

Body Well

is about the journey,
meeting you where you are
& challenging you to grow.





“

I realized I am capable of so much more than I thought. This transformation physically changed me but I'm shocked at the difference it made in my mental health.

”



Dear Busy Mom,

**IT'S ABOUT TIME
YOU TAKE CARE OF YOU.**

**TAKE BACK YOUR TIME
WITH BODY WELL.**

Your day is filled with taking care of your kids, family, the house. Being a mom brings more stress, adds more worries and takes more time away from what you really want - to eat healthier, exercise more, feel like you! Yet, at the end of the day, it doesn't happen.

But it can. **What you need is a plan, you need accountability, you need time for you.**

Body Well IS time for you. It's about the journey, meeting you where you are & challenging you to grow. In Body Well, we will focus on improving your physical and mental well-being with a community of women (moms!) to support you every step of the way.

Are you in?

This 8-week program includes small group fitness coaching, nutritional guidance, recipes + meal planners, community-based workouts, and weekly challenges to help you manage stress and sleep better.



This is not boot camp.

Our Body Well program combines small group fitness, individual coaching and nutrition with real results. It provides a foundation for changing your habits, accomplishing your goals and getting back to where you feel like... you!



This is Body Well

by FIT4MOM

GET IT ALL WITH 8 WEEKS OF BODY WELL

1) Before & After Assessments

See actual change with fitness assessments.
Photos & measurements are taken privately.

2) In-Person Workouts & OnDemand Library

Twice a week, exclusive & kid-free Body Boost classes and access to OnDemand workouts that fit your schedule.

3) Digital Recipes & Online Nutrition Inspiration

Seasonal Recipe Book, Nutritional Guides, Meal Planner with Habit Tracking & more in one easy to use location.

4) S.M.A.R.T. Goal Support

Create long lasting habits & achievable goals.

5) Weekly Emails, Challenges & Check-ins

Communications will keep you engaged throughout the session.

6) Private, Online Group for Building Connections

Share recipes, weekly wins, progress and workouts to keep you accountable. Plus, you'll have an accountability partner for even more support.

7) Individualized Habit Tracking

Weekly submissions & reviews help you stay on track, engaged & accountable.










You Got This!



GET IT ALL
WITH MATERIALS TO HELP
YOU SUCCEED



-  Sweet Potato Protein Smoothie
-  Cinnamon Quinoa
-  Carrot Breakfast Cookies
-  Oatmeal Pancakes
-  No-Egg French Toast
-  Tofu Avocado Toast
-  Tacos











No-Egg French Toast

Breakfast | Vegetarian Options

		FOOD		Habit Tracker		WATER		MOVEMENT & DAILY WIN	
MON	B								
	L								
	D								
	S								
TUE	B								
	L								
	D								
	S								
WED	B								
	L								
	D								
	S								
THU	B								
	L								
	D								
	S								
FRI	B								
	L								
	D								
	S								
SAT	B								
	L								
	D								
	S								
SUN	B								
	L								
	D								
	S								

Sept 2022 Body Well

Private group · 9 members




Discussion

Featured


Topics


Members

Media



Write something...

 Feeling/activity

 Photo/video

ondemand.fit4mom.com

Feeling/activity

Photo/video

FIT4MOM
ON DEMAND

Home All Workouts Challenges Instructors Locations Sign In

Workouts designed for mom life.

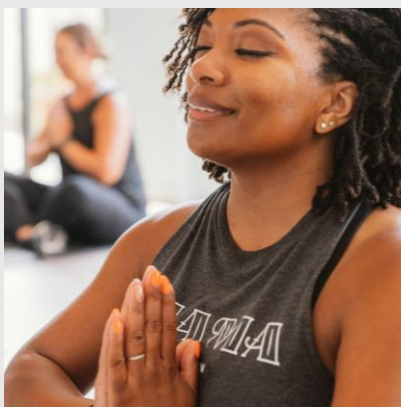
Workout whenever, wherever.

Why Does Body Well Work?

A Focus on You, an Emphasis on Accountability & a Supportive Group of Moms

We make it easy to commit to being the best version of you!

- **Focus.** A program for moms, by moms to improve your physical and mental well-being.
- **Time.** Two weekly workouts provide time just for you amidst your busy mom life.
- **Accountability.** Your coach is always checking in, communicating & challenging you. An accountability partner helps you stay on track with your goals.
- **Support.** One-on-one guidance, a knowledgeable coach, workouts designed for maximum connection and a private, online group for sharing and celebrate wins!
- **Nutrition.** We focus heavily on nutrition that is compatible with mom life.
- **Results.** Fitness assessments and measurements at the start and end provide results you can literally see.



Frequently Asked Questions

What if my child gets sick or I cannot make class?

We've all been there, things happen! We ask that you are able to commit to the 2 workouts a week before joining Body Well. If you miss a scheduled class due to sickness, you can attend any of our classes for no charge. In the past we have also had moms participate at home via Zoom. If you will be traveling, please let us know in advance so that we may make accommodations.

Do I have to be a mom?

No, you don't. However, you must be comfortable being around and working out with moms. This class is designed with mom in mind, so our focus is on the motherhood journey.

I just had a baby, can I participate in Body Well?

Body Well participants are required to be at least 6 months post-partum, cleared for high intensity exercise & have no contraindications. We do recommend that you are out of the baby stage and that you are regularly getting at least 6-8 hours of sleep at night, in one stretch. Healing is important for a women's body, and sleep is fundamental to the process of healing and being able to achieve your Body Well goals.

Where are classes located? How are classes impacted by weather?

FIT4MOM is a unique business as we aim to have all our classes outdoors. Of course, weather causes things to change. When we cannot be outside, your coach will provide an update for that specific class.

Will you offer other times for Body Well?

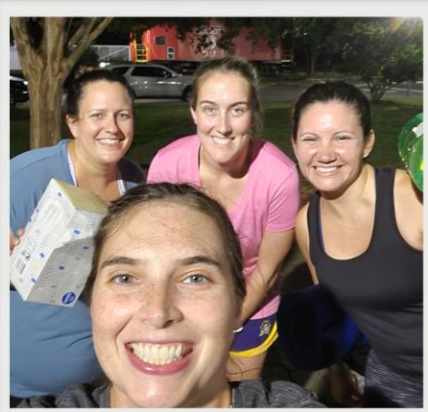
Please let us know what days & times would work for you so that we can keep it in mind for future sessions!

Body Well

will focus on improving your
physical and mental
well-being with a community
of mamas to support you
every step of the way.



Real Women.



Real Fun.



Real Results.

I'M IN!



Get Started at
www.southcharlotte.fit4mom.com/body-well