



Introducing the UBH Nutrition Program

One of the hardest parts of most diets is being told “no” to a list of foods and ingredients. You’re told “you can’t have that” or “no, don’t eat that.” Demonizing food sets you up for failure. If you hear you can’t have something, often times you end up wanting it more. Time and time again we see small nutrition challenges fail within one week of completion. These micro challenges can be a good thing, as long as there is an understanding that consistency is the key. To be successful, consistency and participation in a short-term challenge has to last longer than three, four, or five weeks if you want to see long-term results.

That’s why we designed a nutrition program that works for everyone. Yes, everyone. There are no restrictions – rather, we set food boundaries. It is an accessible, achievable, simple, and feasible way to stay consistent – especially in this modern and fast-paced world. It’s amazing to see our own success stories and witness the successes of our members within the UBH Nutrition Community. We are excited to bring greater health, wellness, and performance to all of our members at UBH.

And you don’t have to be part of UBH to join our nutrition program! Even if you aren’t currently a member, feel free to check us out for your nutrition needs. We wouldn’t have launched this program if we didn’t truly know it works!

How it Works:

Coach will give you MACROnutrient (fat, carb, protein) numbers created specifically for you, adjusting ratio goals to get you to YOUR goals whether it’s to lose weight, become leaner, add muscle, or enhance athletic performance.

- **MACROnutrient** (fat, carb, protein) **numbers created specifically for you** based on your age, height, weight, fitness activity level, sex, and more.
- Adjusting macro goals to **get you to YOUR goal** – whether it’s to lose weight, become leaner, add muscle, hit personal running records, lifting, or anything in between.
Weekly accountability check-ins with your nutrition coach – checking in with your coach on a weekly basis helps you stay focused.

24/7 access to a personal nutrition coach via phone, text, and e-mail

- Access to our **members-only UBH Nutrition Facebook group**. Talk to like-minded people and coaches in a private setting keeping everyone motivated and knowing you are not alone.

Pricing:

1. 12 weeks @ \$299
2. 24 weeks @ \$499 (\$99 savings)

Contact us at info@ubhnutrition.com for more information