



ABUNDANT LIFE BOOTCAMP

What if you could lose weight, become pain-free and enjoy optimal health in 2023? Many people went before you with success stories to tell. Now it's your turn. A new chapter in your life is waiting for you!

Each day lighter and healthier-
one meal at a time

Rewrite your story! _____





WHAT DO YOU WISH FOR?

A HEALTHY, LEAN BODY?

- A healthy, energized body!
- Pain-free (no more headaches, muscle cramps, joint pains, etc.)
- Weight loss! A healthy body always goes to normal size. We only need to remove the obstacles.
- A lifestyle that supports a strong immune system
- Clear mind (no mental fog - sharp and quick thinking)
- Calm mood (a body in balance supports a healthy mind)
- Glowing skin (a healthy inside will show on the outside)
- Focus and discipline
- New healthy habits that last
- To break free from the forever diet cycle

Rewrite your story! _____





7 WEEK JOURNEY TO A LEANER, HEALTHY BODY

- Menu plans for 40 days to choose from based on your goals and food preferences.
- Recipe book with 70+ delicious and easy recipes
- Daily nutritional guidelines.
- A daily nutritional journal to plan and revise meals and keep focused.
- Weekly evaluation and support:
 - Progress tracker
 - Follow up action plans
- 7 Live coaching sessions (45 min) focused on optimal nutrition, food strategies, stress relief techniques and the power of habits.
- Selected videos and inspirational material that equip you with the necessary knowledge without having to read a pile of books
- A system for sustainable success: Strategies to implement lasting healthy habits that will become your new normal.
- Step-by-step **support** to help you reach your goals.
- Maintenance strategy plan on completion of the program to keep up the good work and make this new lifestyle your normal..



THE HOW TO OF YOUR 7-WEEK JOURNEY



- Session 1: An overview of the program. Downloading your recipe book, menu plan and other key components from the members' page. The nutrient-excellence scale. Practical plans to start your new journey
- Session 2: The impact of acid/alkaline-forming foods on your health.
- Session 3: The importance of a healthy gut on your weight loss journey. Foods that heal your gut to achieve a healthy body and glowing skin!
- Session 4: The link between stress and your weight. Techniques that release stress and anxiety naturally. Pro-active action plans to manage stress in a positive way.
- Session 5: Discover how your thought patterns impact your life. A 21-day strategy to detox your brain from toxic thoughts. How to let go of the past and embrace your new future.
- Session 6: Your mindset connected to food, your body image and life. How to renew your mind to transform your life.
- Session 7: How to replace bad habits with lasting good habits. Systems for success and consistency in future wellbeing. How to improve any recipe to a healthier version. How to thrive in social events, parties and the festive season

Rewrite your story



THE 7 STEPS TO A LIGHTER, BRIGHTER & HEALTHIER LIFE

- 1. Define your goal**
- 2. Gain the knowledge**
- 3. Design a strategy**
- 4. Systems for Success**
- 5. Accountability**
- 6. Consistency**
- 7. Celebrate your success**

Your commitment to your success is to choose Light2live to partner with you on your new journey. Our commitment to your success is to help you achieve your goals using these 7 stepping stones.

Rewrite your story _____





Light²
LIVE

- No diet. New lifestyle
- All food groups allowed
- Delicious meals
- Quick and easy meals
- System safety net
- Continual support
- Expect 8-12 kg in 7 weeks weight loss

COMMITMENT = SUCCESS

*Are you ready for a new
season in your life?*

Sign me up

Rewrite your story





STEPS TO GET STARTED

1. Select your payment option (Up to 3 months payment options).
2. **Sign up** as a member on Light2live.com
3. Download your documentation:
 - a. **Daily guidelines**
 - b. **Recipe book**
 - c. **Menu plans**
4. Attend any one of the weekly classes online:
 - Saturdays 15h00 - 16h00
 - Mondays 17h00 - 18h00
 - Wednesdays 12h00 - 13h00
5. Session 1 starts on Saturday 14 Jan 2023 (15h00) repeats on Monday, 16 Jan (17h00) and Wed 18 Jan 2023 (12h00).

YOUR HEALTH IS
YOUR BIGGEST
WEALTH

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