



BUSINESS BODY ELITE PROGRAMS CATALOG

WELLNESS PROGRAMS, CHALLENGES, EVENTS & MORE.



BUSINESS BODY ELITE

INTRODUCTION

IT'S EASY TO BECOME OVERWHELMED WHEN LOOKING TO START SOMETHING NEW. WE TEND TO THINK WE NEED TO KNOW ALL THE DETAILS BEFORE TAKING THE FIRST STEP AND THIS LEADS TO ANALYSIS PARALYSIS. NOTHING EVER GETS DONE.

WE BEGIN TO THINK "WHAT IF I DO THIS AND IT DOESN'T WORK?" "I DON'T HAVE THE TIME TO FIGURE OUT THE DETAILS." "I'LL START WHEN I...."

IF WE LOOK FOR REASONS WE CANNOT DO SOMETHING, BEST BELIEVE WE'LL FIND IT. WHEN IT COMES TO HEALTH & WELLNESS, IT CAN BE INTIMIDATING TRYING TO FIGURE OUT WHERE TO START OR WHAT COMES NEXT.

FROM YEARS OF EXPERIENCE AND WORKING WITH THOUSANDS, WE'VE PUT TOGETHER INCREDIBLY DETAILED BUT SIMPLE TO IMPLEMENT SOLUTIONS IN THE FORM OF PROGRAMS, CAMPAIGNS, SEMINARS, CHALLENGES, COURSES, AND MUCH MORE.

THESE WERE CREATED WITH THE SOLE PURPOSE OF MAKING RESULTS INEVITABLE ONCE THESE TOOLS ARE IMPLEMENTED.

TAKE A PEEK AND YOU BE THE JUDGE!



CREATING CHANGE FROM WITHIN YOUR ORGANIZATION

Step 1 ELITE WELLNESS COUNCIL

Elect 5-10 Wellness Council Members

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

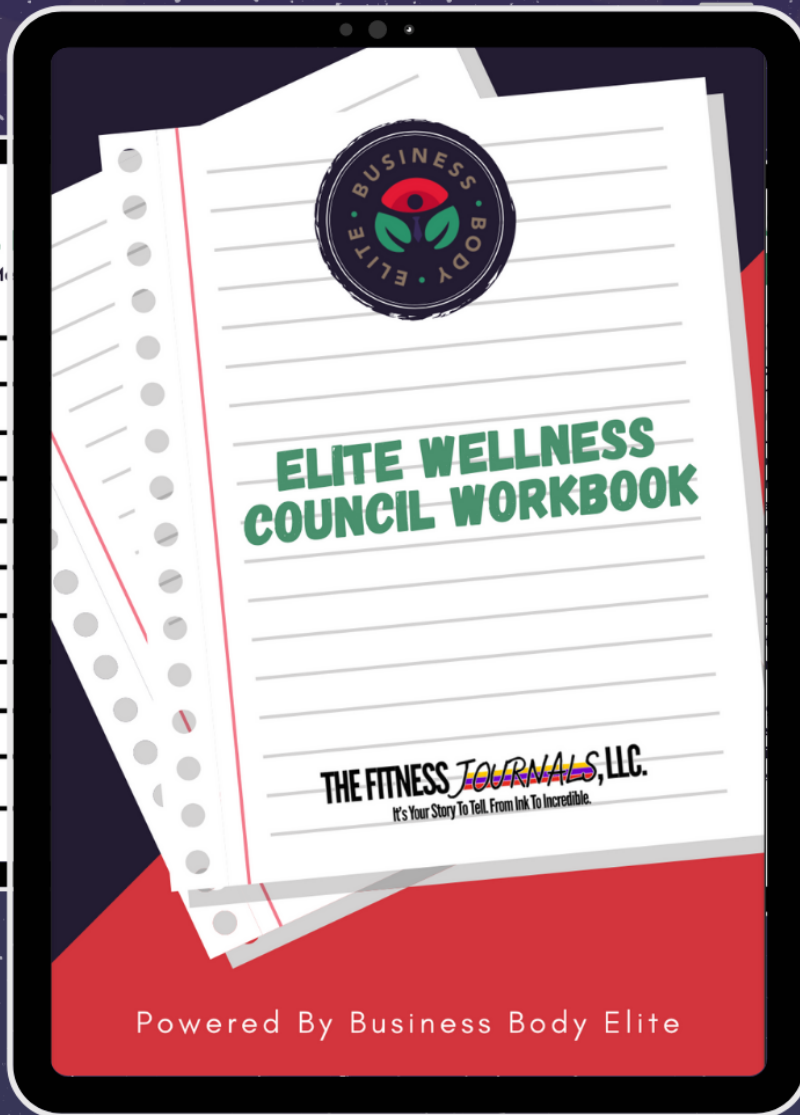
Name: _____

Name: _____

Name: _____

Name: _____

Election Date: _____



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4 SIGNATURE TASKS

Specific members to carry out tasks. This allows the workload to be shared and for ability to be present among council. Some of the initial tasks should be to create awareness about the upcoming initiation of the wellness program. It's recommended that awareness and promotional materials could be deployed 30-90 days prior to the campaign start date. These awareness-building tasks include posting banners, handing out brochures, sending emails, holding informational meetings, etc. Building the hype and the enthusiasm of employees prior to the launch has shown to increase participation. Business Body Elite for materials related to the program and other initial promotional efforts.

The table examples below is how tasks can be divided and accountability can be employed. Setting clear goals and deadlines allows program tasks to be met efficiently.

CREATING AWARENESS

1. INFORM

The idea behind informing employees is to create awareness, garner information, & stir a buzz. The small efforts assist in driving behavioral change and ultimately will influence a cultural shift within your organization. Educating participants prior to starting a program will get them excited.

2. HOW TO INFORM

Make the process simple. If strategies require employees to jump through hoops & go out of their way to participate in activities, it's not likely that they'll comply. This takes away from the overall effectiveness of a program. Subtle efforts & small reminders will make the GREATEST difference in your organization.

- Educational newsletters
- Challenges through email blasts
- Flyers & bulletin poster placed around the office
- Screenings & analysis
- Team lunches & seminars

3. EFFICIENCY

Make things time efficient. Designate times which employees can walk or perform quick bouts of exercise during the work day. Not everyone wants to spend additional time before or after work to participate in extra activities. You should communicate with employees to find ideal times to participate in certain activities.

5. ACCESSIBLE & SIMPLISTIC

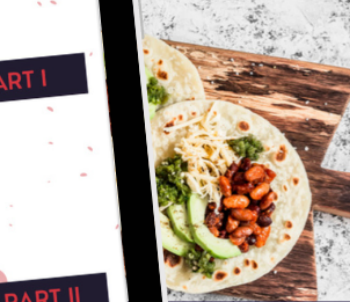
Onsite offered program improve compliance. Integrate programs into the workplace. Having programs online and having breaks during the day for employees to engage are good strategies to increase participation. The process for participation should be clearly outlined. Obvious benefits stemming from employee participation should be reinforced in promotional materials.

4. EXPENSES

Utilizing methods such as costs division usually results in stronger commitment and incentive to change. In terms, "costs division" is having workers elicit a monetary or intangible cost (sacrificing something to participate). With this, obligation to change is amplified. When there is something the participant invest into, there is an heightened sense of responsibility. Look for ways to incentivize participants. A few examples: partial refunds on health insurance or adding to Health Reimbursement Accounts. There are numerous benefits your company can provide to fire up employees! Get creative and show your employees you care.

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EDUCATION PROGRAMS



DIET EDUCATION COURSE

The complete guide to
becoming a healthier
happier you through food.

www.BusinessBodyElite.com



MODULE 1 - THE NUTRITION FUNDAMENTALS PART I

- Lesson 1: Protein - [Get Slides](#)
- Lesson 2: Fats - [Get Slides](#)
- Lesson 3: Carbohydrates - [Get Slides](#)
- Lesson 4: Fibre - [Get Slides](#)

MODULE 2 - THE NUTRITION FUNDAMENTALS PART II

- Lesson 1: Micronutrients - [Get Slides](#)
- Lesson 2: Phytonutrients - [Get Slides](#)
- Lesson 3: Water - [Get Slides](#)
- Lesson 4: Fructose - [Get Slides](#)

MODULE 3 - ADVANCED DIET PROTOCOLS PART I

- Lesson 1: How Diets Really Work - [Get Slides](#)
- Lesson 2: The Paleo Diet - [Get Slides](#)
- Lesson 3: Intermittent Fasting - [Get Slides](#)
- Lesson 4: Carbohydrate Backloading - [Get Slides](#)
- Lesson 5: Carbohydrate Cycling - [Get Slides](#)



MODULE 1 WORKBOOK



The 6 Pillars Of Wellness

COACHING GOALS 1/2



Date: / /

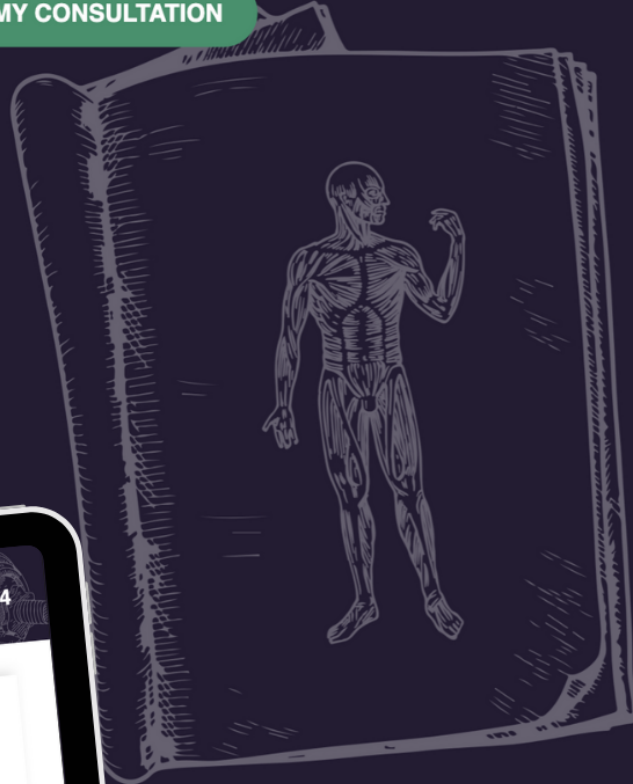
This section will make it easier for you to identify the core problem and chart a way forward. Write down the goal you'd want to achieve and write why is it important for you. Write the measurable outcome would mean you've succeeded or that you're on the right path?

Time Management:	Why it's important :
	Measurable Outcome :
Stress Management:	Why it's important :
	Measurable Outcome :
Fitness Management:	Why it's important :
	Measurable Outcome :

CONSULTATION PACKAGE

Understanding your current situation and goals is one of the most important things in your transformation journey.

MY CONSULTATION



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INTRODUCTION

HELLO AND WELCOME!

Thank you for choosing to work with the Elite Team. To get things rolling I would be grateful if you could fill in the information asked below. This helps me get a good understanding of your current fitness level, goals, diet and generally a bit about you.

The more information you can supply the better I can make our system more personalized for you and in order to create a great nutrition program.

All information given is kept confidential and I request that the information supplied is used solely by you and is not shared.

The consultation is split into four sections; Nutrition Analysis, Physical Training Analysis, Pictures & Food Diary. Please fill in all sections before returning the package. You may wish to print this off to complete it; I can supply an address to send it to if required. Answer the questions truthfully and accurately.

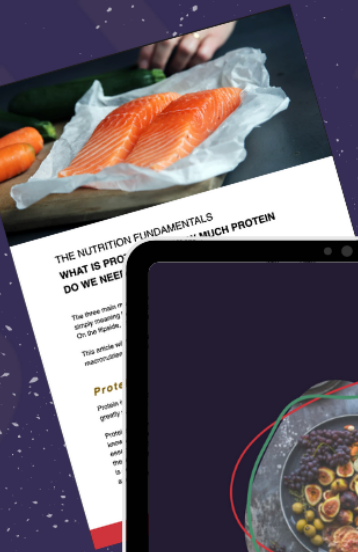
There is a goal-setting question for each section. Adding facts and figures to this goal will help you track your progress and evaluate the results. We can also review your goals and provide the relevant and correct advice.

Use the **SMART** principle when setting goals. This is;

- Specific** – What exactly do you want to achieve using this plan? E.g. 5lb weight loss
- Measurable** – What methods can you use to record progress? E.g. scale weight/Mirror
- Actionable** – What do you believe is required to achieve your goal? E.g. better food choices
- Realistic** – Can you achieve this goal, even with help? What might hold you back?
- Time frame** – By when do you want to achieve your goal?

Please return this Consultation Package to: forms@BusinessBodyElite.com

EDUCATION PROGRAMS






THE NUTRITION FUNDAMENTALS


PART ONE





THE NUTRITION FUNDAMENTALS

PART TWO









ADVANCED DIET PROTOCOLS

PART ONE





ADVANCED DIET PROTOCOLS

PART TWO



EDUCATION PROGRAMS

SPECIFIC NEEDS NUTRITION
ALL ABOUT PLANT BASE

Many people who follow such a religious, health or economic based diet, some of which are When it comes to adequate r with the right advice and str

Our typical ign to resource removal of meat from the additional requirements

Individuals adopting a preparation and by w

This article will show and how to tailor y



PERSONALIZED NUTRITION



sed nutrition plan are:

Vegetables	Fruit/veg	
Ice	Kale	Fresh water
100s kinds	Broccoli	Teas (white, green, black)
March	Lettuce	Coffee
Hot	Spinach	Plant milks (coconut, almond, rice)
	Fresh berries	
	Bananas	
	Pomegranates	

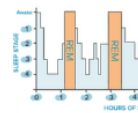
used options here – there are other
build the bulk of their plan, and from a
nd micronutrients.

We are difficult to awaken at this stage.

2. REM (Rapid Eye Movement) SLEEP

REM sleep has been given this name as our eyes move in this stage. It can also be known as 'dream' sleep. 60-90 minutes after falling asleep, eye movements increase, yet arm and leg muscles are paralysed.

This is why many people report waking up after a sleep is getting lighter and they are easily awake.



Each sleep within this sleep cycle has potential adult spends around 50% of total sleep time in δ and 30% in stage 1 and 3 sleep.

LIFESTYLE MANAGEMENT
THE IMPORTANCE OF SLEEP
This article kicks off our Lifestyle
extremely important...

This article kicks off our *LifeSize* extremely important...



LIFESTYLE MANAGEMENT



**SUPPLEMENTATION
THE BASE SUPPLEMEN**

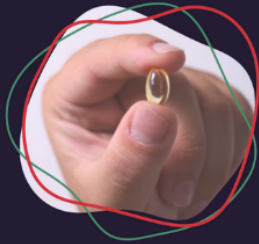
Supplements can be a promising claim. It can be said, it will even work. When truth be told, it replace a normal lifestyle habit or it supplements are not to be confused with a core of one.

However, not all is wasted, then scientifically researched and be ones that work do not have an consumed already via our diet vitamins, minerals or oils the or liquids made in a factory

So why are
people?

... many people who
... do v

Well, many people are asking for supplements. But do you really need them? Why is it recommended that our food can be better for others, for example, than we can typical foods. We should



SUPPLEMENTATION



with the remaining 5% found in the

-like compound and around 2/3 of it is free creatine.

known as the total creatine pool ($\text{PCr} +$

but for the average person of 70kg this

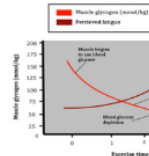
1/2 of creatine from our stores daily and
oats excreted in urine. The decision

, arginine and methionine.

Carbohydrate Requirement

Carbohydrates play a key role in an endurance primary source of energy. Long duration and repetitive exercise places high-energy demands on the carbohydrate stores in the body. This endurance exercise, is directly related to stored liver and muscle glycogen stores are depleted. Experiences increasing perception of fatigue. The 'bonking'.

Carbohydrates are therefore vital to an athlete's should not be underestimated in this field.



CALCULATING CARBOHYDRATE REQUIREMENT

The current recommendations for daily carbohydrate intake for moderate or heavy endurance training or competition are 6–10 g/kg/d.

SPORTS PROGRAMMING
NUTRITION

SENIOR ATHLETES

For those undertaking 30+ minutes of endurance training. When this extends to 60 minutes, this is considered ultra-high importance to every trainer or

and cardiorespiratory. Molecular
to maintain focus without fatigue.
Sovascular system to deliver
us and allowing them to perform

large intakes of nutrients, and may affect body composition and health. Athletes and some of the few details, and performance. This is trainers, both in the



SPORTS PROGRAMMING



EATING HABITS



Vegetarian Recipe Pack

Discover the vegetarian recipe collection, including breakfast, lunch, dinner, treats and smoothie options.

BusinessBodyElite.com



Vegan Recipe Pack 15 Plant-Based Recipes

Discover the collection of simple vegan recipes, including breakfast, lunch, dinner, treats and smoothie options.

BusinessBodyElite.com



15 Plant-Based Recipes

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothies.

BusinessBodyElite.com



Smoothie Pack Introduction

Learn more about how you can maximize your health & fitness using smoothies. You'll love this insight!

BusinessBodyElite.com



Plant-Based Recipe Pack

Discover 15 easy, healthy and tasty recipes, including: breakfast, lunch, dinner, treat and smoothies

BusinessBodyElite.com



15 Plant-Based Recipes

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothies

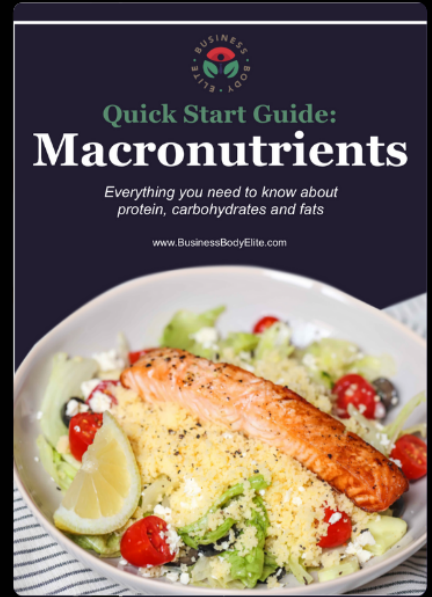
BusinessBodyElite.com



Smoothie Recipe Pack

Discover 30 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothies

BusinessBodyElite.com



Quick Start Guide: Macronutrients

Everything you need to know about protein, carbohydrates and fats

www.BusinessBodyElite.com



Explained: Health Benefits Of Dietary Fiber

Learn why fiber is an essential dietary component for preventing disease

BusinessBodyElite.com




Cooking Substitutions

The lists below are meant to help you replace ingredients with confidence.


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FOOD TRACKING



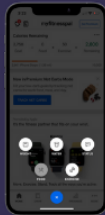
1. DOWNLOAD & SIGN-UP
Go to the App Store or Google Play. Search for "MyFitnessPal". Download and follow the sign-up instructions.



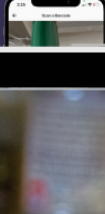
2. FILL IN YOUR SPECS
Now, move to the next step and enter your weight. In the second section, "How much would you like to weigh", PLEASE write down your current weight (we will sort out the goals).

The activity levels are provided as a description of each. They are based on the overall activity through your training amounts.

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7. START TRACKING EVERYTHING
First, ensure you are on the correct day. Click the "+" symbol followed by the meal type. It is important that you log the correct meal for each food.



8. THE BARCODE SCANNER
If your food has a wrapper or packaging, it will contain a bar-code. It is recommended that you use the bar-code scanner whenever possible for accuracy. The bar-code scanner will select the correct portion size as the exact portion size will be automatically selected.

www.BusinessBodyElite.com




11 Steps To Successful Food Tracking


Your simplified guide for starting to track your diet using the MyFitnessPal app!

BusinessBodyElite.com


Downfalls



Obsessive Behaviour
If you find yourself panicking over the packaging of a food product, or a restaurant what brand of rice they use, it might not be for you.



Disordered Eating
One unfortunate side-effect of food tracking can be the development of disordered eating behaviours. This includes avoidance of certain foods, skipping meals, banking Calories and more!



Social Avoidance
If you experience the above, you may begin to avoid social eating environments and normal activities for fear of losing control. This is another red flag to watch out for and may indicate that food tracking is not suited to you!

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Increased Awareness
Used correctly, it can help to indicate some foods/meals and eating patterns that may be slowing progress i.e. Calorie-dense



Consistency
Getting in a regular schedule of food tracking and logging can help you to establish a regular eating pattern, without skipping important meals.



Increased Accountability
By adding in the practice of tracking, you may feel more responsible about getting the three pillar meals in, hitting all of the main macronutrients and getting plenty of fruit, vegetables and water.



Mindful Eating
When you learn about the Caloric density of some of your favourite foods and meals, you'll begin to appreciate smaller portion sizes. You may eat slower, truly taste your food and be more mindful.

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ACTION PLANS

MONTH _____

HABIT _____

→ Color in each day that you have success with your new habit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

IF YOU CONTINUE TO THINK THE WAY YOU THOUGHT, YOU'LL CONTINUE TO WHAT YOU'VE ALWAYS GOT.

KEVIN TRUDEAU

2022 GOAL-GETTING & HABIT STACKING ACTION PLAN

16

How to Use

YOUR HABIT TRACKER SHEETS

It's up to you whether you chart out your entire year of targeted habits NOW ... or you do it just before each month begins.

Now habit for the month is each week you will

include WHICH days of the habit.

or 30 minutes 3x every week

Spend a half-hour 5 days (m-f) business." Read 10 pages

HABIT STACKING ACTION PLAN

2

Goal Getting +

HABIT STACKING

Plan

MAKE 2022 YOUR Best Yet



WWW.BUSINESSBODYELITE.COM

Begin WITH THE END IN MIND

Close your eyes for a minute (after you finish reading this section).

It's December 31st, 2022. You're sitting down with a friend for a delicious lunch, and you're looking back over the year.

You're thinking about how PROUD of yourself you are for everything you've accomplished ... for pushing yourself out of your comfort zone ... and for living the year with INTENTION.

You feel fulfilled, at peace, excited about the future, and SUCCESSFUL in the important areas of your life. Things like your:

- Relationships
- Health & Fitness
- Career
- Spirituality & Contribution
- Personal Growth
- Lifestyle & Adventure
- Finances



2022 GOAL-GETTING & HABIT STACKING ACTION PLAN

4

YOUR 2022 SUCCESS

Action Plan

Now that you have your 12 new habits, it's time to decide the ORDER you want to tackle them in. If you try to install too many new habits at once, you're setting yourself up for overwhelm and failure.

We'll start with just ONE in January, and continue adding ONE new habit every month for the rest of the year.

This approach may take just a little longer ... but it is SO worth it because you won't be setting the exact same goals again next year, like most people will in January 2023!

Which ones do you start with? We're big believers in starting with the habits that you feel:

- 1 Most excited about, and
- 2 Will give you the highest reward.

When you do this, you'll get quick wins that will help you stay motivated and give you a big shot of results right out of the gate!

2022 GOAL-GETTING & HABIT STACKING ACTION PLAN

10

MONTHLY CHALLENGES

DAY 1: WHAT YOU PUT IN YOUR BODY

The DIRTY DOZEN

#1

Strawberries

#2

Spirach

#3

Kale

#4

Nectarines

#5

Apples

#6

Grapes

#7

Peaches

#8

Cherries

#9

Pears

#10

Tomatoes

#11

Celery

#12

Potatoes / Hot Peppers

The CLEAN 15

#1

Avocados

#2

Sweet Corn

#3

Pineapple

#4

Onions

#5

Eggplant

#6

Asparagus

#7

Cauliflower

#8

Cantaloupe

#9

Cabbage

#10

Honeydew Melon

#11

Kiwi

Credit to EWG for their recommendations.

© CLEAN IT UP CHALLENGE GUIDE

DAY 1: WHAT YOU PUT IN YOUR BODY

DO YOU KNOW WHAT'S IN YOUR TAP WATER?

Even though there are government requirements for safe levels of various chemicals in public water supplies, some experts argue the regulations haven't kept up with science.

They worry that the regulations allow higher levels of pollutants than is safe for our health.

In the US, the Environmental Working Group estimates that up to 100,000 cancer cases are linked to water contaminants. Yikes. (You can search for your city's performance [here](#).)





BANISH
4 KINDS
OF BODILY TOXINS
FOR GOOD!

CLEAN IT UP!

Challenge Guide

BUSINESSBODYELITE.COM

DAY 4: WHAT YOU FEED YOUR MIND

OUR OVERWHELMED BRAIN

We live in a time where it's all too easy to OVERSTIMULATE your mind – another form of toxic load!

Did you know it's impossible for your brain to focus on two things at once? And yet how often do we try to do that?

We scroll our phones or text while eating ... having conversations ... and some of us even do it while driving (don't do that).

Or we try to read or complete other work during Zoom calls, and we listen to books or podcasts while doing other tasks.

This actually makes us LESS productive because it forces our brains to shift from one thing to another – which often requires different areas of our brain to activate.



A study by the University of London found that multitasking during cognitive tasks made IQ scores drop as much as if you'd stayed up all night – and some people's IQ plummeted 15 points, to the level of an 8-year-old child!



© CLEAN IT UP CHALLENGE GUIDE

DAY 3

What You Live with in Your Home



It's Not Always Weight

For many individuals, the weighing scales provides them a number. They benchmark their entire progress on this single number. This means that momentum, adherence and further progress are often overlooked.



What Influences Weight

One of the most effective ways to reduce the weight is to highlight the factors that can influence it.



Water Retention

This is definitely one of the main culprits. Often, individuals weigh themselves on Monday morning after a busy weekend only to find that they have added 1-2 lbs. of weight. This is not adequately hydrate, consumed a little more water, but it is not permanent weight.



Muscle

If you are following a nutrition plan, you have been weight training at the same time right? Well, muscle is denser than fat tissue and whilst it is more difficult to gain muscle, the lack thereof in weight could be due to an increase in muscle mass! You may have even lost fat, but gain in muscle is giving you a very distorted image of your progress.



Food & Water

Are you consistently weighing yourself in the morning after emptying your bladder and "cough"? Maybe you are not.

BusinessBodyElite.com



Read This:

When The Scale Doesn't Change

A reality check and reminder checklist for when the scales didn't change or even increased!

BusinessBodyElite.com

Other Progress Markers

At one time, individuals would base their self-perception of future progress, adherence to the current plan on all on one single number?! Let's look at other progress markers!

How are you feeling?

Energy and fatigue reduction are a common sign that your nutrition is improving. How do you feel in the morning getting out of bed? Do you have energy throughout the day? How do you feel at work?

How are your fitness levels?

Cardiorespiratory fitness is a very common indicator of an effective nutrition regimen. Is that five-kilometer run getting easier? Are you breezing out a couple more repetitions with the same weight you struggled with last month? Do you feel more recovered after a day of working out?

How do your clothes fit?

If you do feel that you've lost weight, but the scales aren't reflecting it, this might be due to the reasons mentioned above. If you have gained muscle, then you'll notice it in the mirror. But, if you've had a cheat week and your weight has increased, skip the mirror test, step on the scale and get back on track tomorrow!

om

BUILDING AWARENESS



BUSINESS BODY ELITE EMPLOYEE WELLNESS PROGRAM

Below is shown the estimated time to complete each phase of the program.

CONSULTATION: 1 DAY
Schedule consultation with the Wellness Program Manager to discuss the program within your organization. Appropriate materials will be provided to provide investment of time.

QUOTE PROVIDED: 6 DAYS
The quote will be based on initial onboarding costs. All components of what your program will consist of will be shown in your quote.

DEPOSIT: 12 DAYS
Deposit is made as phase begins. This creates a customized organization.

EMPLOYER PROFILE CREATION: 7 DAYS
Organization management have a view of what will be going on throughout the lifetime of the program.

EMPLOYEE PROFILE CREATION: 1 DAY
Each employee will create a profile.

LAUNCH CAMPAIGNS: 6 MONTHS
Once data collection and profile set ups are complete, initial wellness campaigns will be launched. Appropriate materials will be ordered and distributed.

SOURCES OF PLANT PROTEIN

 Pinto Beans 1 cup 15 grams	 Peas 1 cup 8 grams	 Wild Rice 1 cup 7 grams	 Walnuts 1/4 cup 4 grams
 Flax Seeds 1 tablespoon 2 grams	 Dried Apricots 1/2 cup 2 grams	 Chia Seeds 1 ounce 5 grams	 Quinoa 1 cup 8 grams
 Black Beans 1 cup 15 grams	 Broccoli 1 cup 3 grams	 Almonds 1/4 cup 8 grams	 Edamame 1 cup 17 grams
 Avocado 1/2 avocado 2 grams	 Spinach 1 cup 1 grams	 Oat Bran 1 cup 7 grams	

CREATING A BEHAVIORAL CHANGE

LEAST EFFECTIVE

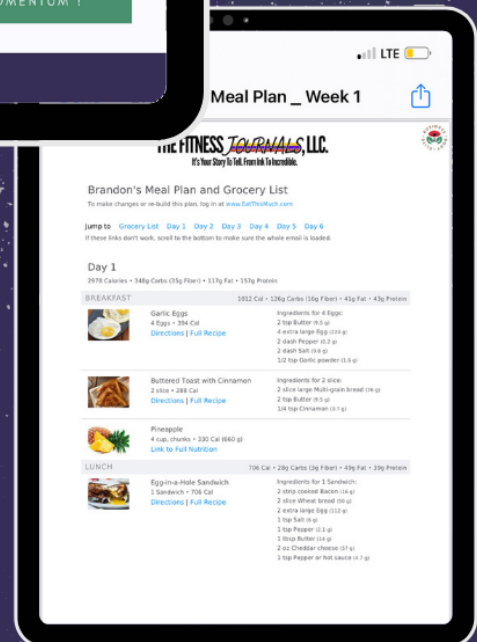
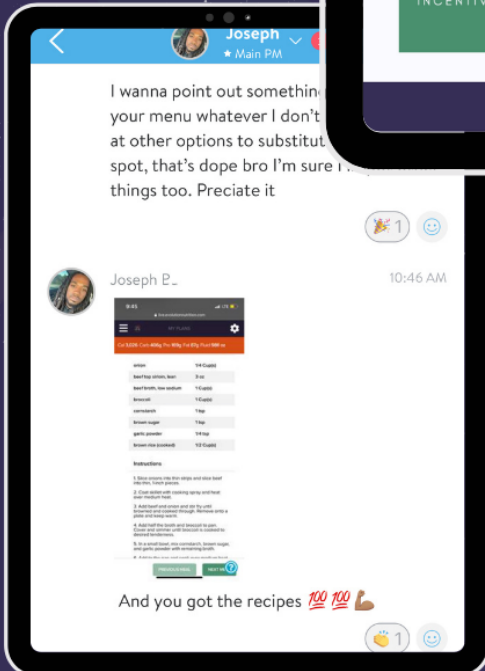
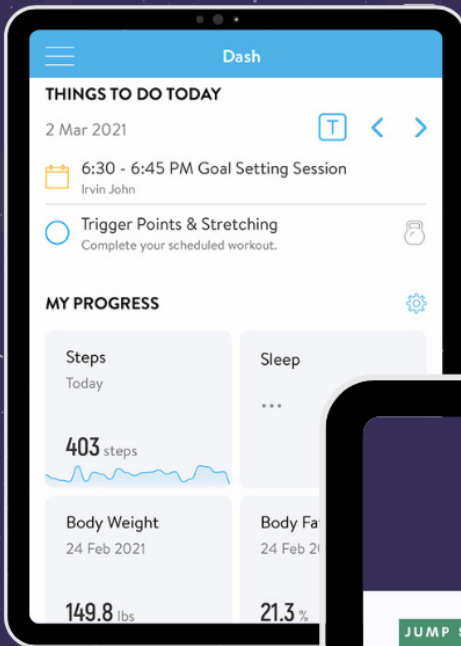
AWARENESS = 5%
Awareness is responsible for 5% of change. This phase generates attention for general health risk and/or build hype for programs. This alone is not enough to generate permanent change. Even when people understand the relationship between lifestyle choices & health status, it doesn't have much of an influence on behavioral change.

Examples of awareness tools: fliers, banners, HRAs, health screening, health fairs, it's a gateway to get participants to engage in behavioral changing activities

SKILLS = 25%
Skills are responsible for 25% of change. Awareness helps you understand the relationship between lifestyle choices & health status, it's a gateway to get participants to engage in behavioral changing activities. This phase walks you through where to start, when to start, what will you do or challenges along the way to help you develop self-belief.

MOTIVATION = 30%
Motivation is responsible for 30% of change. An appropriate skill set for gain the confidence to using certain actions will outcome, such as eating healthy & regular exercise.

GUIDED STRUCTURE



PROTEIN

IRVIN JOHN
Business Body Elite



FATS

IRVIN JOHN
Business Body Elite



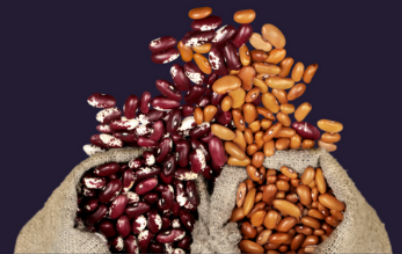
CARBOHYDRATES

IRVIN JOHN
Business Body Elite



FIBRE

IRVIN JOHN
Business Body Elite



MICRONUTRIENTS

IRVIN JOHN
Business Body Elite



PHYTONUTRIENTS

IRVIN JOHN
Business Body Elite



WATER

IRVIN JOHN
Business Body Elite



FRUCTOSE

IRVIN JOHN
Business Body Elite



HOW DIETS REALLY WORK

IRVIN JOHN
Business Body Elite



THE PALEO DIET

IRVIN JOHN
Business Body Elite



INTERMITTENT FASTING

IRVIN JOHN
Business Body Elite



CARBOHYDRATE BACKLOADING

IRVIN JOHN
Business Body Elite



CARBOHYDRATE CYCLING

IRVIN JOHN
Business Body Elite



THE KETOGENIC DIET

IRVIN JOHN
Business Body Elite



METABOLIC RESTORATION

IRVIN JOHN
Business Body Elite



PLANT-BASED NUTRITION

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THE YOUNG & OLDER PEOPLE

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THE IMPORTANCE OF SLEEP

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EXERCISE NUTRITION

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STRESS MANAGEMENT

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THE BASE SUPPLEMENTS

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CREATINE

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ADVANCED WORKOUT NUTRITION

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NUTRITION FOR ENDURANCE ATHLETES

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NUTRITION FOR PHYSIQUE ATHLETES

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NUTRITION FOR STRENGTH AND POWER ATHLETES

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OUR PROGRAM LIBRARY IS CONSTANTLY EXPANDING. THIS CATALOG IS A RESULT OF COLLECTING DATA AND INSIGHT FROM MANY WHO FIND SUCCESS USING OUR PROGRAMS.

AS A RESULT, THE SUCCESS OF THOSE WHO WORK WITH US BECOMES MORE PREDICTABLE. AS I LOVE TO SAY, WE DON'T GUESS, WE DO SCIENCE.



DETOX PROGRAMS



THE REAL DETOX PROGRAM

Discover the whole food, fat free approach to naturally detox your body.

START PROGRAM


www.BusinessBodyElite.com



REAL DETOX RECIPE PACK

WEEK 1



www.BusinessBodyElite.com



REAL DETOX RECIPE PACK

WEEK 2



www.BusinessBodyElite.com



REAL DETOX RECIPE PACK

WEEK 3



www.BusinessBodyElite.com



REAL DETOX RECIPE PACK

WEEK 4



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HABIT PROGRAMS

THE BULLETPROOF GUT PROGRAM

Rapidly improve your entire digestive system to ensure you are the healthiest you have ever been.

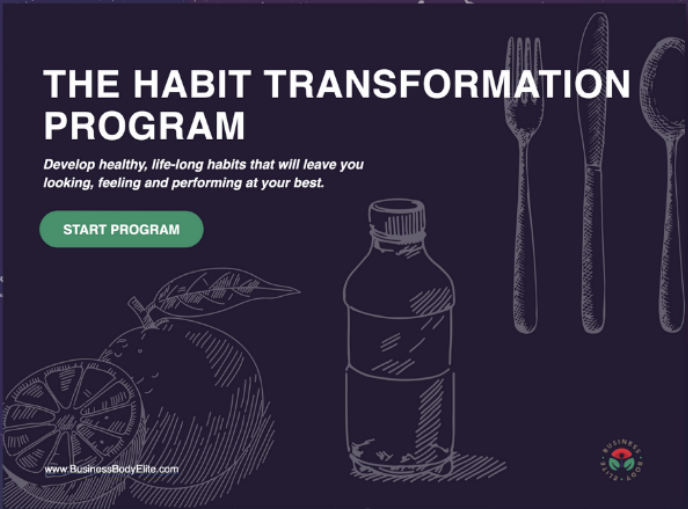
START PROGRAM



THE HABIT TRANSFORMATION PROGRAM

Develop healthy, life-long habits that will leave you looking, feeling and performing at your best.

START PROGRAM



THE METABOLIC REPAIR PROGRAM

The new dieting formula for a great body and optimal health.

START PROGRAM



THE STARTING FAT-LOSS PROGRAM

Everything you need to kick-start your fat loss journey while improving your health at the same time.

START PROGRAM



THE FINAL FAT LOSS PROGRAM

Achieve your leanest body ever while staying happy and healthy.

START PROGRAM



THE LEAN MUSCLE PROGRAM

Build muscle, improve strength and increase power using this proven formula.

START PROGRAM



BULLETPROOF GUT RECIPE PACK

Boost your gut health with these specifically selected gut-friendly recipes.



HABIT STARTER KIT

Habits allow us to go from 'before' to 'after' and make life easier and better.

MY TRACKER

www.BusinessBodyElite.com



PROGRESS DIARY

One of the greatest pleasures in life is realizing that two weeks ago your body couldn't do what it just did.

MY DIARY



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COACHING PROGRAMS

MEMBERS AREA

STEP-BY-STEP VIDEO TUTORIALS

COURSES & WORKBOOKS

DIET EDUCATION COURSE

WHAT ARE CARBOHYDRATES?

THE REAL DETOX PROGRAM

WELCOME!

Watch the welcome video and then introduce yourself...

LIVE COACHING CALLS

FREE BONUSES!

Vegan Recipe Pack

Members Community Area Updated Regularly

Structured Step-by-Step Programs

Daily 5-30 Minute Video Workouts

THE FITNESS HACK FOR BUSY PROFESSIONALS

5-MINUTE DAILY WORKOUTS

THE FITNESS JOURNALS, LLC.

Posterior Focus | Beginner

Things to do today

MY PROGRESS

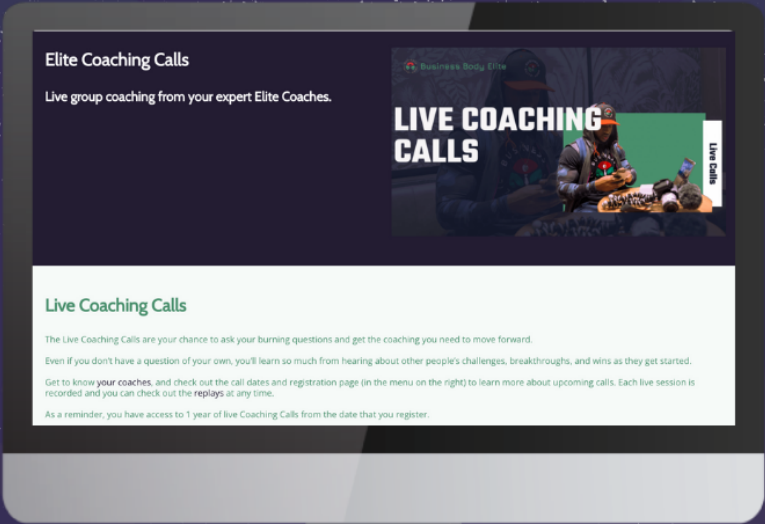
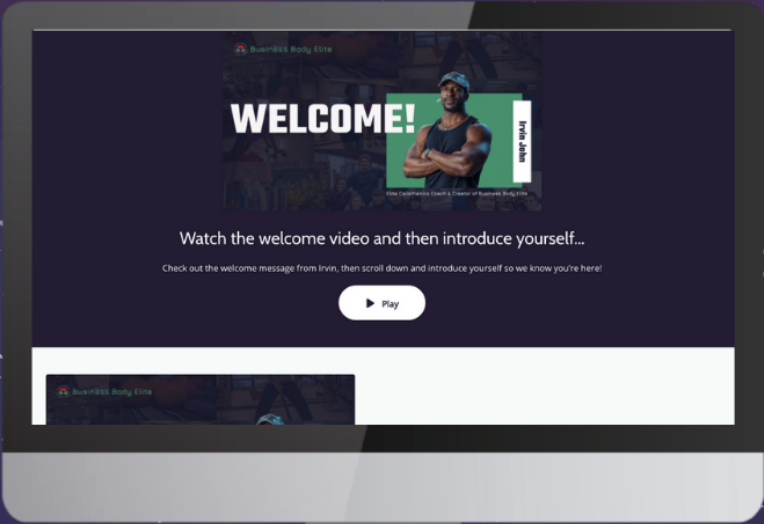
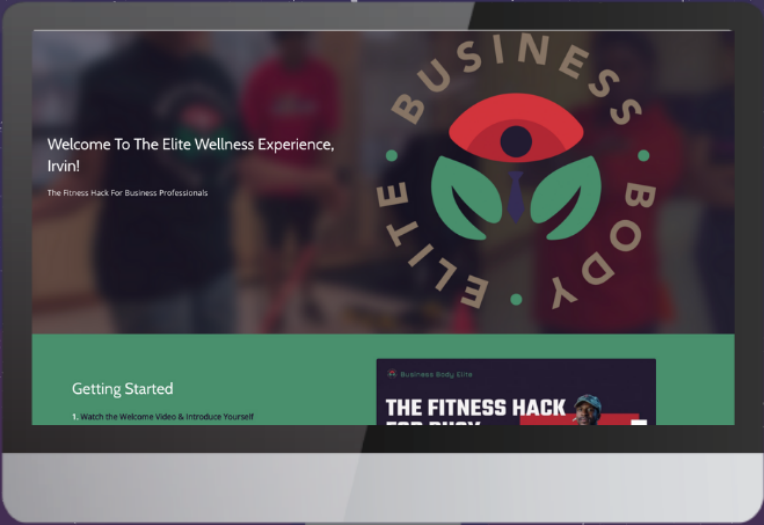
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Live Coaching Calls

Bonus Meal Plans & Recipes!

Vegan Recipe Pack

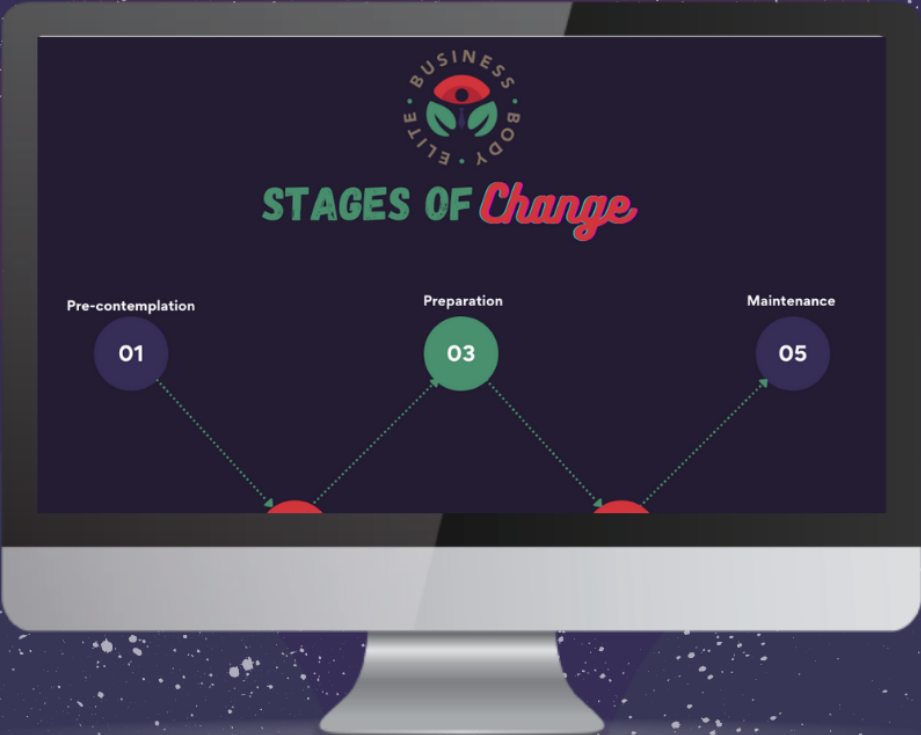
ACCESS FROM ANYWHERE



MASTERCLASSES

THE FITNESS JOURNALS, LLC.

It's Your Story To Tell. From Ink To Incredible.



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YOUR ORGANIZATION?
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WE LOOK FORWARD TO HELPING YOU & YOUR TEAM
CONTINUE TO EXCEL IN YOUR AREA OF BUSINESS BY
IMPROVING HOW EVERYONE FEELS ABOUT THEMSELVES.**

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