

BalancingLife, LLC

Together We Reach The Goal

- **Ugh**, my body **never** seems to be where I want it to be
- I **want** to eat right but I feel like I have to **give up** all my favorites or eat a regimented meal plan
- I'm **finally** close to where I want to be but I **am afraid** I will gain it all back like **every** other time
- I **want** to exercise, but it's the first thing I give up in order to get other things done because there's not enough time
- I **know** what to do, I just need to have some guidance to make this **stick for life**
- My dissatisfaction with my body is **affecting my mood** and a lot of other 'personal' areas (mentally and physically)
- I'm **tired** of the roller coaster and want something that isn't a **FAD** (False Advertising Diet)

Can you relate to these feelings and probably several others? I'm inviting you to become a part of the most complete and comprehensive Wellness program you will ever experience. **FADs** come and go and **90% of people who participate** in any of them regain the weight they lost within two years. People invest millions of dollars in them because they are proven to get **short-term results**. Sadly if on any one for too long, you are doing your body serious damage (most don't know why, **but I do**) and because they're not sustainable, people often regain the weight they lost and then some.

My program is not a FAD, it is a life-style and one that if you give me 90 days and follow my nutrition plan (the same one I personally follow every day...ok, 95% of the time, we all have slip ups :-)), we establish an exercise program that fits your schedule and modify where needed and we work on the 'self' part of you, we can break down all the walls, hurdles, obstacles or whatever has been getting in the way of you **LOVING** who you are inside and out.

Why don't the other programs work? Because they are typically focused on one or two components for optimal health (exercise or nutrition) and often it's mostly focused on nutrition with a detrimentally low caloric intake that yields quick results, but again proven to not be sustainable. What is missing is a proper understanding of **ALL** the elements it takes to achieve optimal health and understanding that Balancing Life is hard on your own, but when a part of a community or support group, **one's personal success increases by 20-40%**.

I am launching a new branch of my business model that is targeted toward people who need and want to make healthy, lifelong habits one step at a time that will **stick for life**. I've created an online platform to check in, be checked in on, have group support and have a resource for

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creative ideas supplied to you and your Qs to be answered each and every day. I would love for you to become a part of my new program called **WELL(NESS)** (We Embrace Life Long Nutrition Exercise Self Success). Everyone has the goal to be WELL but it takes the elements of **NESS** to truly get there. Below is a more detailed outline of what the program entails. I know this a lot of reading but trust me, nothing is more worth it than this because it will change your life and I am committed to seeing you get there and stay there!

This program will be a 90 day program that allows you to check in on a daily basis at whatever time you choose, to log a rating of how well you met the habit of the week each day (these habits will build upon each other each week), log your weight or weight lost (optional), submit a food log (optional), track your exercise, banter with others in your group on a private/invite only FB page, email me Qs and receive supportive daily reminders/exercises and have a monthly check in phone call for accountability (included in the first month fee and optional in month 2 and 3 for an additional fee). You will need to be able to devote some mental energy throughout each day to the goals we are working on each week, however the time required to check in daily CAN be as short as 2-3 mins or you can track food and spend more time on the group support page and spend whatever time you need to derive the support and connection you need to be successful. The requirements to participate are access to Google Drive (so you can access the Google drive tracker document), A Facebook account (so you can access the invite only group support page) and a PayPal account so you can be automatically charged at the beginning of each month. The fee will be \$100 a month.

The first group started April 1st and will run through June 30th. I will be starting groups of 6~10 participants in waves at the beginning of each month and they will stay on track and work on the building block habits together for 3 months and then have the option to sign up for additional months for continued support and success.

I recognize that everyone is at their own place on the journey to optimal health and when it comes to committing to doing something not everyone is able to jump on the same train. The idea here is to start together with sequential, doable weekly goals and sort out where you truly are and then allow me to work with you to hone in on exactly what you need and allow you to seek support from the group or see someone at a place you want to be and have them be a positive inspiration to let you know you too will get there. It's a 90 day program, but truly it is intended to become your forever life-style that will have you feeling more balanced in an area that feels so unattainable for the vast majority. Stop being the vast majority and become a part of the minority who **do it right!**

I must add that I need YOU to be READY for change, WANTING change, SALIVATING for direction, EAGER for guidance and WELCOMING accountability. If you feel at this time you are

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really wanting your body to change and to finally do it right, but feel some hesitancy and digging in of your heels to a suggestion or goal I may set for you then YOU ARE NOT READY. I WANT you as part of this program for certain, but I NEED you to join when you are ready. If you join prematurely, then you set yourself up for failure because you won't do what you need to do in order to succeed. I need those people who are ready to reclaim their health, mentality, psyche, body and celebrate with others who are in their same place. I am passionate about nutrition, fitness, wellness and I know the key to happiness and health is the balance of all 3. This is not a quick-fix program, this is a permanent lifestyle shift that will not only get you the physique and self-esteem you want but also disease reduction and an increased quality of life starting the moment you join. This program is not for everyone I realize. If you aren't ready I urge you to contemplate more what is holding you back or contact me for a one on one coaching session to process where you are on the readiness to change scale. I'm here to help in many capacities. If you know someone who you think is ready and will benefit from this program, please forward this email to them. I look forward to being a part of this forever change in your approach to your own health and WELL(NESS)!

You may not be aware of my professional credentials so I just wanted to state them here briefly so you can have full confidence in knowing that you working with a highly reputable and certified professional.

I have a Business Degree from Santa Clara University 1992, a Health Degree from Central Washington University 1995. I became certified by the ACSM (American College of Sports Medicine) as a Health Fitness Instructor in 1995, I became certified by ACSM as a Wellness Coach in 2013, I am also a certified by the Health Sciences Academy as an Advanced Nutritional Advisor since 2015.

Have a Healthy Day!
Monica Lynne