



**The CC Fitness 21-Day SPRING AHEAD Group Nutrition Challenge  
with Jackie Gaulton, Precision Nutrition Certified Coach**

**NOTHING CHANGES if NOTHING CHANGES - You will be amazed by what you can accomplish when you COMMIT to your workouts at CC Fitness and 'nourish to flourish' EVERY DAY for 21 Days!**

The added support of a nutrition coach, and a like-minded community of others also striving to improve their wellness, makes the 21 Day Group Nutrition Coaching Program unique and effective. Your HEALTHY better choices start here!

There is no calorie counting, or foods that are off-limits, just BETTER choices that can be made! Jackie will coach you on how to make those choices and build HEALTHY habits that will take you one step closer to your goals every day for 21 days and beyond!

You already have been showing up for your workouts consistently - now it's time to make sure your nutrition is supporting the effort you're putting in by consistently making better choices.

Over our 21 days, you'll get support and learn how to fuel *your* body and meet your wellness goals with balanced meals, high-quality protein, nourishing vegetables, healthy fats, and whole food carbohydrates so your energy, recovery, and metabolism can work at their best!

**CC Fitness SPRING AHEAD 21 Day Group Nutrition Coaching**  
with Jackie Gaulton, PN1 Nutrition Coach

**Inside the 21 Days You'll Get:**

- ✓ Weekly Sunday Group Coaching Meeting / 30 minutes on Zoom x 4 meetings
- ✓ Your own Personalized Nutrition Plan & Guide based on your Wellness Goals (PDF)
- ✓ The 8 Essential Habits nutrition guide that supports an active, healthy lifestyle.
- ✓ Daily Motivational Email from Jackie delivered to your inbox for 21 Days featuring: Meal ideas and strategies to make healthy eating easier! Daily habit prompts to help you stay consistent! Education on nutrition to benefit your workouts, recovery, and energy - and overall wellness.

If you're already committed to moving your body, this challenge will help you align your nutrition with your effort so you can feel the results of everything you're doing.

Strong habits. Simple structure. Real food. Real results.

**Ready to SPRING AHEAD?**

Each participant will be asked to fill out an intake questionnaire once you have registered, and using this information Jackie will provide each participant with their own personalized nutrition

plan and guide based on their wellness goals and their “why’s”. For example - to feel better, have more energy, improve everyday quality of life, gain muscle.

Each week when we will meet as a group Jackie will provide you with additional nutrition guidance and habit focus for the coming week and answer any questions that you have.

**About Coach Jackie:**

Jackie Gaulton is a PN1 Certified Nutrition Coach, as well as yoga teacher and fitness instructor. She coaches nutrition from the perspective of whole health and wellness - and helps clients focus on good Nutrition Habits to find and maintain an optimal, healthy body weight to promote overall well-being, in combination with physical fitness and mindfulness. This biopsychosocial lens recognizes the importance of the role of stress, relationships, emotional wellness, physical wellness, lifestyle and how all of these factors impact you and your well-being.

As a 13 year breast cancer survivor she is living proof of the positive benefits of making healthy choices, and is passionate about sharing all that she has learned with you! Your success is her success - progress over perfection - we have one amazing life, so let’s make the most of it ONE BETTER CHOICE at a time!

You can read more about Jackie on her website: [www.jackiegaulton.ca](http://www.jackiegaulton.ca)