

12 week Transformation for Diabetics to Lose Weight & Keep it Off!

Start

Feeling overweight, burnout, self-conscience, and overwhelmed with yo-yo dieting

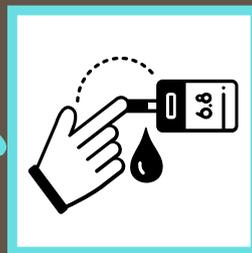
Reconnect



Goals



Metabolic Baseline



Optimal Blood Sugar Range



Education

Re-Energize



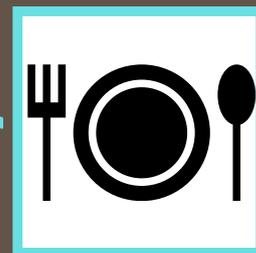
Optimizing Quality Sleep



Exercise

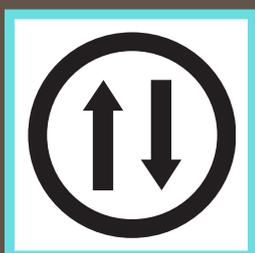


Stress Management



Healthy Eating

Reclaim



Transition



New Metabolic Baseline



Break Plateaus



Sustainability



Finish

Feeling great, excited, energized, full of life, confident about your future health

If you want to get clear on a plan on how you can lose weight and keep it off, book a Free Discovery Call. www.mccollumnutrition.com/apply

12 STEPS TO LOSE WEIGHT

AND KEEP IT OFF FOR GOOD!

Are you confused, and frustrated with all the conflicting information?

You Need a clear plan!

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PHASE 1: RECONNECT TO SELF

STEP 1: Vision and Goals - Create clear goals to help you get inspired and motivated even through the difficult times. Learn about your specific body type to create an individualized plan for sustainable weight loss. Create a clear mindset to help you overcome common fears, frustrations, and expectations. Implement new habits to reach your goals.

Step 2: Discover Your Metabolic Baseline - What you measure, you can improve. Taking short, comprehensive assessments to establish where you are starting, then compare to assessments at the end to see improved results. Tracking as you go through the program is crucial to the success of your journey.

STEP 3: Optimal Blood Sugar Range - Learn to live in a way that keeps your blood glucose within the range that's ideal for you. Revealing secrets that will help bring your blood sugar down.

STEP 4: Education - We will clear up any confusion you have and dive into the real cause of weight gain, diabetes, and other health issues.

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PHASE 2: RE-ENERGIZE

STEP 5: Healthy Eating - Begin a way of healthy eating and timing of meals that helps you control the hormones that cause weight gain and accelerate burning fat. You will learn how to get started and how to avoid common mistakes without complicated meal plans. Learn how to apply it to your lifestyle and use it for different situations.

STEP 6: Stress management - Learn how stress affects the regulation of your bloods sugars, and how to better manage it easily with tools learned to help reduce stress in your life. These are simple steps, don't worry.

STEP 7: Exercise - You'll be pleasantly surprised to discover that exercise activities that balance blood sugars, do not require hours at the gym. Learn the best type of exercise for you should be doing, it might surprise you.

Step 8: Quality Sleep - The impact of sleep and lack of sleep on blood sugars is enormous. Learn how to manage your sleep better to have controlled blood sugars in the morning and wake you feeling energized.

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PHASE 3: RECLAIM YOUR VITALITY

STEP 9: Transition - Evaluation of your readiness to transition foods back into your lifestyle. Resources will guide you with criteria for moving out of the metabolic reset phase and instruct you how to reintroduce foods wisely.

STEP 10: New metabolic Baseline - The body is in a different state than when you started. It's time to reassess and create a plan to maintain your new metabolic baseline. Evaluating where you are at now, what you can do to continue to improve, or identify the obstacles that are holding you back. You will figure out what you need to do to keep you moving in the right direction.

Step 11: Breaking Plateaus - Learn the best way to break through stubborn stalls and speed up a slow metabolism.

Step 12: Sustainability - Start to see the bigger picture and learn how to break through any situation and get back on track. It's about being healthy, so you look and feel your best. Start listening to your body and explore how to create a flexible lifestyle and keep the weight off for good.