

Evolve Fitness: Free Course Blueprint

By Angel Elaine

Quote: *"I can, I will, so someday I CAN SAY I DID."*

Introduction: Welcome to Your Evolution

Welcome to the Evolve Fitness community! My name is Angel Elaine, and I am so excited to embark on this journey with you. This free course is designed to be your first step towards a healthier, stronger, and more confident you. I believe in meeting you where you are and providing the support you need to achieve your goals. This isn't about a quick fix; it's about a lifestyle transformation. Together, we will build a foundation for lasting health and wellness.

Course Goals:

- Establish a positive and resilient mindset.
 - Learn the fundamentals of nutrition for a healthy lifestyle.
 - Build a solid foundation in fitness with effective workout routines.
 - Develop consistency and sustainable habits for long-term success.
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Module 1: The Power of Mindset & Clear Goals

Your fitness journey begins in your mind. A strong mindset is the most critical tool you have for overcoming challenges and staying committed. In this module, we'll focus on building that mental fortitude and setting clear, achievable goals.

- **My Story:** I want to share a piece of my journey with you. After a decade away from fitness and facing personal struggles with mental health, I found my way back to a healthy lifestyle, losing 22 pounds in 2 months. I understand the challenges, and I am here to show you that transformation is possible.

- **Setting SMART Goals:** We will work together to set goals that are Specific, Measurable, Achievable, Relevant, and Time-bound. This framework will provide you with a clear roadmap for your journey.
 - **Come As You Are:** This is a judgment-free zone. We all start somewhere. The most important thing is that you've decided to start. I'll show up where you need me to, every step of the way.
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Module 2: Fueling Your Body: Nutrition Fundamentals

Nutrition is a cornerstone of any successful fitness journey. What you eat provides the energy for your workouts and the building blocks for a strong body. This module will demystify nutrition and empower you to make healthy choices.

- **Understanding Macronutrients:** Learn about the roles of protein, carbohydrates, and fats in your diet.
 - **Hydration:** Discover the importance of water and how much you should be drinking daily.
 - **Healthy Eating Habits:** We'll explore practical tips for creating balanced meals, reading nutrition labels, and avoiding common pitfalls.
 - **Simple Meal Prep:** I'll share some of my favorite easy and delicious meal prep ideas to help you stay on track, even on your busiest days.
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Module 3: Building Your Foundation: Workout Principles

This module is where we get moving! We'll cover the basics of exercise, ensuring you have the knowledge to work out safely and effectively. Remember, every workout is a step towards your goal.

- **Types of Exercise:** An introduction to cardiovascular exercise, strength training, and flexibility work.
- **Proper Form is Key:** Learn the correct form for fundamental exercises to maximize results and prevent injuries.

- **Sample Weekly Workout Plan:** I'll provide a balanced, full-body workout plan that you can do at home or in the gym. This will include a mix of cardio and strength exercises to get you started.
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Module 4: Consistency is Everything: Building a Lasting Lifestyle

Motivation comes and goes, but consistency is what creates real, lasting change. In this final module, we'll focus on strategies to help you stay on track and make fitness a permanent part of your life.

- **Creating Sustainable Habits:** Learn how to integrate fitness and healthy eating into your daily routine.
 - **Tracking Your Progress:** We'll discuss effective ways to monitor your progress beyond the scale, such as taking measurements and photos.
 - **Staying Motivated:** I'll share my top tips for staying motivated, even when you don't feel like it. We're in this together!
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Next Steps: Evolve with Me

Congratulations on completing the Evolve Fitness free course! You have taken a significant step towards a healthier and happier you. If you're ready to take your journey to the next level, I offer personalized training programs to help you reach your specific goals.

Personal Training Services:

- **Online Coaching:** \$50/hour
- **In-Person Training (NYC):** \$80/hour

Let's continue this journey together. I am here to support you, guide you, and celebrate your victories. Remember: **I can, I will, so someday I CAN SAY I DID.**

Contact me to schedule your first session!