



Welcome.

Body Transformations By Trina was established and created by Trina Claiborne, Healthy Lifestyle Coach/Personal Trainer/ Figure Competitor/Motivational Speaker and Author. Her passion for fitness and living a healthy lifestyle positioned her to help many clients achieve fitness goals they never dreamed possible. Her fitness journey began years ago battling with her own weight challenges. Her lack of nutritional knowledge and how exercise can be used to reshape the body were major downfalls in her efforts to keep her weight down. She yo-yo dieted for years until she finally decided to find the answer. In her search, she discovered two truths when it comes to fat loss: 1. the human body is very complex, but 100% predictable, and 2. The reflection in the mirror is a manifestation of the spirit producing actions not conducive to fat loss.



Lifestyle Coaching

Body Transformations by Trina

Email:

BodyTransformationsByTrina@gmail.com

Phone: 706-383-7222

Fax: (678) 828-5865

www.BodyTransformationsByTrina.com

BODY TRANSFORMATIONS



By Trina

Permanent Fat Loss / Body Transformation / Habit Transformation

**Transforming the Mind,
Body & Spirit for
Ultimate Health!**



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Unique Fat Loss Solutions For You!



FOR BODY / FOR SPIRIT / FOR MIND / FOR STRENGTH / FOR ENERGY / FOR LOVE / FOR ATTITUDE / FOR FAMILY / FOR STAMINA / FOR VITALITY / FOR HAPPINESS

Body Transformation by Trina is a 12 week body transforming system with eight mandatory coaching sessions; meeting once per week the first 3 weeks and then every two weeks plus the 12th week. This system is designed to reveal your unique dietary set-point where permanent and pure fat loss is achieved without counting calories. The body is 100% predictable when it comes to fat loss & the principles incorporated in the plan force the body to burn pure fat.

Lifestyle Complexity Based Coaching

The coaching is based upon lifestyle complexities because the amount of responsibilities carried in life has a direct impact on the reflection in the mirror and how you feel physically and emotionally. These coaching packages are categorized as:

FREEDOM - are single with no children and no pets

LIMITED FREEDOM - are single w/pets or single parent with or without pets.

BALL & CHAIN - married couples or domestic partners with no children and no pets.

BALL/CHAIN & a FEW ROPES - married couples or domestic partner with children, or pets or both.

Note: Coaching time for the FREEDOM levels is 1 hour & 1.5 hours for the BALL/CHAIN

Start-up Package

The Start-up package comes with all coaching plans and include the following items:

- ✓ Customized Dietary Set-Point Food Guide
- ✓ Daily Meal Dietary Journal
- ✓ Progress Tracking Journal
- ✓ Understanding How to Read Food Label Guide
- ✓ Dining-out Guide
- ✓ List of Hidden Sugar Names
- ✓ Understanding the Effects of Alkalinity vs. Acidic pH Levels
 - ✓ Alkaline and Acidic Food List
 - ✓ Body Composition Charting

Two-Phase Coaching

The Body Transformations Lifestyle coaching sessions consist of two phases:

1 Healthy Lifestyle Mechanics phase - evaluating results, developing solutions to solve any lifestyle mechanical challenges, making changes when the plan is followed 100% AND results are trending in the wrong direction to discover unique dietary set-point & setting goals for the next session.

2 Emotional/Spiritual Transformation phase - is designed to uncover your root cause of fat loss challenges. The Body Transformation system is based on the spiritual fact that nothing in the natural exist without it being manifest by the spirit first. This is where we uncover your real cause(s) responsible for the repeated actions resulting in excessive body fat and constant yo-yo dieting to create reversal solutions conducive to your fitness goals.

NOTE: Additional coaching sessions are available to individuals completing the initial 12-week system at a discounted price expiring 60 days after the completion of the 12-week system.

Contact us for Free Consultation:

Call: 706-383-7222

Or log on to:
www.BodyTransformationsbytrina.com