



# COMPLETE TRAINING SOLUTIONS

Welcome to your **Nutrition for Weight Loss** virtual class with Coach Robb! Over the next three hours you will get a completely new perspective about the science associated with dropping unwanted body fat (notice, "losing weight" wasn't mentioned!) and keeping it off! Don't be intimidated by the word "science," instead embrace the idea that Coach Robb is going to drill down on the relationship between food, sleep and exercise into easily digestible (no pun intended) segments and debunk the myths about how the body stores and leverages body fat. The debunking of these myths isn't what the gyms and various weight loss "systems" want you to know because what you don't know is driving their bottom line profit dollars. For the price of admission, you will have EVERYTHING that you need to drop and keep off those unwanted pounds of body fat.

## Step One:

Print the PDF of the presentation so you can follow along with the video and take notes.

## Step Two:

Watch Video

Video #1 - <https://youtu.be/tANfErBUz0g>

Video #2 - <https://youtu.be/POLSHerixII>

Video #3 - <https://youtu.be/x52cmdZIBkk>

## Step Three:

Begin by capturing some baseline information:

Capture your **Body Measurements** on the attached excel spreadsheet (Coach Robb's Body Measurements). [Please click here](#) for an instructional video on how to correctly capture your Body Measurements. To ensure that your exercise and eating habits are on the right track, re-capture your body measurements every eight weeks.

Fill in your **Body Analysis** tab each day to ensure that your body is not working too hard (indicated by an elevated heart rate). [Click here](#) to watch a short video outlining the how to correctly capture your daily Body Analysis numbers.

Begin the **2-Week Food Challenge**. Instructions are included in the attached pdf document.

**Step Four:** Following the 2-Week Food Challenge, use the attached Food Log to document what you are consuming daily. You will want to start re-introducing foods taken out during the challenge to see how your body reacts and tolerates them. If you have adverse effects, such as weight gain, mental fog or low energy, you will then know that this is an item you need to stay away from. Use the Food Log as a tool to help you refine your diet going forward.

If you encounter any frustrations or have any specific questions, please don't hesitate to reach out to our Client Services team via email. We would be honored and enjoy getting you the information and resources that you need!

Thank you again for purchasing **Coach Robb's Nutrition for Weight Loss Educational Bundle!** If you are interested in sharing with us your experience – we would like to share your journey and associated progress with others to encourage them to take responsibility for their health and wellness, just like you have.

For additional resources, please visit CoachRobb.com. Various articles and videos are available for you to review where you can learn more about how your body responds to your eating, sleeping and exercise habits (For example, there is a short video about why you should NOT stretch prior to exercising along with answering the question does chiropractic care work and much more!

Also available at CoachRobb.com are additional educational bundles: Nutrition for Performance, Mental Blueprint of Success, Anatomy of an Injury with more being added monthly.

Yours in sport & health,  
- Coach Robb, Coaches & Staff