

2B MINDSET

Nutrition Program

Info Session
WELCOME!!!!!!!

Presentation by Joanna DeGrace & Kelly Raymond!

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*Nurse clinicians

*Wellness & fitness coaches with Beachbody

*Joanna has studied nutrition & weight loss, and Kelly has studied exercise physiology

*Fans of home workouts due to our crazy schedule

*Successfully lost weight & got fit with Beachbody programs & accountability groups

*a shared passion for helping people find strategies to live a healthy lifestyle despite a BUSY schedule!

Agenda!

1. Why typical diets & weight loss programs fail
2. Ilana Mulhstein's story (Creator of 2B Mindset)
 1. Overview of the 2B Mindset; what is it?
 2. Success stories with 2B Mindset
 3. 3 Different package deals to choose from
 4. How to Sign UP
 5. BONUSES

Why Typical Diets Fail!?

New research is shedding light on how so many people lose weight only to gain it back.

By some estimates, 80% of people who successfully lose at least 10% of their body weight will gradually regain it to end up as large or even larger than they were before they went on a diet.

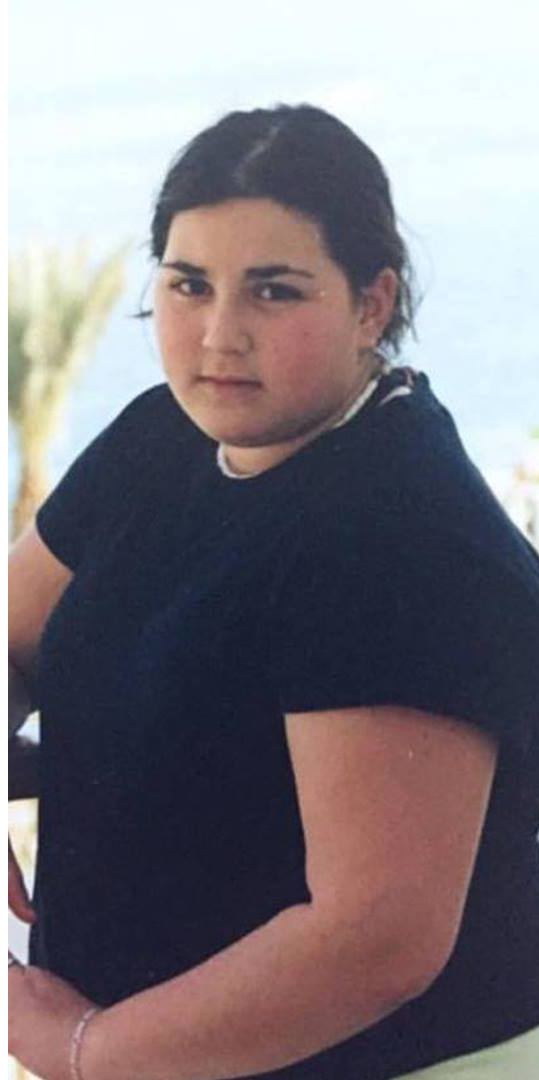
WHY?

- Slowed metabolism from crash dieting (November issue of journal *Obesity*) November issue of the journal *Obesity*
- Lack of accountability & support
- All or nothing mentality (go back to old habits once diet is over)



Ilana Mulhstein

- Yo-yo dieter, sent away to “fat camp” , would gain back all the weight she lost at camp
- Registered dietician,with a Masters of Science degree in Applied Nutrition.
- Successfully lost 100lbs and kept off weight applying 2B Mindset principles
- She knows that the only way to lose weight and keep it off is to figure out how to stay full and satisfied along the way. Since no such eating program really existed, she decided to create her own : 2B Mindset



Overview of the 2B Mindset!

Who is this program for!?

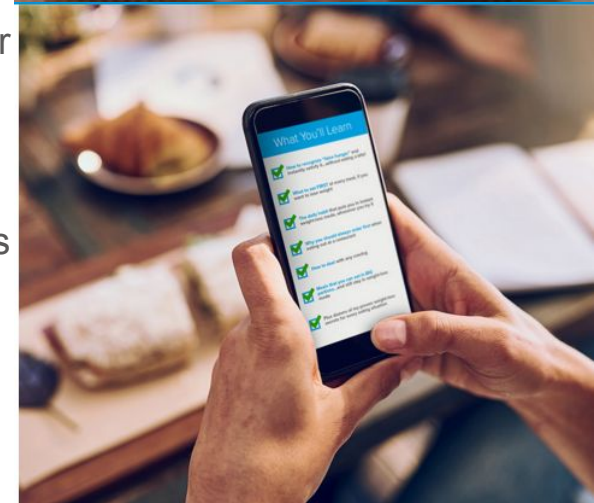
- Want to lose weight
- Want to learn how to eat to lose fat
- Don't have time to count calories
- Don't have time to exercise *(exercise is optional with this program)*
- Want a LONG term solution to healthy eating & ideal weight
- Sick of yo-yo dieting



What does the program include?

21 videos teaching you about :

- **What to eat for fat loss** (how much protein, carbs, veggies)
- **How to recognize “false hunger”** and instantly satisfy it...without eating a bite!
- **What to eat FIRST** at every meal, if you want to lose weight
- **The daily habit** that instantly gets you ready for weight loss whenever you try it
- **Why you should always order first** when eating out at a restaurant
- **How to deal** with any craving
- **Meals that you can eat in BIG portions...**and still stay in weight-loss mode
- Plus dozens of her **proven weight-loss secrets** for every eating situation



PLUS!

- 5 Bonus Videos to help troubleshoot weight gain
- 15 Recipe videos!



Success Stories!

See our Group's Photo album for testimonials of those who completed the program as part of the test group!

Success Stories

Success stories from the test group who completed 2B Mindset! · Updated on Sunday



2B MINDSET

Package deals, discount & special bonuses!

3 Different kits to chose from!

- Base KIt
- Base Kit + 30 portions of Shakeology
- Base Kit + 30 portions of Shakeology + 1 year of streaming of on demand

What does the base kit program include?

- Streaming of over 40 videos in total
- Getting Started Guide
- My Tracker
- Go-To Guide
- Recipe videos & book
- Water Bottle
- The App

BONUSES : Access to Kelly & Joanna's 3 month accountability group & coaching!



Comparing value \$\$\$\$

Compared prices

- ~~1~~ session with nutritionist
45-60 minutes: **60-150\$**
- Recipes for fat loss book:
30\$
- Water bottle: **20\$**
- Accountability group with
coaching with weight
watchers: **48\$ per
MONTH= 150\$/ 3 months**

What you are getting!

Unlimited access to 40+ videos
by a nutritionist,
Recipe book, tracker book,
access to our VIP accountability
group & coaching for 3 months,

Over **700\$**

value,

For 145\$



Combo 1: Base kit + Shakeology

2B Mindset kit = 145\$

Shakeology= 150\$

Total= 295\$

Package deal= 210\$

You save 85\$

(+ 30 less meals to plan for the next month!)



Combo deal #1: Base Kit + Shakeology...

- Nutrient-dense, superfood shake delivering a powerhouse of nutrients.
- Replaces a MEAL; easy on-the-go (perfect ratio of protein/carbs for fat loss)
- Replaces supplements (probiotics, vitamins, minerals, antioxidants like camu-camu, phytonutrients like moringa, adaptogens like maca)
- High quality ingredients, no middle-man
- Helps curb cravings
- Helps with energy, nourishing body on cellular level
- Boosts immune system
- Increases your chances with sticking to a healthy nutrition plan!
- Positive feedback loop= better nutrition=more energy!



Combo 1: Base kit + Shakeology

2B Mindset kit = 145\$

Shakeology= 150\$

Total= 295\$

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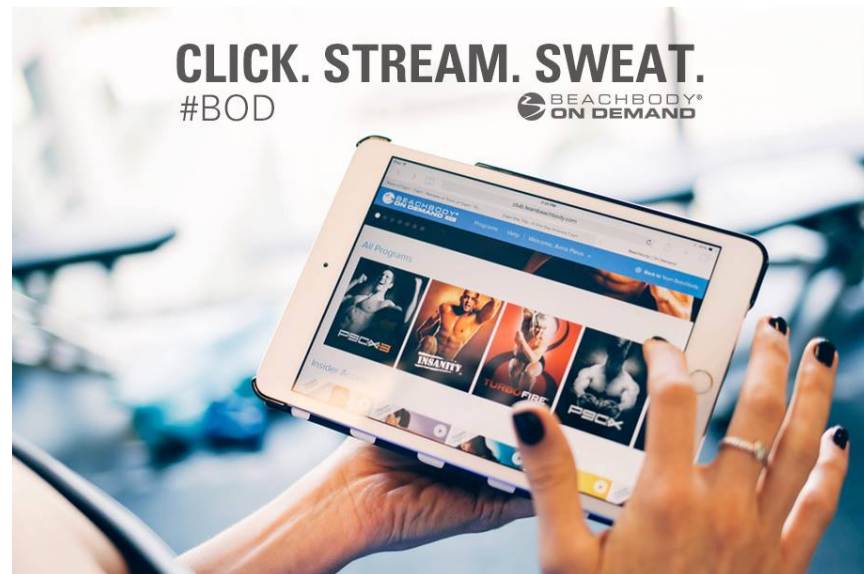


Combo deal #2! Base Kit + Shakeology + Beachbody on demand

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Exercise is optional with 2B Mindset, but if you want to incorporate it, Beachbody on demand has LOTS of options!

- Stream workouts anywhere, anytime
- Access to hundreds of world-class Beachbody workouts
- Yoga, 10 minute trainer, dance-workouts, HIIT workouts
- If you think you want to workout after 2B mindset, if you purchase now, you get it for free with combo deal!
- Positive feedback loop----more active = more energy!



Combo 2: Base kit + Shakeology + 1 year streaming on demand

2B Mindset kit = 145\$

Shakeology= 150\$

On Demand 1 year = 99\$

Total= 394\$

Package deal= 259\$

You save 135\$!

It's like getting Shakeology for free!



Special discount

**24\$
OFF!**

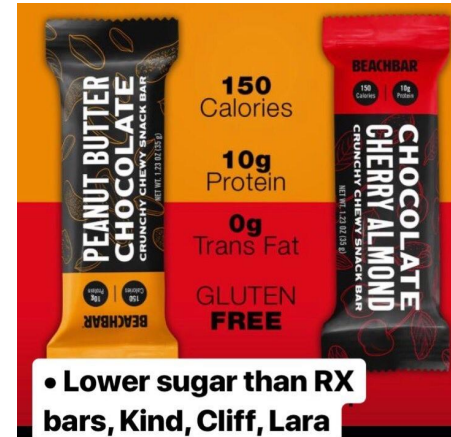
Base Kit	Combo 1 : Base kit + Shakeology	Combo 2: Base kit + Shakeology + 1 year Beachbody on demand
145\$	210\$	259\$
121\$ till June 3rd	186\$ till June 3rd	235\$ till June 3rd

+ Tax & shipping (discount shipping for combo 1 & 2)

*Shakeology no questions asked money-back guarantee, auto-ship

BONUSES!!!!

- Access to our 3 month VIP accountability group
- Recipes, discussions & support in french & english
- 24\$ discount if you sign up before June 3rd
- Free Beachbody bar if you sign up for option 2 or 3 in the next hour!



Comment below which kit you want, and we will send you the right link to purchase!

Base kit

Combo 1

Combo 2