

LITTLE ADAPTS BY JAX

Congratulations on investing in your health + signing up for the

LA Lightning Sculpt + Nutrition Membership!

Hi, I'm Jax and I'm so excited to have you here! I'm the founder of "Little Adapts By Jax", holistic nutrition + fitness coaching business, and creator of the "little adapts" philosophy + LA Lightning Sculpt. The "little adapts" philosophy is all about instilling small, positive changes, or "little adapts", to gradually build your healthy + happy lifestyle. This online membership is designed to give you the **long, lean + strong body** and the **healthy + happy lifestyle** you want and deserve! It includes the 5 pillars of the "little adapts" philosophy:

- Daily Movement
- Stress Management
- Grocery Shopping + Meal Prep
- Snacking + Behavior
- Nutritious Meals

Now that you have a better understanding of what this membership is all about, let's dive in how to make the most of it! The "little adapts" philosophy is simple and is meant to fit into your life rather than cause any additional stress. The very best + easiest way to start is to:

1. Complete at least 3 workouts per week (you choose length based on your starting point)
2. Reach or watch 1 new material each week under the other categories as your "little adapt" + choose 1 thing to incorporate that week.

**Don't feel like you need to look over all the materials at once. Just take it week by week and use the "little adapts" philosophy to try 1 new thing per week!*

Here are some additional guidelines on how to use the materials under each category:

- Daily Movement
 - I would recommend doing at least 3 LA Lightning, Sculpt + Yoga classes per week. Again, this program is all personalized to you so start where you feel comfortable and you can always add more classes or longer workouts as you get stronger.
 - The key to building a consistent workout routine + seeing lasting results is to try to get daily movement in even if it's only 10 to 20 minutes. I designed the "Lightning Sculpt" workouts so on those days where you feel like you just don't have time that you can still get a good, intense sweat going in just 10 to 20 minutes!

- **Stress Management**
 - If we don't deal with the stress in our lives, even eating well + working out consistently won't lead to a healthy life.
 - I'm a big believer in finding a stress management tool that works for YOU. Stress management has become a big part of my business. I would recommend going through the stress management guide and each week trying a new tool to figure out what does + doesn't work for you.
- **Grocery Shopping + Meal Prep**
 - The key to success when it's comes to developing healthy eating habits is preparation.
 - I would recommend taking a look over my grocery shopping list to see what food + pantry staples I keep on hand on a weekly basis. You can use the shopping list planner to help plan out your grocery shopping list for the week.
- **Snacking + Behavior**
 - Snacking is the #1 issue that my clients struggle with, which is why it has its own category. Snacking tends to be an area of weakness as we often "snack" as a way to distract ourselves when we are stressed, bored, or emotional.
 - Start with the healthy snack formula to understand how to create a balanced snack as well as some examples you can start including in your daily diet.
- **Nutritious Meals**
 - Use the meal planner to help plan your meals for the week and be better prepared.
 - Go through the cookbook + smoothie e-book and pick 1 new recipe to try each week for your "little adapt".
- **Weekly Live Class Schedule**
 - As a member of the LA Lightning Sculpt + Nutrition, you will have access to my weekly live classes for FREE! Check the schedule weekly to join me.
- **Workout Equipment**
 - These are my favorite workout equipment I use throughout my classes for added challenge. However, all classes can be done with just body weight + household items!
- **Additional Programs**
 - Need additional support + want to work with me 1:1? Check out my other programs and schedule a call with me so we can figure out together which program is best for you!