



LEAN, STRONG AND HEALTHY

AUTUMN PROGRAM

Each day lighter and healthier - one meal at a time

From menu plans, 70+ delicious and easy recipes, 7 coaching sessions, and inspiring material, you will find the best path to a healthy, revitalised and lighter you.

Rewrite your story...



WHAT DO YOU WISH FOR?

A HEALTHY, LEAN BODY?

- To break free from the forever diet cycle (normal weight is your normal)
- Weight loss the healthy way that is sustainable
- Having enough energy all day long
- To become pain free (no more headaches, joint pains, digestive issues, etc.)
- A clear mind (no mental fog - sharp and quick thinking)
- A lovely glowing skin (a healthy inside will show on the outside)
- A naturally strong immune system
- Calm mood (a body in balance supports better stress management)
- Having focus and discipline
- New healthy habits that lasts

There is a new chapter waiting.

Rewrite your story!

Rewrite your story _____



www.light2live.com

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6 WEEK JOURNEY

TO A LEAN, HEALTHY BODY

- Exclusive access to the Members area, recipes and online sessions
- A variety of 7-day weekly **menu plans** to choose from.
- Recipe book with 70+ delicious and easy, family-friendly recipes
- Daily nutritional journal to plan and revise meals
- Weekly evaluation and support:
 - Progress report
 - Q&A session
- 7 group-coaching sessions where we discuss the topic of the week.
- 7 Q&A sessions for all the possible questions you might have. Answers will be posted in the Members area.
- Selected videos and inspirational material that equip you with the necessary knowledge without having to read a pile of books
- Step-by-step strategies to apply new healthy habits.
- A strategy plan at the end of 6 weeks to keep up the good work.



THE HOW TO OF YOUR 6-WEEK JOURNEY



Session 1: An introduction to the principles of the program. Download your recipe book, menu plan and other key components from the exclusive Members Area. Defining optimal nutrition. The nutrient-excellence scale. All you want to know about juices and smoothies

Session 2: The impact of acid/alkaline-forming foods on your health

Session 3: The importance of a healthy gut in your body. Discover the foods that harm and foods that heal your gut to achieve optimal health.

Session 4: The link between stress, your hormones, digestive system and your weight. Techniques to overcome stress and anxiety. Action plans to release unwanted stress and enjoy feeling content and calm.

Session 5: The link between your thoughts and the direction of your life. Action plan to create and apply a healthy mindset.

Session 6: How does emotions impact your mind and actions?

Identify the stories you tell yourself that harms you.

Get the tools and strategies to renew your mind.

Session 7: How to replace bad habits with good habits that last.

Systems for consistency and success in your future wellbeing.

Rewrite your story _____





BONUSES FOR YOUR JOURNEY

- Preparation shortcuts to save you time
- Quick and easy meals
- Budget friendly meals
- Treats so delicious, you can't believe its healthy!
- How to survive (and thrive) with social events.
- The 3 P's to success
- Guidelines to transform any recipe to a healthier version.



THE 7 STEPS TO SUCCESS

GOAL

KNOWLEDGE

STRATEGY

SYSTEMS

ACCOUNTABILITY

CONSISTENCY

CELEBRATION

Your commitment to your success is to choose Light2live to partner with you on your new journey.

Our commitment to your success is to help you achieve your goals using these 7 stepping stones.

Together we can rewrite your story...

Rewrite, your story _____



Will 2022 be your
amazing year?



Light²
LIVE



Autumn program
19 March - 7 May 2022

More info: www.light2live.com/Autumn-Program

Rewrite your story

