

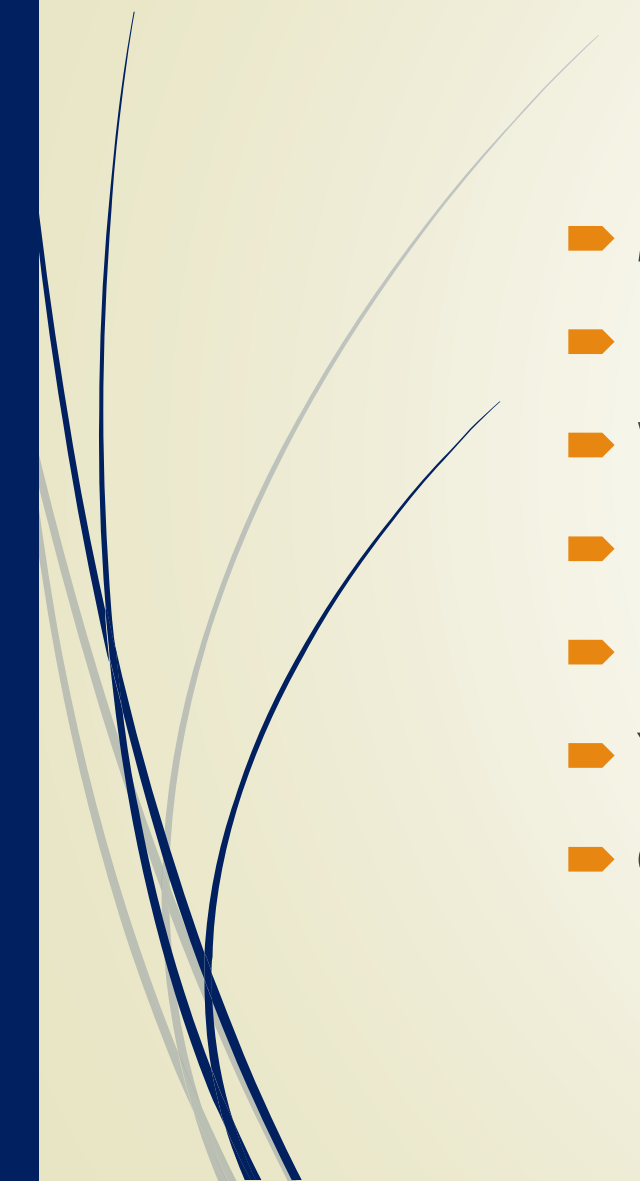


# Welcome to plan2BFIT

6 Months to a Healthier You!



# Informational Session Outline:

- ▶ Meet the Team
  - ▶ Introduction to plan2BFIT
  - ▶ Why 6 Months
  - ▶ Eliminating the Word Diet
  - ▶ Importance of Exercise
  - ▶ You really do have the time
  - ▶ Questions
- 

# Meet the Team:

## Todd Cazin has:

- ▶ A culinary Arts degree.
- ▶ Worked with several chefs focused on healthy eating.
- ▶ Prepared and planned meals to be eaten over a week.
- ▶ Focused on healthier food choices.
- ▶ Replaced higher calorie items found in recipes, with lower calorie options.
- ▶ Participated in a similar weight loss program like **plan2BFIT**.
- ▶ Successfully lost 40 pounds over 6 months, and has been able to maintain it.





# Advantages of plan2BFIT program:


Established in 2016, our purpose is to help individuals lose weight while focusing on these key areas:

- ▶ **Track Calories**
  - ▶ **Promote Daily Exercise**
  - ▶ **Educate About Healthier Food Choices**
  - ▶ **Provide Group Support**
  - ▶ **Teach Importance of Food Prep**
  - ▶ **Motivate You to Track Your Activity**
  - ▶ **Help You Maintain The Results**
- 



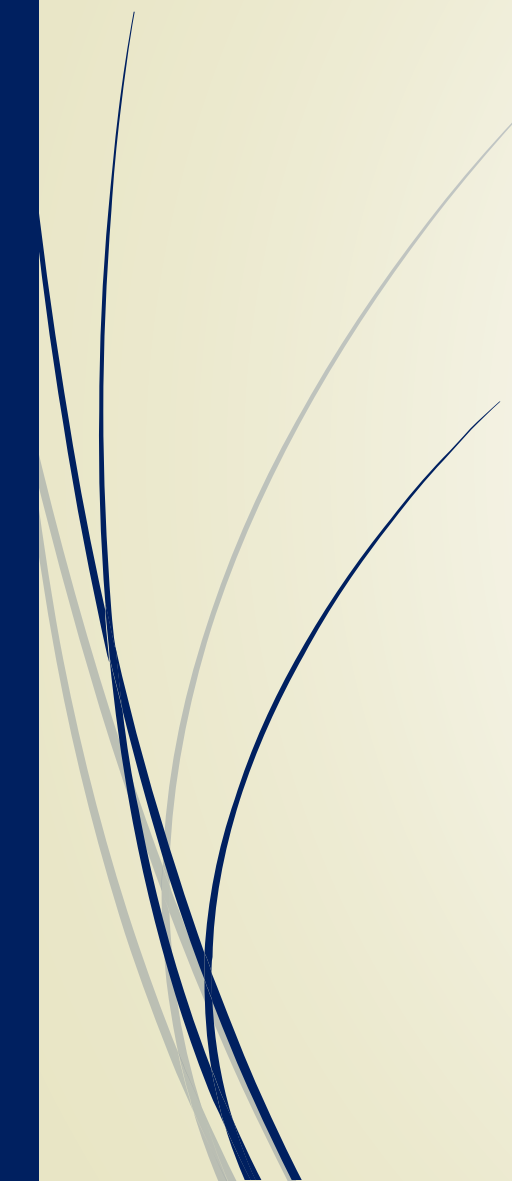
# Track Calories

- ▶ For men take your current weight and multiple by 13
- ▶ For women take your current weight and multiple by 12
- ▶ Now take the weight you want and multiple that by 13, or 12.
- ▶ There are 3500 calories in a pound. To lose a pound a week you need to reduce your calorie count by 500 Calories a day.
- ▶ We use myfitnesspal to enter calories on a daily basis.
- ▶ This is important so you really know how many calories you are consuming. You might be surprised to see how many you do eat.



# Promote Daily Exercise and make healthy food choices:

We encourage:

- ▶ Working out 45 minutes to an hour every day.
  - ▶ Walking 10,000 steps everyday.
  - ▶ Our groups to discuss alternatives to current eating habits.
  - Weight loss is 80% food and 20% exercise.
  - plan2BFIT is about making this a permanent change
- 



# Solid Support and Healthier Food Choices

- ▶ **Members of the group can relate to your experiences, because many of them are going through or have experienced a weight loss struggle.**
- ▶ **You may consider losing weight on your own. However, the reality is everyone needs someone to pick them up when they fall. This is when your group members come in. They are there to listen when having a bad week, and provide you with encouragement when having a good week.**
- ▶ **Group Support provides you with a place that is safe for sharing, and tackling problems you face. It keeps you focused on the overall plan to help you stay on track.**



# What's Included:

- ▶ Customized Monthly Exercise Routines
- ▶ Software: myfitnesspal, veryfit, spotify, couch25k, 7 Minute Exercise
- ▶ Weekly Group Session, including review and topics to help your progress.
- ▶ 2 Personal Training Sessions
- ▶ Weekly Weigh Ins
- ▶ 3 Month Progress Reviews
- ▶ Tools: Step Counter, Water Bottle, Resistance Bands, Workshop Manual, Weekly Recipe Uploads, and Access to catalog of old recipes
- ▶ Access to weekly recipes and monthly meet up group walks
- ▶ Discounts to meal plan services (purple carrot, hello fresh, freshly, blue apron)





# plan2BFIT & You:

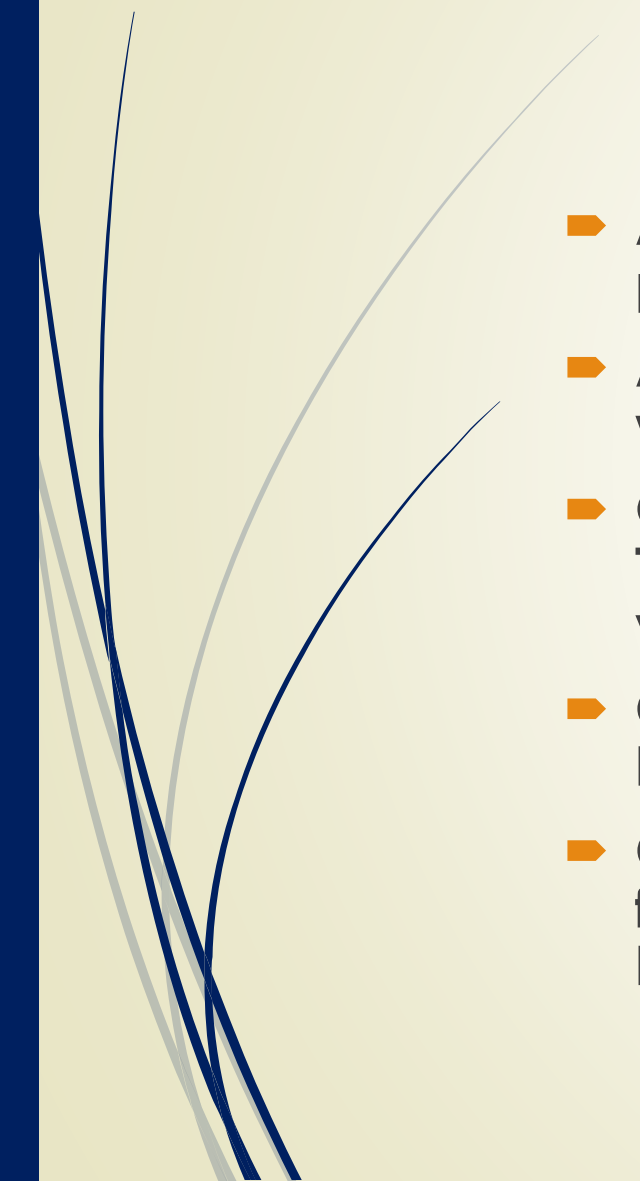
- **1. Solid Support System**
- **2. Reliability**
- **3. Stress Relief**
- **4. Effective Strategies**

*“Great Success Is Not Achieved Alone!”*

*Ukrainian Proverb*



# Why 6 Months?:

- ▶ **Achieving and managing a healthy weight takes time and patience. Losing weight is never quick!**
  - ▶ **A six-month plan allows you to pursue a safe rate of weight loss without feeling overly deprived or burdened by your efforts.**
  - ▶ **Over six months, many of your strategies become lifelong habits. These help you manage your weight even after you have achieved your goal.**
  - ▶ **Creating a six-month weight-loss plan becomes easier when you have specific results in mind.**
  - ▶ **Commit to losing 10, 20 or 30 pounds and eliminating any risk factors for chronic conditions such as elevated insulin levels, high blood pressure and cholesterol.**
- 

# Eliminating the word ~~diet~~

Here are tips to help you eliminate the word "diet" from your vocabulary completely and to make your healthy changes into a lifestyle!

- ▶ A ~~diet~~ is short term. It is something that won't last. It is a goal you set for a small amount a time.
- ▶ Many "~~diets~~" promise rapid weight loss, losing more than 1-2 pounds per week is cause for alarm. It means you're either working out too hard or not eating enough (or both), and can see major health problems as a consequence. That is why we don't use the word diet. We focus on making a long term change.
- ▶ Don't associate food with exercise. Many people tend to see *food as a reward* and *exercise as a punishment*, when really they should have nothing to do with each other. Both nourish your body in different ways and are needed to keep you healthy.



# Eliminating the word diet

- ▶ **Make exercise a routine.** Planning when you go to the gym plays a major role in making it happen. If you know you go to the gym Tuesdays and Thursdays at 11 and do Cardio Kickboxing at 6:30 Monday and Wednesday, you'll find that you've made a habit and won't even think twice about it. If you switch up what you do at the gym, go with friends to group fit classes, and go at different times it'll much more interesting and you'll be less likely to get sick of the gym or be reluctant to go.
- ▶ **Eat mindfully.** This is one of the most difficult things to conquer. Everyone loves to mindlessly munch on a salty snack while watching TV or writing something boring for school. Food is something people look to for entertainment when they're bored. Every once in a while it's totally fine to snack! However, you should try to only *eat when you feel hungry*, which should be about every 3-5 hours.



# Importance of Exercise



- 1. Stabilizing Your Cholesterol Levels
- 2. Lowering Your Blood Pressure
- 3. Improving Your Flexibility
- 4. Reducing Your Risk for Heart Attacks
- 5. Reducing Joint Pain & Much More!
- 6. Reduces your chances for cancer
- 7. Reduces your risk for sleep apnea

# Typical Monthly At Home Exercises



## Your Fall Workout Plan

Monday	Cardio - Legs - Abs
Tuesday	Cardio - Arms - Abs
Wednesday	Cardio - Legs - Abs
Thursday	Cardio - Arms - Abs
Friday	Cardio - Legs - Abs
Saturday	Cardio - Arms - Abs
Sunday	Cardio - Legs - Arms

## Cardio Choices: 30 Minutes

Stairs	Treadmill (Run or Jog)
Biking	Elliptical
HITT Workout	Tabata Workout

## Your Leg Workout: 2 x

20 Sec Wall Sit	50 Squats
30 Calf Raises	100 Jumping Jacks
40 Lunges	

## Your Arm Workout: 2 x

20 Push Ups	20 Shoulder Raises
20 Tricep Dips	
20 Push Up Rows	

## Your Ab Workout: 3 x

20 Sit Ups	20 Left Side Crunches
20 Oblique Twists	1 Min Plank Hold
20 Right Side Crunches	

*“If exercise could be purchased in a pill, it would be the single most widely prescribed and beneficial medicine.”*

*Dr. Robert H. Butler*





# You really do have time

- ▶ **The Exercise Solution: Why “No Time” Is A Lie**
- ▶ *People don't skip out on exercise because they don't think it's good for them. People don't exercise because they'd rather be doing something else.*
- ▶ **The average man spends 8 hours/day working while women spend 7.1 hours**
- ▶ **Both sexes spend almost an hour commuting to and from work!**
- ▶ **Women do a greater share of housework (2.8 hours per day vs. 2.1 for men)**
- ▶ **Men spend more time doing leisure activities (5.4 hours vs. 4.8)**
- ▶ **TV is still the leisure activity of choice (taking up almost 1/2 of the leisure time)**





# You really do have time

- ▶ The Internet is catching up -It accounts for almost 4 hours per day!
- ▶ In one month the average person spends 15 hours on social media!
- ▶ The average person spends 2-3 hour each day going out to eat. Just meal prepping alone will save you time to get a walk in.
- ▶ So, do you really ever have “no time” for exercise? Of course not. You can always find time for exercise, but only if it’s a priority. Let’s just be honest here – Checking your Facebook news feed IS often more important/valuable/enjoyable than exercising. The stats are very clear that this is true.

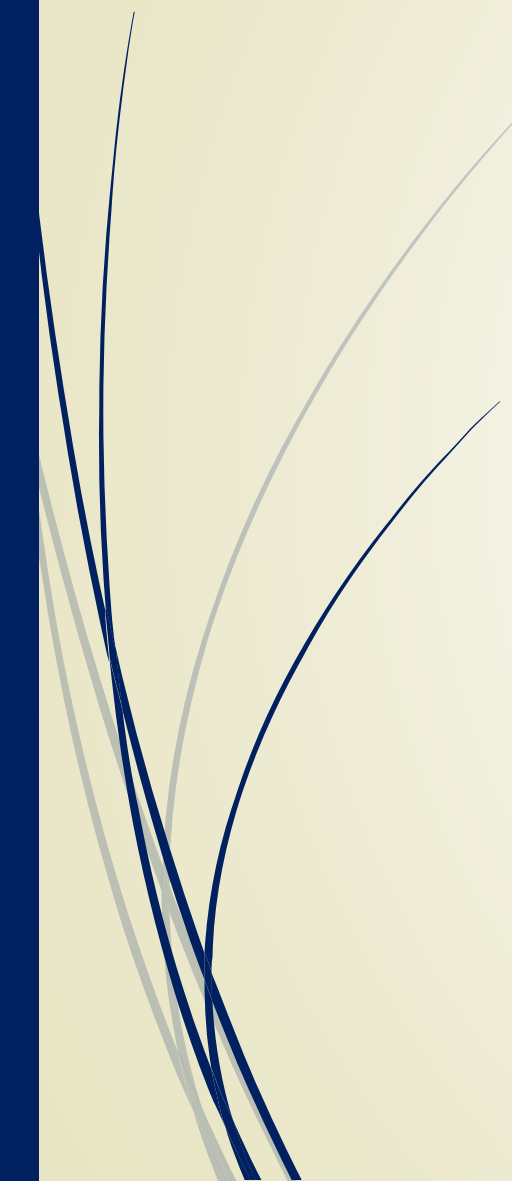


# You really do have time

- ▶ The root cause of our sedentary lifestyles is not a lack of time. We have time to exercise but we don't do it – that's the problem we need to solve.
- ▶ It's NOT a problem if you don't go to the gym, don't run, don't bike anywhere, or don't do hot yoga. It IS a problem if you don't move your body.
- ▶ A research compilation by the World Health Organization concluded that 9% of all premature deaths are directly caused by inactivity. We are killing ourselves because we don't get up and move our bodies each and every day.
- ▶ *A lack of movement is the real problem, not a lack of exercise. Exercise sounds like something that only fit people do, but moving is something for everyone.*



Are you ready to get leaner and healthier? Let **plan2BFIT** help you!

- ▶ We have 3 workshops starting in the Fall.
  - ▶ Wednesdays starting 10/10 6:45 pm – 8 pm
  - ▶ Saturdays starting 10/14 12:45 am – 2 00 pm
  - ▶ Sundays starting 10/15 9:45 am – 11 am
- 

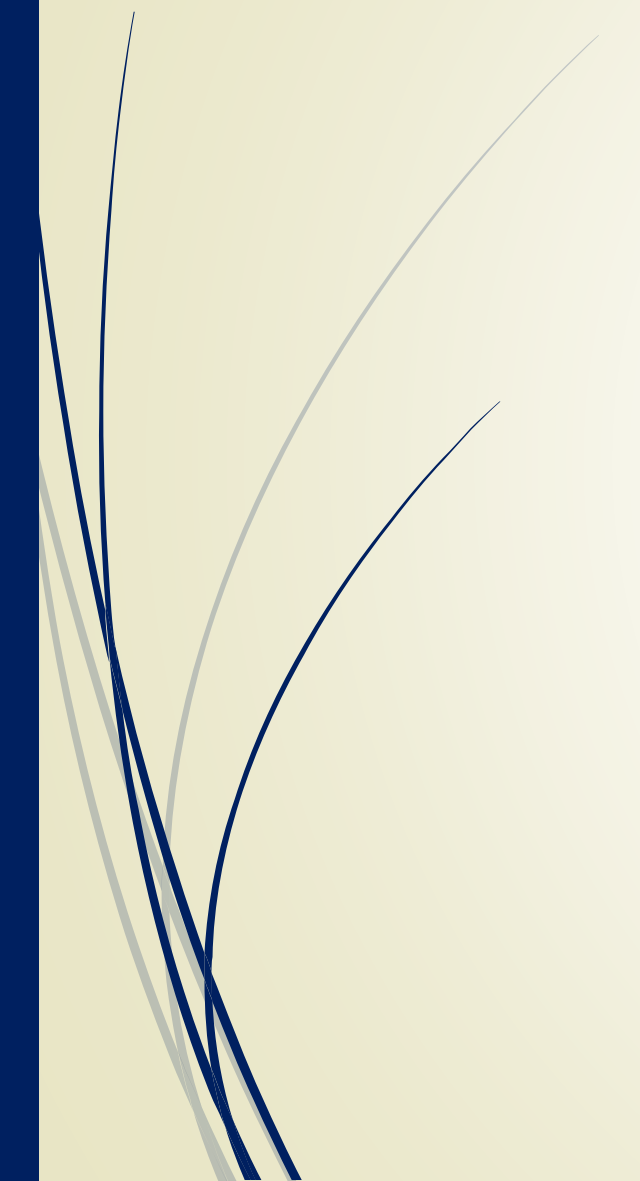


## Costs:

- Program costs **\$599**.
- Exclusive offer, sign up today it is **\$522**.
- Initial payment **\$97** and 5 installments of **\$85.00 (\$522)**.
- This includes 20 weekly sessions and a **plan2BFIT** Welcome-Kit of necessary tools: **plan2BFIT** course manual, resistance bands, water bottle, fitness band to track your steps, and two personal training sessions.



# Advantages of plan2BFIT

- **Solid Support System**
  - **Increased energy and strength**
  - **Lose between 15 – 25 pounds**
  - **Importantly maintain weight loss**
  - **Better habits**
  - **Gain self confidence**
- 



Questions?

