLLOWING:**

