26TH MAR 18 - 15TH APR 18



21 DAYS TO A HEALTHIER NEW YOU

**SMALL GROUP PERSONAL TRAINING SESSIONS**

**NUTRITION PACKAGE DELIVERED TO YOUR DOOR**

**ONLINE HOME WORKOUTS**

**RECIPE IDEAS**

**ACCOUNTABILITY & SUPPORT THROUGHOUT**

**OTHER PACKAGES AVAILABLE FOR ONLINE TRAINING**

**WHAT IS INCLUDED**

**PACKAGE WORTH £350**

**GET DISCOUNTED PRICE OF £200!!200**

**ONLY 4 SPACES AVAILABLE FOR THE COMPLETE PACKAGE**

**COMMIT TODAY**

**Small Group Personal Training Sessions**

**Thursdays (29th Mar, 5 Apr, 12 Apr) – 7 pm-7.45 pm**

Brampton Memorial Fields, Thrapston Road, Brampton, Huntingdon PE28 4TB

Outdoor Personal Training sessions including weights, cardio and bodyweight workouts.

**Nutrition**

The Arbonne Healthy Living Core Pack will be delivered to your door by DPD Courier (last order date will be 21 Mar 18).

To get the best results, it is also recommended to cut out wheat, dairy, caffeine, processed sugar and alcohol during the 21 days. This package is designed to cleanse, nourish and balance your body for increased energy. Support your healthy lifestyle with a collection of pure, safe and beneficial plant-based nutrition products. These deliver protein, fibre, vitamins and minerals, and targeted formulas to support energy and digestive health and are gluten-free and vegan-certified. More details on the products are further down on the leaflet.

You will receive:

**Protein Shake Mix** (chocolate or vanilla)-30 servings

**Daily Fibre Support** – 30 servings

**Digestion Plus** – 30 servings

**Herbal Infusion Blend** – 20 servings

**Energy Fizz Sticks** (citrus or pomegranate)–30 servings

**Online Home Workouts**

There will be online home workouts throughout the 21 days. These will be done via an app called ‘Zoom’ which is like a conference call/skype. This will enable you to do the workout live with me but don’t worry if you can’t make the days/times as they will be recorded too so that you can do them in your own time. Further details on the ‘Zoom’ app will be forwarded to you before the 26th Mar.

**Recipe Ideas**

You will receive an online document giving you recipe ideas. There will also be recipe ideas throughout the 21 days.

**Accountability and Support**

I will be in regular contact throughout the 21 days to give you support. There will be a WhatsApp group and a Facebook group.

**Further Information on the Nutrition Products**

**Protein Shake**

Supports weight loss as well as post workout routine. Provides 20 grams of plant-based protein as well as vitamins & minerals, so **ideal for vegans**. Arbonne’s unique blend of Pea and Rice proteins are the most easily digestible protein, full of amino acids to reduce fat, increase muscle, promote healthy heart and improves metabolism. Cranberry protein is good for the immune system, bladder and kidney function; and aids in cellulite reduction. Low in sugar (contains Stevia – a plant sweetener). Some protein recipes I make only use one scoop of protein also. You can have the protein as a shake (adding water, almond milk or coconut milk), as a smoothie (adding foods such as fruit, spinach, avocado, seeds, nuts), using in recipes for snacks or pancakes or make overnight oats for breakfast.

**Energy Fizz Sticks**

Healthy alternatives to tea, coffee and/or energy drinks. Contains only 2 grams of sugar, so much healthier than a Monster Energy Drink (which contains over 50 g of sugar). Contains antioxidants and vitamins. Our bodies like to be more alkaline, but most of the food that we eat is acidic, so having a fizz stick containing green tea, ginseng, which also raises metabolism, moves the body to a more alkaline state. Great source of B12. A lot of gym goers take energy fizz sticks in place of pre-workouts, giving them mental focus, endurance for longer and no ‘come downs’ or feeling sluggish after. Great to help with the mid-afternoon energy slump.

**Fibre Boost**

It is medically proven that we do not consume enough fibre in our diet, so using Fibre Boost will ensure that you receive enough fibre on a daily basis. Each scoop contains 12g of fibre which helps you feel fuller for longer and also decreases cholesterol; good for weight loss, controls blood sugar levels, stabilises bowel function and improves hormone imbalance. Just add one scoop to your morning protein shake or on food.

**Digestion Plus**

Prebiotic, probiotic and enzymes to support optimal digestive health. Also contains antioxidants and promotes healthy gut bacteria (keeping you regular). Prebiotics are specialized plant fibre, which acts like a fertilizer for good bacteria; this has a direct impact on health and wellbeing. Probiotics are good bacteria that line the digestive tract and fight bacteria. Enzymes are protein/amino acids which help break our nutrients down (macros) from proteins, carbs and fats so the body can send the broken down parts to the body areas that it needs to be used.

**Herbal Infusion Blend Tea**

A refreshing peppermint and liquorice, mild, decaf herbal tea with 6 botanicals to support liver and kidneys.

***An example day:***

*Herbal Infusion Tea or Hot water with lemon/ginger*

 *Breakfast – Protein with a scoop of Daily Fibre Boost (There are lots of shake recipe ideas where you can add additional ingredients such as Almond milk, berries, banana, cinnamon, flax seeds, chia seeds etc.)*

*Snack - Healthy Mid-Morning Snack (e.g. nuts, seeds, vegetable crudités and hummus, nutrition bar etc.)11*

*Lunch – Healthy low carb lunch such as salad, soup or Protein Shake with a Digestion Plus sachet*

*Snack - Energy Fizz Sticks and Healthy Mid Afternoon Snack*

 *Dinner - Healthy low carb meal (such as chicken vegetable stir fry with quinoa)*

*Herbal Infusion Blend Tea*

SAMPLE RECIPE – PROTEIN MUG CAKE

One of our favourite ‘Healthy Treats’

INGREDIENTS:

• 1 scoop Arbonne vegan Protein Powder

• 1 tbsp raw Cacao Powder

• 1 tsp Baking Powder

• 2-3 tbs Coconut Milk

• 1 tbsp Hazelnut/Almond Buaer

• 1 Egg

*Mix all dry ingredients in a mug.*

*Add wet ingredients (apart from nut butter) and whisk, making sure there are no lumps.*

*Drop the nut butter into the centre and cover.*

*Place mug in the microwave for approx 45 secs – 1 minute (depending on microwave strength).*

*Once the cake has risen, turn out onto a plate. Serve with Coconut Yogurt, berries or Coconut Cream*

**WHAT TO DO NOW**

* **CONTACT ME TO BOOK YOUR PLACE**
* **YOU WILL ALSO RECEIVE DISCOUNTS ON FUTURE PROMOTIONS**

I AM REALLY LOOKING FORWARD TO HELPING YOU ON YOUR 21 DAYS TO A HEALTHIER NEW YOU JOURNEY