

All about The Faster Way

FASTER Way To Fat Loss is the **leading** virtual health and wellness company in the marketplace. We focus on fueling our bodies to give you more energy, help balance hormones, and ensure you are feeling your very best.

We do this by utilizing intermittent fasting, carb cycling, and macro tracking, all paired with effective workouts that can be done at the gym, or from the comfort of your own home, in 30 minutes or less. As if that's not great already, we have the best, most supportive, and helpful community there is, with daily accountability and coaching from a private small group, with your personal coach, ME!

FASTER Way teaches you how to turn your body into a fat-burning machine so that you can live a healthy life without any deprivation because let's be honest ...
life is not life without donuts!



What you get for \$199

- six-week experience with **ME** as your certified coach
- private accountability group where you learn **EVERYTHING** you need to know
- a great **COMMUNITY** of other liked-minded individuals working towards their goals right alongside you
- **PERSONALIZED** macros to your individual goals
- weekly meal plans with grocery list sent straight to your inbox, as well as many **BONUS** recipes and ideas from me
- **DAILY** workouts at your fingertips - gym, at home, and low impact options
- When you complete your initial 6 weeks, you automatically roll into our **FASTER Way VIP membership**

