



# WELCOME TO BODYWELL

THE WELLNESS PROGRAM FOR MOMS, CREATED BY  
MOMS THAT FOCUSES ON CREATING/SUSTAINING  
NEW HEALTHY HABITS AND HELPING MOMS REACH  
THEIR GOALS.



FEEL GOOD AND IMPROVE YOUR HEALTH

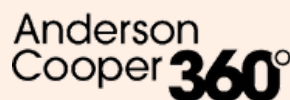
# A FITNESS & NUTRITION PROGRAM FOR BUSY MOMS

JOIN 1,000'S OF WOMEN WHO HAVE RECLAIMED THEIR HEALTH AND PRIORITIZED THEMSELVES SO THEY CAN BE THE BEST FOR THEIR FAMILIES.

TRANSFORM YOUR MIND, BODY AND SPIRIT



FEATURED ON:



# it's time for change Mama.

## If you ....

- Wake up with low energy?
- Are not confident in your skin.
- Are feeling burned out and pulled in so many directions.
- Are worried about how your habits effect your families.



## but you feel....

- Overwhelmed -  
you struggle to find YOU time
- Discouraged -  
you have tried in the past and failed
- Defeated -  
you can't seem to stay consistent.
- Frustrated -  
you've haven't found the right fit for you.
- Nervous -  
change is hard and failing feels terrible.

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THIS PROGRAM OVERVIEW GOES OVER THE FOUNDATIONS OF BODY WELL. WE WILL COVER EVERYTHING YOU NEED TO KNOW IN ORDER TO START YOUR JOURNEY AND GET THE MOST OUT OF THE NEXT 8 WEEK.



*Debra Sexton*

*I can't wait to coach you!*

DEBRA SEXTON

debrasexton@fit4mom.com

Hi Mama, I'm Debra! The FIT4MOM North Indy owner and your certified Body Well coach. I am a mom of 3 elementary aged kids and It's so much fun! My passions include traveling, discovering new places, staying active and watching reality TV while I fold laundry. When I was a little girl I would invite my friends over to participate in my living room "workouts" created by yours truly. I guess group fitness has always been in the cards for me. I love to emphasize focusing on functional fitness and celebrating what we CAN do in my body boost classes. I will push my members to focus on the positives. And I will often challenge you to try new foods, eat the rainbow and up your proteins. Sharing tips and tricks for busy moms to stay on track or more importantly get back on track is my specialty!

*Jessica Smith*

JESSICA SMITH

*I can't wait to coach you!*

jesfleen@gmail.com



Hey all! I'm Jessica! I will be one of your coaches during your 8-week Body Well journey! I am so excited and proud of you! I am a divorced, single Mom to Jackson who constantly keeps me on my toes. He starts elementary school in the fall and I'm wondering where the time has gone?! My passions are traveling, NASCAR, true crime and reality competition shows. I first discovered BodyWell in January 2021 when I did my first session. I was over a year postpartum and hadn't worked out consistently since I was a high school cheerleader.....13 years earlier! BodyWell was a transformative experience for me physically and mentally. I learned to love myself and gained a confidence I didn't know I had in me. I made small, realistic changes to my nutrition and started moving my body more to make me stronger. I still enjoyed the comfort food I'd grown up with but tweaked it in ways to fit into the BodyWell nutrition plan. I like to focus on what you can add to your meals to make them more nutrient dense. Since my first session I have completed 4 total sessions and since getting certified in BodyWell I've coached 6 sessions and helped numerous Moms find time for themselves again. To say I love BodyWell is an understatement. I will link arms with you and be with you every step of the way during your 8-week session. If you want to find yourself again, learn new affirmations, mantras and habits to make yourself feel your best, come join us for BodyWell!

# THE BUTTERFLY JOURNEY

“IF NOTHING EVER CHANGED THERE  
WOULD BE NO BUTTERFLIES.”

First, there is the egg that hatches into a caterpillar. The caterpillar eats and grows. At the right time, it makes a chrysalis out of its own body. While in the chrysalis, the caterpillar changes into a butterfly. When the butterfly is ready, it starts to break through the chrysalis.

First, a hole appears. Then the butterfly struggles to come out through the hole. This can take a few hours. If you try to “help” the butterfly by cutting the chrysalis, the butterfly will come out easily, but it will never fly. Your “help” has destroyed the butterfly. The butterfly can only fly because it has to struggle to come out. The pushing forces many enzymes from the body to the wingtips, strengthening the muscles and reducing body weight.

**If the butterfly is not left to struggle to come out of the chrysalis, it will never fly.**

## **Let that sink in for a moment.**

We can learn an important lesson from the butterfly. If we do not have struggles and challenges in our work, we will never grow strong and capable. If life has no difficulties, we will become weak and helpless.

With that, I welcome you to the FIT4MOM Body Well Program! I am so excited to help you realize your own possibilities. Over the next 8-weeks, we're going to work together, set (and crush) some goals, build positive habits, and have A LOT of fun. Let's get started!

# THE WELLNESS WHEEL

Body Well is a jam-packed program that covers all facets of wellness! To keep it simple and not add to the overwhelm, we break up the wellness wheel by weeks. Each week, we'll dive into the importance behind each focus, learn how to incorporate new healthy habits that support it, and some have some fun with mini challenges.



**HYDRATION**  
**NUTRIENT DENSE**  
**WHOLE FOODS**  
**SIMPLE INGREDIENTS**  
**MINDFULNESS**  
**MANAGEING STRESS**  
**CONFIENCE & JOY**  
**SLEEP**



# GOAL SETTING

Body Well is a personalized 8-week journey where you pick the transformation you want to see. This goal doesn't have to be a weight loss goal. This goal can be to run a faster 5K, spend 15 minutes a day focused on your mental well-being, learn how to cook 10 new recipes, double the number of push-ups you can do, or cut your daily screen time in half. Whatever you choose, we'll work together to help you achieve it! But first, your goal needs to be SMART.

**WHAT MAKES A GOAL SMART? A SMART GOAL HAS TO BE:**

**S**

## Specific

What exactly do you want to accomplish and how will you do it?

Make it powerful and personal.

**M**

## Measurable

What unit of measurement can you use to track your progress?

Skip words like "a lot" or "often"

**A**

## Achievable

Has this been done before?

Consider the next 8 weeks in your life & obstacles to ensure this goal is doable.

**R**

## Realistic

Is the goal reachable, given the time and resources?

Factor in the time it takes to get into a new routine

**T**

## Timely

When will you achieve your goal?

We've got 8 weeks to make it happen!

**"A goal should scare you a little,  
and excite you a lot."**

# THE WORKOUTS

Did you know only 24% of women between the ages of 24 and 56 exercise? Let's change that  
Mama!

## BODY BOOST

**Body Boost™ is a 60-minute mom-only workout that is challenging, empowering, and energizing. By combining cardio, strength, core training, and meditation, you will leave this workout refreshed and recharged for all that comes with motherhood.**

### In Person

**Sunday 7am - Performers Edge**  
1780 E 116th St, Carmel, IN 46032

**Thursday 7:30pm - Bethlehem Lutheran Church**  
1484 W Main St, Carmel, IN 46032

### Virtual

Monday 5:30am - zoom  
Thursday 5:30am - zoom

## FIT4MOM Video On Demand

on your own time

# THE 8 WEEK BREAKDOWN

Your Body Well Workbook (AKA BODY WELL BASICS), will contain recipes, a weekly plan and a way to track your progress with new habits and goals. You'll send your coach a copy of it at the end of each week and we'll chat about it during our one-on-ones. #accountability

The Body Well Basics includes:

## **GOAL SETTING WORKSHEET**

You'll use this worksheet to ensure that your goal for the session is both SMART and super important to you. We'll highlight possible obstacles & come up with a plan to push past them.

## **PHYSICAL ASSESSMENT | BEFORE & AFTER**

The Body Well Physical Assessment consists of measurements, photos, and a fitness assessment. They are a better way to see where you are physically than the number on the scale, as there are so many variables that affect that number - like stress, sleep, and your cycle.

## **WEEKLY PLANNERS**

"A goal without a plan is just a wish." And that's where our handy dandy planner comes in! Help yourself out and give yourself a guide each week. As the week goes on, you'll give yourself checkmarks for following through or adjust when life happens. By writing out your meals and movement ahead of time, you'll strengthen your planning habit. It will only get easier, the more you do it.

## **DAILY JOURNALS**

Take a few minutes at the end of every day to track your mood & energy, challenges you faced, and celebrate your wins!

# SUPPORT & ACCOUNTABILITY

## The Best part about Body Well? THE OTHER MOMS

Included in the 8 week:

### **PERSONAL ONE ON ONE CHECK IN'S**

Your coach will help you break down your goal into micro goals. Find out what's working and what's not. No judgement! All support and encouragement.

### **DAILY REACH OUT/TIPS/CHALLENGES**

Your small group will have a WhatsApp thread just for you. Your coach will post daily here and ask for your participation to share.

### **WELLNESS CHECK**

We will check in via zoom as a group at the half way point. A guest speaker will be here to help provide more knowledge and inspiration.

### **CELEBRATION**

Finish the 8 weeks with a celebration all together. Save the date in the beginning so we can all be together!

# THE INVESTMENT

**“ The coaches are a wealth of knowledge when it comes to supplying our bodies with all of the nutrients that we each need at different stages of motherhood.**

**I can confidently say that when I followed my plan, hydrated, and completed my workouts I felt so much better! My mental state was more clear, my body felt great, and I felt like I could give 100% to my kids.”**

**\$69 non refundable deposit holds your spot**

**\$389 full price**

**\$329 for return members**

**\$289 for Monthly Unlimited Members**

**biweekly payment plans available**

**real moms real results**

**“I finished Body Well with 8 weeks of knowledge in nutrition, working out, sleep, self care, and actually enjoying a HIIT workout! The commitment to Body Well is one I believe every MaMa should partake in and reap the rewards to utilize forever. You also get amazing coaching along the way!! It’s a win win!”**