



Shape Up and Shine

12 WEEKS TO A MORE FIT AND RADIANT YOU!

WHAT IF...

- **What if...**you could lose the weight you've been holding onto for years, FOR GOOD?
- **What if...**you had confidence in your body and could feel good in whatever you wear?
- **What if...**you knew exactly what steps to take to bring you back to feeling alive and beautiful for the rest of your life?
- **What if...**you woke up each day alive with energy and excited for what's to come?
- **What if...**you never had go on another diet again?

...ditch the diets and change how you live each day. Become a better You. The time is now, your beautiful self is waiting.

HERE'S THE PROBLEM...

Here's why most diet plans don't have staying power:

- They stick to a generalized weight management program counting calories or points as the main way to lose weight. This is a **“food based”** weight loss program.
- Once the dieter loses the weight, they stop keeping track, and **eventually gain pounds back**.
- Often, dieters will go back to the same program again and again, or they will jump from program to program, **continuing a cycle of losing and gaining**.
- They are not age/gender specific. **Most programs don't specialize in helping people of a specific demographic**, but as we age our metabolism shifts, our bodies change, our energy levels drop, and the things we once did to stay fit are no longer working.

The one size fits all system is not always the right fit for women over 40. As we move through menopause and into this new phase of your lives, we should be more vibrant than ever. You CAN regain that energy from your youth. You CAN live in the body you desire. You DESERVE to feel and look good, no matter your age.

You DESERVE to look and feel good, no matter your age!

Hi, I'M Maureen your Accountability Coach.



Hey! I'm **Maureen Dinkins** and I created the **Shape Up and Shine**, a holistic approach to lifetime health and well-being.

As a yoga and fitness teacher since 2004, I have lived the struggles of gaining and losing weight, especially during transitional life phases.

My wake up call happened when I was 44, already a year into perimenopause. My metabolism was slow, I was exhausted, and was having dozens of hot flashes per day. I had gained 20+ pounds since turning 40, but I wasn't going to let things stay that way. There had to be a way to get my energy up and my body toned.

Less than a year before my 45th birthday, I decided that at 45, I was going to be and feel better than at 25. And I did. Losing the 20 pounds was just the beginning. Gaining self worth, confidence, and an inner glow that others comment on all the time, is the real reason I continue to help women change their lives, their habits, and their mindsets into believing that they are worth it. We are strong and vibrant. Sometimes you just need someone to help show you the way ~~back~~ there.

When I realized that 45 is just the mid-way point in life, I decided that there is so much more life to live. This is the best time in your life. With wisdom and an able body, you can do anything.

Degrees & Certifications

- BA University of South Florida
- 500 Hour Registered Yoga Teacher
- 200 Hour Registered Yoga School @ClarityGlobal
- 300 Hour Certified Meditation Teacher
- Authorized Ashtanga Yoga Teacher, Ashtanga Yoga Institute, Mysore, India
- Ayurvedic Nutrition & Cooking, Mysore Ayurveda Academy, India

WHO I WORK WITH

I have found that my system works best for this group of people:

Women all ages who have a difficult time losing and keeping weight off, who feel sluggish, and may be suffering from the effects of (peri)menopause, or child bearing weight gain. These women may also feel loss of their sense of self, and be seeking a higher purpose, or better direction in life, and are looking to get healthy for life.

WHO I DON'T WORK WITH

People looking for a quick fix or a fast way to lose weight. People who are not ready to take responsibility for their own health and well-being.

WHY I'M DIFFERENT

- I will provide **proven systems & structure** to help you accomplish your goals every single week.
- I've been helping women believe in themselves and become stronger through movement and mindfulness **since 2004**, and I will do the same for you.
- I will guide you through **daily self-care routines** that help lift your energy and spirit.
- I will teach you how to **stop mindless eating** and **practice joyful nourishment** through food.
- I will support you with **LIVE meetings every week**, as well as unlimited daily support via chat.
- I will collaborate with you to create a **meal plan that works with your body type**.
- I will provide **exercises and workout tips** to target specific areas of the body.
- I am **100% results-driven**. You get lifetime access to the material AND support.
- I will teach you self-confidence and meditation techniques **overcome your mental blocks**.
- *I care deeply for your complete health and well-being. I want to see you thrive and glow for the world to see. I support you fully on this step to a new and better state of being.*

HOW IT WORKS

When you sign up to work with me, you will receive individualized coaching,

STEP 1: Shape Up and Shine Method

During the **First WEEK** you will understand how much food plays a part in your life and how to **transform eating habits** into “fueling” habits. You will have the tools to and support to start a daily exercise routine, and learn how to **accelerate your metabolism** by incorporating nearly effortless calorie burning activities every day.

STEP 2: Breakthrough Approach to Weight Loss

In **Week 2, Self-Observation is key.** By using calorie counting apps, and fitness trackers on your phone, I will help you **reassign mindless scrolling into productive steps** that will help you carve out time for YOU. I will teach you how **easy it is to make time for your health**, just by using your phone to keep track of food and exercise. Keeping track on my phone helped me tremendously, and I can show you how. In this second step, you will get the full picture of what needs to change in order for you to reach your weight loss goals.

HOW IT WORKS

STEP 3: Creating Time for You

Now that you have carved out time for your well-being, you can start a routine that carries you through each day. I will help you set up a **customized daily schedule for your beauty and fitness routines**, as well as carving out time for **meal planning**. Together we'll make and find the time for YOU!

STEP 4: Weight Loss and Self-Worth

This is where the **metamorphosis-magic** happens! You start noticing results. Your clothes fit better, friends are commenting on how good you look. **You are glowing!** Now is the time to work on our “inner voice” so that you can keep going in this same direction. This is the moment you are ready to **push yourself through to the next level version of yourself**.

STEP 5: Next Level You

Picture yourself in three months. Picture a more vibrant, glowing, healthier YOU! **This is the Next Level Version of YOU!** This Version of YOU is ready for you to arrive. Who will you become in these next three months? Get to know her, this energetic, lively, more youthful, playful person that you know is inside of you. She is you, you are her. Let's Go! I will show you the way to this **newer, beautiful YOU!**

HOW IT WORKS

STEP 6: Trying Something New

Now that you have become confident, slimmer, stronger, and glowing from within, it's time to go out into the world and try something new. Let's plan adventures and new experiences. Let's take this new version of YOU and do the things you have always wanted to do. Skydiving, surfing, dancing, skateboarding? Let me help you **DREAM BIG!** I will cheer you on as you push your limits to your dreams and beyond.

STEP 7: Live the Shape Up and Shine Lifestyle

In this last phase of the program, **you will have the confidence to continue on your own.** How? With continued support of our Facebook Group and Direct Messaging with your Coach for life. In addition, contribute and be inspired by our Pinterest Pages and Ideas. You will forever be a member, and continue to grow with the **Shape Up and Shine** Community.

The Result: Once you complete the program, you will be able to maintain these healthy habits for the rest of your life. **These lessons will become so ingrained in your life, letting go of them will not even be an option** because it is who you are, this better, more vibrant, beautiful version of yourself. It's possible to get better and better with age and with this program. **You will have the tools for lifelong success** to maintain healthy eating habits, a fit body, continuous self-care, and daily beauty routines.

My Journey

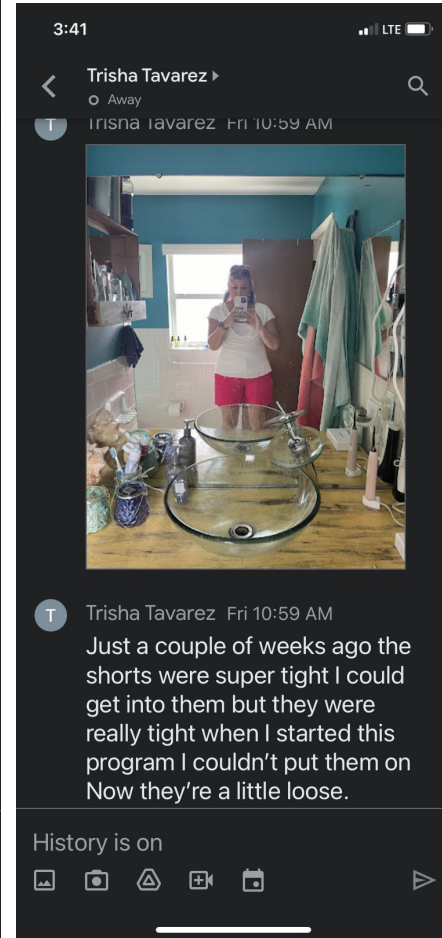
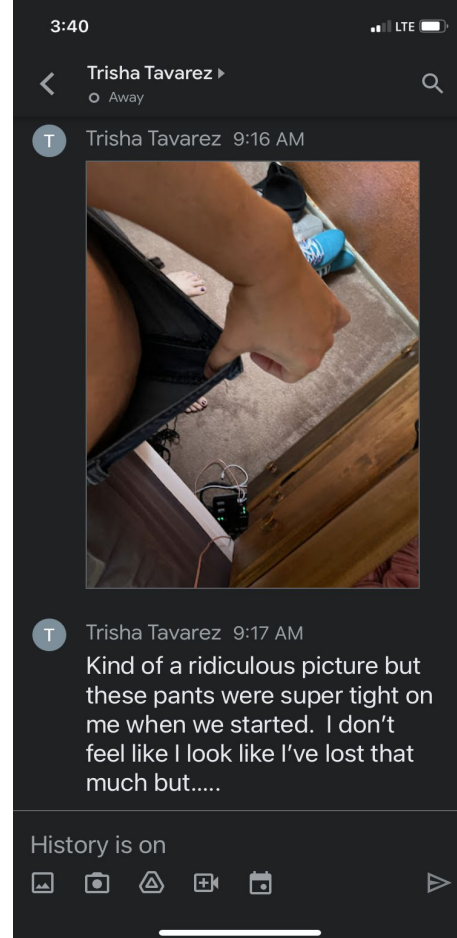
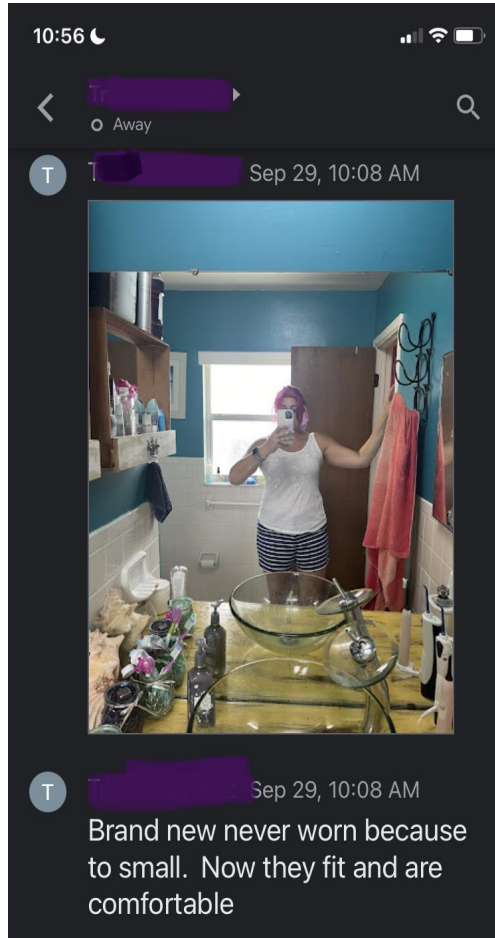
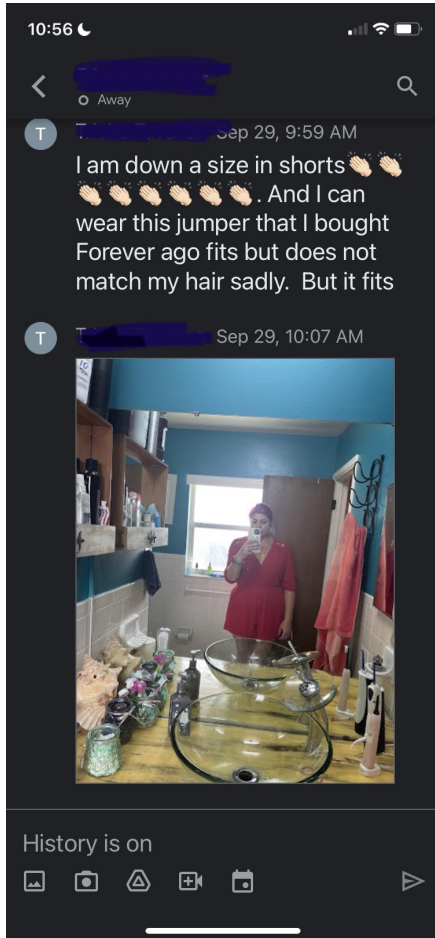


This is me at 44 years old. Overweight and feeling it. My bones hurt. Hot flashes were constant. I may be smiling, but I was unhappy with myself.



**See
Maureen
Today!**

This is Trish, losing weight for good!



But Wait there's MORE!

BLACK FRIDAY BONUS BUNDLE ~~\$2198~~ only \$900!!!

When you register before December 1st, 2021

1.) First you get 12 Weeks of personalized coaching to help you start losing weight and loving yourself for ~~\$1200~~ **\$900.**

2.) You also get 30 Days of Journaling Topics to help you Manifest your dreams for ~~\$299~~ **FREE!**

3.) 11 Nights of Meditation for better more restful sleep for ~~\$99~~ **FREE!**

4.) Weekly Cooking Classes to help you stay on track with your diet ~~\$600~~ **FREE** for 12 WEEKS.



This offer is ONLY available for purchase before December 1st, 2021. After that each program is FULL PRICE.

Want to work together?

Click the button below to fill out the application to join **Shape Up and Shine**. In the application, I'll get to know you, ask some questions about your health and fitness goals and your journey thus far. You can talk to me about your goals, lifestyle, and what you'd like to change.

Once you fill out the application, you can schedule a discovery call to speak with Maureen about your health and wellness goals. A discovery call allows you to discuss your personal goals and helps your coach Maureen create a plan that will be specifically designed to help you lose weight and rediscover your lust for living!

I'm so EXCITED!
CLICK HERE NOW
to APPLY