

# Journey TO LOSE

POWERED BY THE RYM PHILOSOPHY



## MAKE AND MONITOR THE GOALS

The destination is in sight and each day you move closer to it, but every journey has some sort of map to chart the way, just like in real life you'll have a map (the Team Angie App) to hold and someone to ask for directions.



## MELT AWAY THE WEIGHT

We can't call this a journey without clocking in some distance. You'll get moving; it's sweaty equity yes and before long it'll be addictive. You'll love simultaneously burning off stress and calories!



## MASTER YOUR MIND

Team Angie whole heartedly believes that any success to be had in this journey starts in the mind first, facing your obstacles daily, absorbing positivity, and starting each day off in the right zone every day.

**CORPORATE** *Life Balancer*

HEALTH + WORK + BALANCE = LIFE!

TOLL-FREE: 1.800.995.8721

E: [CLB@CORPORATELIFEBALANCER.COM](mailto:CLB@CORPORATELIFEBALANCER.COM)

[WWW.CORPORATELIFEBALANCER.COM](http://WWW.CORPORATELIFEBALANCER.COM)

Discover which **JOURNEY TO LOSE** Program Model is right for you! [SEE BACK FOR DETAILS!](#)

## Ruby • 12 WEEK PROGRAM

- 90 Minute initial 1:1 PowWow with Coach Angie
- Private Appointment with Certified Nutritionist
- Nutritional Tips and Recipes
- Full Customized Fat Burning Nutrition Plan
- Weekly Coaching Sessions
- Customized TAF/JTL Total Body Workout
- Grocery Store Boot Camp
- Weekly Revolutionize Your Mind (RYM) Affirmations and Structured Guidance to Uplifting your Confidence
- Rock Your Kitchen (Total Pantry and Fridge MakeOver)
- Ordering Supplements (if needed)

## Diamond • 8 WEEK PROGRAM

- 60 minute initial 1:1 PowWow with Coach Angie
- Private Appointment with Certified Nutritionist
- Full Customized TAF/JTL Fat Burning Nutrition Plan
- Nutritional Tips and Recipes
- Two 30-minute Coaching Sessions
- One Month of Weekly Email Support
- Customized TAF/JTL Total Body Workout
- Weekly Revolutionize Your Mind (RYM) Affirmations and Structured Guidance to Uplifting your Confidence
- One Maintenance Session with Coach Angie

## CORPORATE *Life Balancer*

HEALTH+WORK+BALANCE=LIFE!  
A TEAM ANGIE FITNESS COMPANY

## Emerald • 4 WEEK PROGRAM

- 45 minute initial 1:1 PowWow with Coach Angie
- Nutritional Tips and Recipes
- One Month of Weekly Email Support
- Customized TAF/JTL Total Body Workout
- Weekly Revolutionize Your Mind (RYM) Affirmations and Structured Guidance to Uplifting your Confidence

### *Personal Custom Workouts Only*

- *Monthly Subscription*

# Journey TO LOSE

POWERED BY THE RYM PHILOSOPHY

The JOURNEY TO LOSE puts you  
on the path to a *healthier life.*

TOLL-FREE: 1.800.995.8721

E: [CLB@CORPORATELIFEBALANCER.COM](mailto:CLB@CORPORATELIFEBALANCER.COM)

[WWW.CORPORATELIFEBALANCER.COM](http://WWW.CORPORATELIFEBALANCER.COM)

