

Welcome to

EMPOWERED TO GO LIVE



WWW.BEUFITNESSANDNUTRITION.COM

BEU FITNESS & NUTRITION



WELCOME

The next twelve weeks are going to be mind-blowing, comforting, and life enhancing all at the same time.

If you're reading this, you might be tired of feeling like:

- you're on a roller coaster of information, energy, and emotions thanks to conflicting advice from doctors, family members, personal trainers, and friends.
- you're tired of second guessing the wellness advice that has saturated social media.
- you've lost your appetite for life without explanation or reason- it's just as frustrating as it is stressful.
- you're putting in a lot of effort to "do the right thing," and not seeing or feeling any results.

It's time to prioritize your personal health, so that you can keep achieving your success.

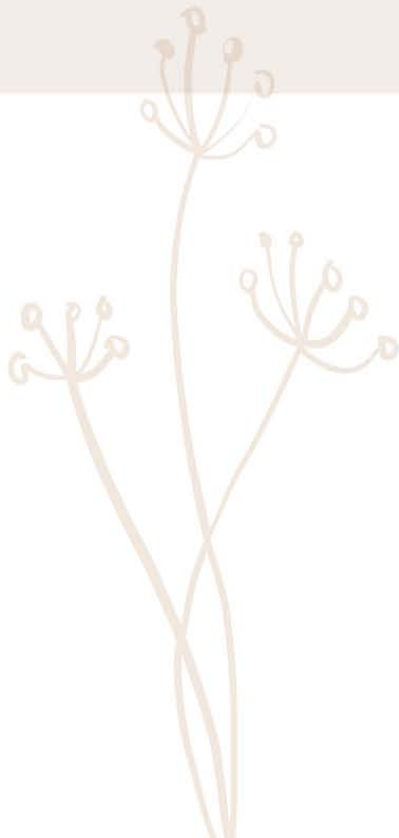
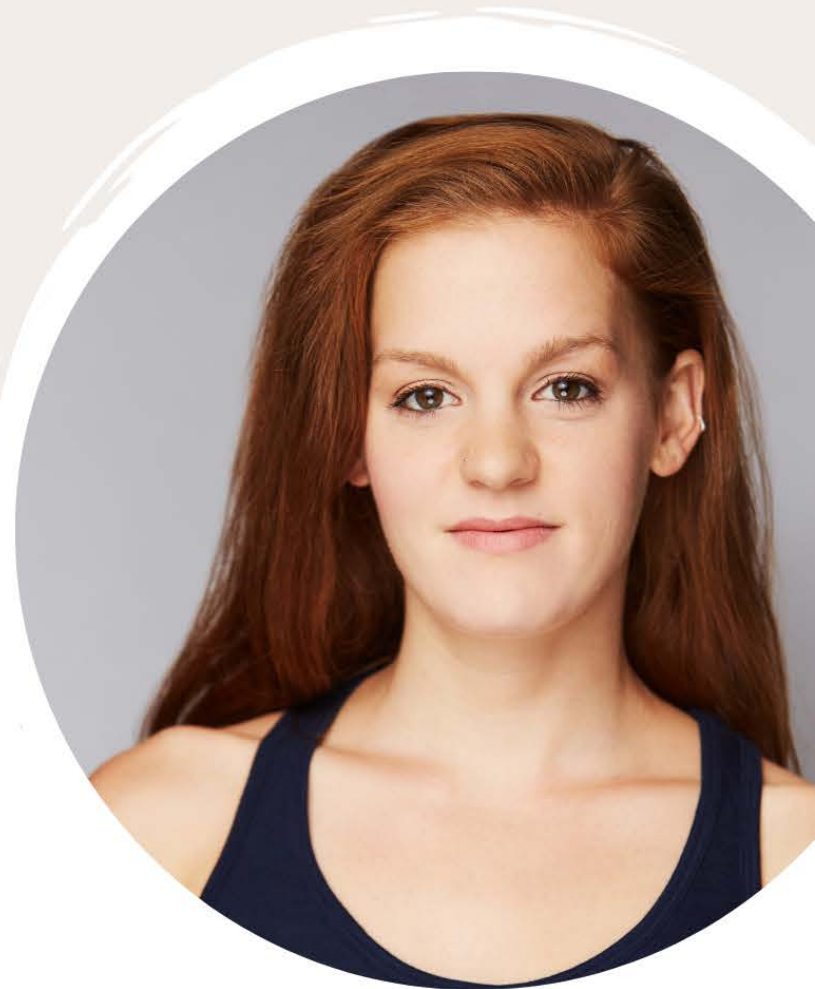
BRONWYN BARRY
NUTRITIONAL THERAPIST & FITNESS SPECIALIST

HI, I'M BRONWYN BARRY

I coach high performing creatives like you to stop sacrificing your self for your success.

It's hard to be you, when all you want to do is hide.

I want a world where you feel worthy enough of the things that bring you limitless energy and confidence. It makes your performance in your job noticeably more gratifying. It's the world I wish had existed for me a few years ago, and it's why I'm now creating it for others.





WHAT'S IN IT FOR YOU?

Freedom; you'll be putting your self first (for once!) in order to achieve the success you deserve.

Confidence; knowing that your body and mind are strong enough, supported enough, and flexible enough to meet your daily demands.

Energy; you'll finally understand what needs to go in to your fuel tank in order to get what you need out of it.

Clarity; what truly makes you tick- no more feeling spacey or uncertain.

Accountability; through group support, as well as 1:1 time within the twelve weeks of the programme. You will be cheered on and supported as you claim your self back.

FIVE PROVEN PILLARS
that build your
success



- 1 Stress
- 2 Recovery
- 3 Nutrition and Digestion
- 4 Fitness
- 5 Adaptability

IN 12 WEEKS, THESE ARE THE
TOOLS THAT CREATE

unlimited success.

Education

- 1** You'll be learning how your body works, and what your body thrives off of. You'll get resources like the Empowered On the Go & the gpm Dinner Guide digital downloads. You'll learn how your body adapts to your daily stress load, and how to cope when you accidentally push the "panic button."
- 2** **Weekly, individualized check ins**
Week by week, your progress gets tracked which helps you continue to build motivation & accountability that creates long lasting results in your health.
- 3** **Resources that do the thinking for you**
You get curated shopping lists and recipe resources that are updated every four weeks of your programme, so that building a healthier foundation is more seamlessly accomplished. You'll also get tailored exercise support which will include full video library support and feedback.
- 4** **A community who learn with you**
You're not in it alone, even though you enrolled yourself in the programme. ETG LIVE includes a communal space for learning and celebration; modules are released at the same time each week, to everyone in the programme.
- 5** **Office hours to make sure your questions are answered**
Every working day, I hold office hours to ensure that you don't feel abandoned in a tricky moment. During these hours, I also work on your Plan of Action to ensure you walk away with more freedom to enjoy the lifestyle that you love.



THESE RESULTS COULD BE YOURS!

UNCERTAINTY

How am I going to know what the best choice is for me?

FATIGUE

I'm too tired, too jet-lagged, and too brain-fogged to get through my work day, how will I get through my evening?

DISCOMFORT

I don't know what meals make my belly bloat- all I know is that it's uncomfortable and the belly bloat pills only offer temporary relief.

UNHINGED

The plan is: there is no plan. Simply scrape by and hope that what I'm doing will have somewhat of a beneficial effect.

CLARITY

I know what to do to fuel my body and how to exercise to create the most energized version of me.

ENERGY

I can go from work, to family, to the gym, to social gatherings with ease and assurance.

SELF- ASSURED

I understand which foods I feel best on, and I can choose when to indulge in meals that might make me feel differently.

IN COMMAND

I have a targeted plan of action which I was able to create for myself so that I can be the best version of me that I deserve to be!

VS



THE BEST PART?

lifetime results.

- 1 You get to download EVERYTHING so that you have access whenever you need- you don't need to stay enrolled in ETG LIVE to access the resources that help you achieve what you've set out to accomplish.
- 2 You can replay community calls as often as you need; anytime you feel like you need a bit more motivation, we're right there for you!
- 3 After ETG LIVE ends, you'll get access to a rolling monthly membership so that you can carry on with weekly check-ins, and access to office hours that continue to empower you to go.

BUT WAIT...I HAVE QUESTIONS!

HOW DO I KNOW IF EMPOWERED TO GO LIVE IS RIGHT FOR ME?

If you're reading this, then YES it's the right fit for you. ETG LIVE has helped: performers, directors, fitness instructors, school teachers, marketing strategists, and physical therapists. If you're still skeptical, email me at info@beufitnessandnutrition.com and let's schedule a complimentary pre-consultation to chat more about your needs and questions.

DO I GET DIET ADVICE?

No, you're getting something better. You get education around dietary protocols that work for high performing individuals, so you don't waste time trying out diets that don't give you the energy you need to yield the results you deserve.

WHAT'S THE PRICE? DO I PAY IN FULL?

Your investment can either be paid in full at 475 euro, or it can be broken down into three installments of 159 euro for the twelve week programme. When you sign up, you can specify which method of payment you prefer and I will take care of the rest. You'll have one less thing to worry about!

DO I NEED TO HAVE A COMPUTER TO ACCESS MY PROGRAMME?

Nope! Everything that you need- your education, your resources, your community board, and your coach- can all be accessed from a smartphone or tablet if you like. You'll get access to the programme and community platform upon registration, and when the programme starts you'll receive details on how to communicate with me directly.



READY TO GET STARTED?

EMPOWERED TO GO IS READY FOR YOU

With a structured approach to what you **really** need in order to stop sacrificing your self for your success, Empowered To Go LIVE is here to help you feel like you're back in charge of your health & wellness, even if you're not in charge of your day-to-day itinerary.

ENROLL TODAY.



WHAT ETG LIVE ALUMNI ARE SAYING



EMILY

I had felt lost & turned to BeU Fitness & Nutrition for guidance during an unfamiliar place in life. Together, we created attainable & sustainable changes that really helped get my physical & mental health back on track, & better than ever!

RACHEL A.


I felt low and desperately needed some support and direction in my fitness- BeU Fitness & Nutrition gave me that for sure...I became more mindful of what I am eating and also pushed my strength training to the limit.



BETSY

I was unmotivated, constantly tired, and didn't feel like I was in control of my body. My coach was realistic about changes that could be made, which helped me realize how realistic I was! I'm more mindful of my choices and wished I learned everything she taught me years ago!



A vase of purple and white flowers, possibly basil, is the central focus of the image. The background is a soft, out-of-focus landscape with a body of water and a distant shoreline. The text is overlaid on the image in a dark, serif font.

“ I would 11/10
recommend
working with
BeU Fitness &
Nutrition

”

RACHEL G.

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