



body beauty love life™

# Fabulous

After 50 BLUEPRINT

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## Information

Julia Linn, ISSA Certified Coach, Educator, Speaker, Author



# Fabulous After 50 Blueprint

## HOW IT WILL WORK

### Livestreams

Twice a month on Zoom: group livestream on elements of your fitness journey.

Q & A, share wins and challenges. A recording will be available for replay at your convenience.

***The Livestream schedule is on the platform. You also have access to all previous livestreams.***

### Program Content

All program content is parked on a private platform hosted by Mighty Network - under my brand BODY BEAUTY LOVE LIFE™. You have full access to a special collection of resources only for

**FABULOUS After 50 Blueprint Members.**

***The link & invitation to join is sent to you in an email as soon as you sign up.***

### Training

Training blocks should be followed for 4-6 weeks. This is on a proprietary app with mobile and desktop functionality (iOS & Android.) It provides specific upper and lower body exercises (for home or gym) with instructions and video. In each video I demonstrate the movement myself.

There are modifications and alternatives for **avoiding injury**, the Number One goal.

***Your training blocks will be posted on the app for easy access. Your training program can be modified based on your unique daily schedule & any limitations of your body..***

### Macros & Nutrition

An individually designed macro plan can be designed for you. I'll educate you on how macros work, best practices, & becoming an ace tracker of your nutrition!

If Macros don't work for you, I use the Portion Blueprint for nutrition. No tracking necessary for this strategy, & it's what I used to get my results in the first 2 years.

***Your custom macro nutrition plan is sent to you in a separate email. If you opt for the Portion Blueprint, it will be explained in detail during the kick off call after your intake form is in.***

### Accountability

On weeks with no livestream class, an ACCOUNTABILITY CIRCLE with a moderator - a small group of your fellow queenagers, you can discuss wins, challenges, give and get support. Community is a key aspect to success!

***A monthly check in form to assess your progress, adjust nutrition/macros and make any changes will be emailed to you once a month on the 15th. Tracking progress is key!***

***As your coach, you have access to me via private chat on the free app VOXER. when you download it, find my name Julia Linn, and send me a chat saying HI so I know we're connected there.***

Let's go, Beautiful!