



**NUTRITION.
BUILT.
STRENGTH.**



BY BE STRONG STAY FIT, INC.

NBS101 6-week Bootcamp

An Intro to Macros & Building a Healthier
Relationship with Food

www.nutritionbuiltstrength.com



NUTRITION. BUILT. STRENGTH.

NBS was founded in 2020 by Bradley Goldman to help frustrated, connected fitness users lose weight and keep it off using a non-restrictive approach to nutrition and fitness.

Over the next 6-weeks, we will introduce you to NBS, our approach to macros & calorie counting, and work to help you develop a healthier relationship with food.

OUR LEADERSHIP TEAM

- Bradley Goldman, NBS CEO and Founder
- Jennifer Barker, VP of Development
- Afton Roach, Lead NBS Registered Dietitian
- Dawn Hudson, Registered Nurse and NBS CEM



OUR AGENDA

Week 1

- Kickoff call!!
- Overview of NBS101
- How to use your macro assessment
- Mindset exercise

Week 2

- Macros & food tracking 101
- MFP tips and tricks
- Tracking exercise

Week 3

- Self-reflection & overcoming obstacles
- Non-scale victories & other wins
- Goal setting exercise

Week 4

- Exercise & Nutrition!
- Overcoming obstacles
- Creating a Sunday Success Plan Exercise

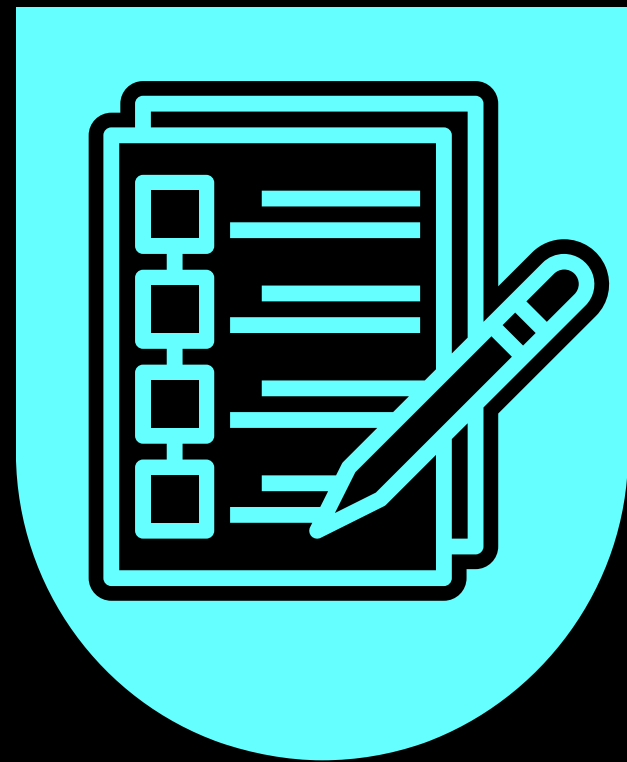
Week 5

- Consistency > perfectionism
- Deficits vs. Rebuilds & Maintenance
- Addition Exercise

Week 6

- Wrap up call - what did you learn?
- Next steps!
- Future-self exercise

EVERYTHING YOU SHOULD HAVE RECEIVED



Macro Assessment

Your personalized macro assessment with our proprietary 5/2 split



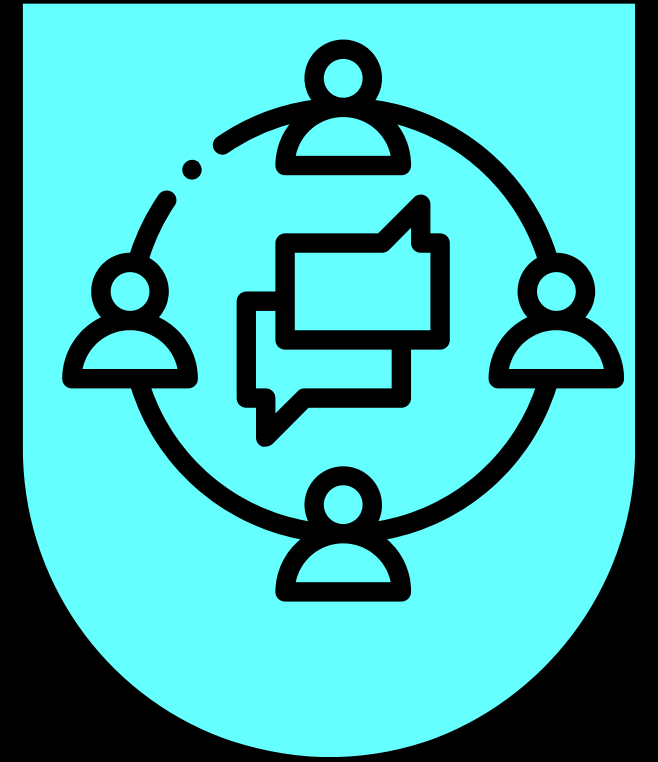
Meal & Recipe Ideas & our NBS101 Toolkit

Ideas and everything you need to be successful over the next six weeks



Exercise Calendars

3-months of Peloton bike, tread & strength classes in an interactive calendar



Added to the NBS101 Chat

Use this chat to share wins, discuss challenges and share ideas throughout the six weeks

WHAT ARE MACROS?

Protein 1g=4cal

Carbohydrates 1g=4 cal

Fats 1g=9 cal

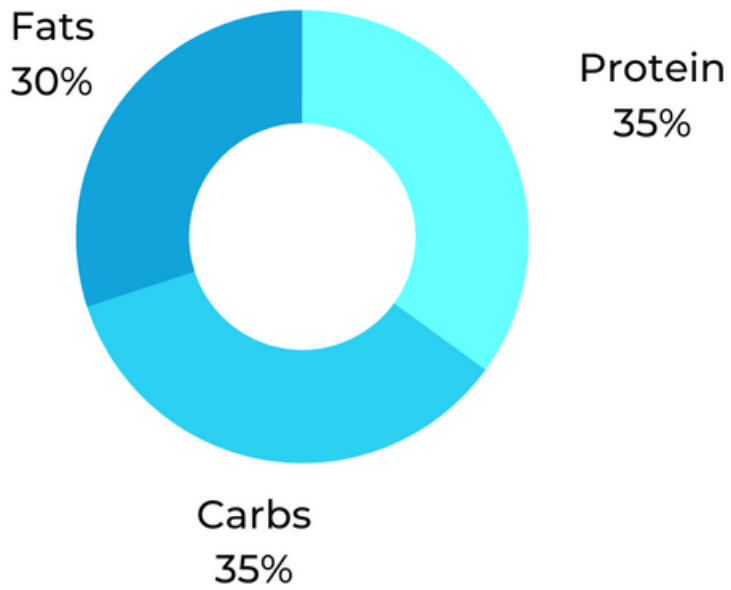
Alcohol = ?????

Can you name 5 foods from each
macro category?



HOW TO USE YOUR ASSESSMENT & HOW TO READ A NUTRITION LABEL

Name: Jennifer Barker
Macro Assessment



Macro Breakdown

| | Protein | Carbs | Fat | Total Calories |
|-----------|---------|-------|-----|----------------|
| M-F | 122.5 | 122.5 | 47 | 1,400 |
| Sat & Sun | | | | 1,800 |

1. Serving Information

2. Calories

3. Nutrients

Nutrition Facts

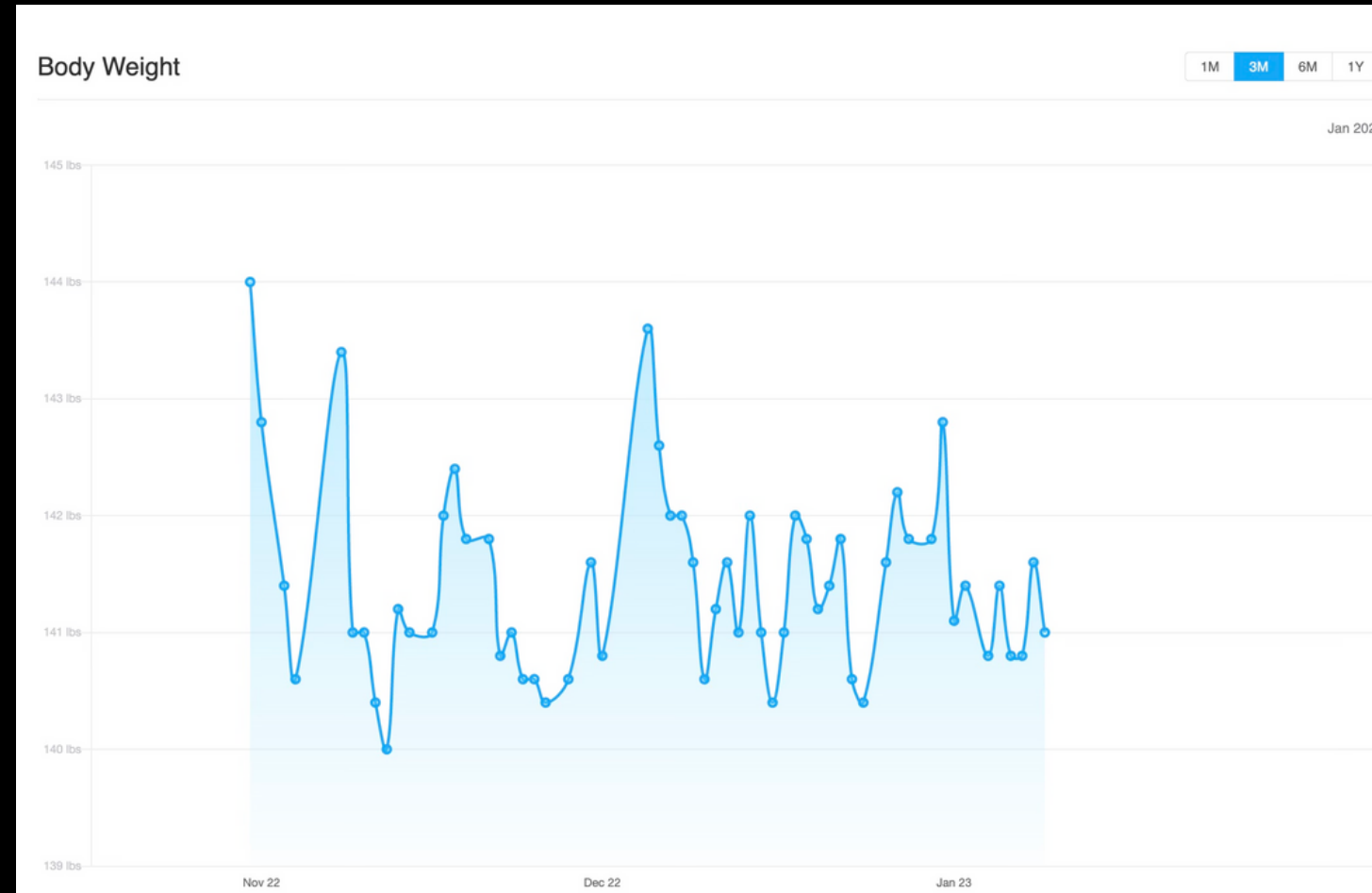
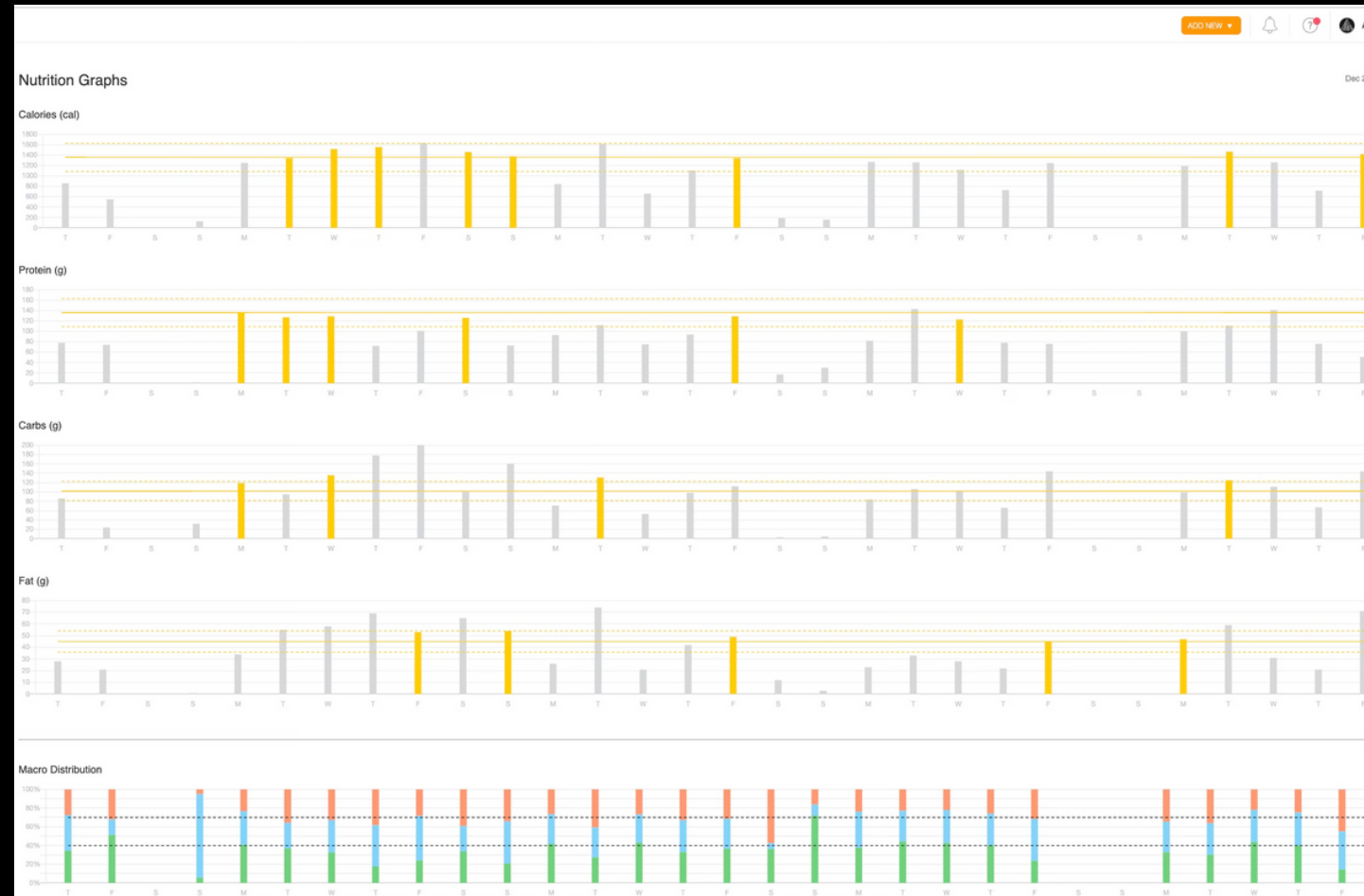
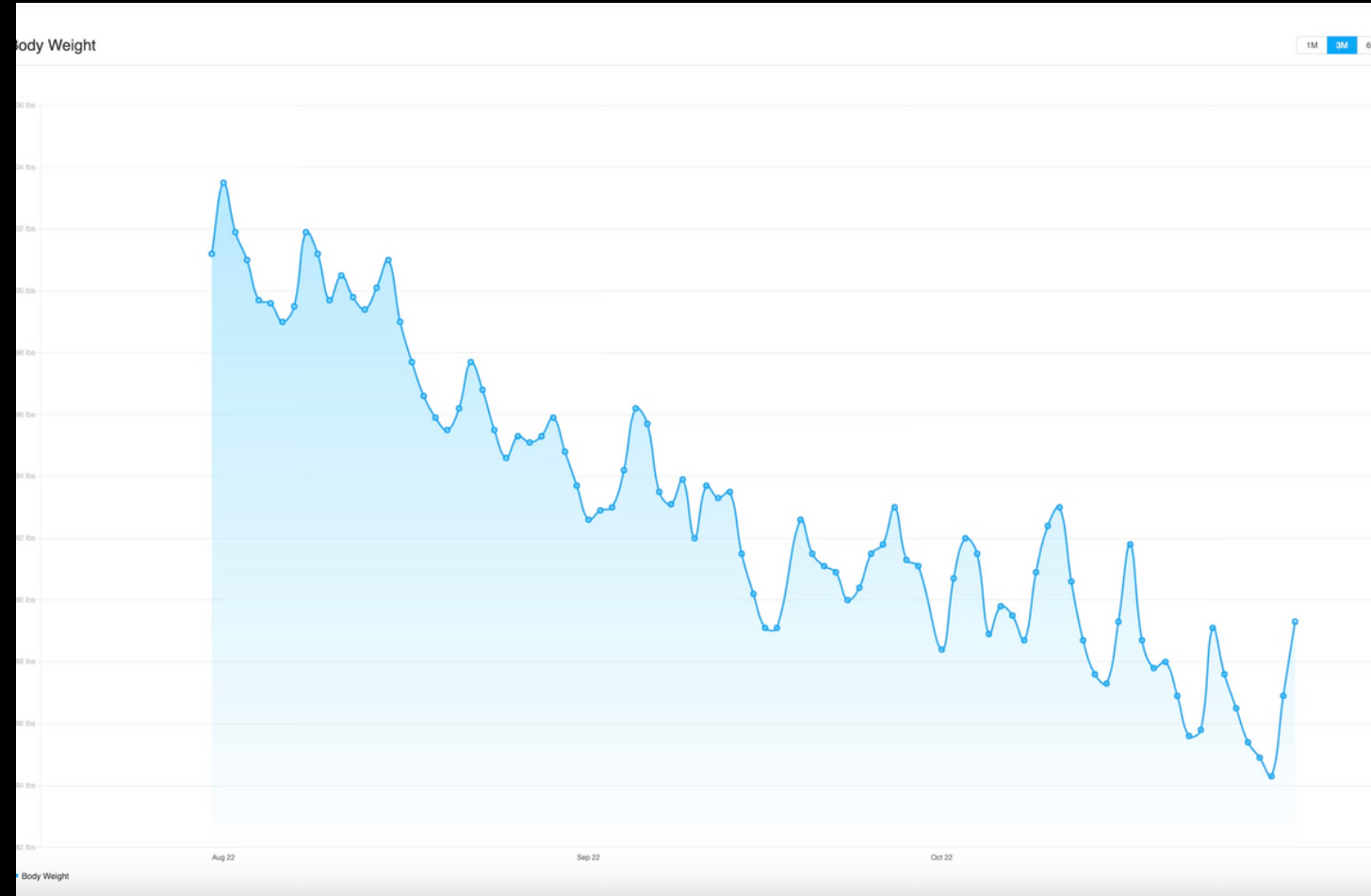
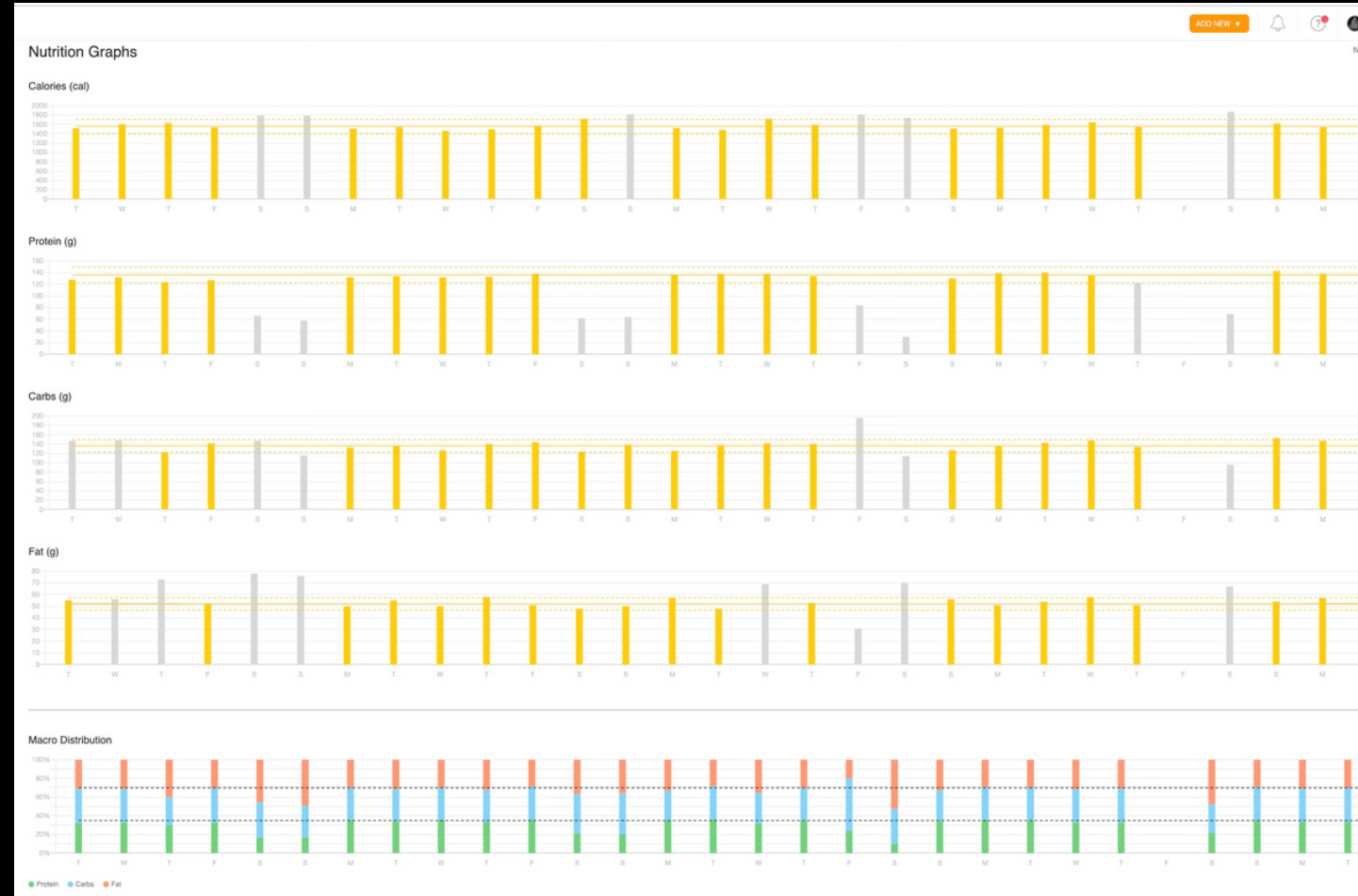
4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 9g | 12% |
| Saturated Fat 4.5g | 23% |
| Trans Fat 0g | |
| Cholesterol 35mg | 12% |
| Sodium 850mg | 37% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 4g | 14% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 15g | |
| <hr/> | |
| Vitamin D 0mcg | 0% |
| Calcium 320mg | 25% |
| Iron 1.6mg | 8% |
| Potassium 510mg | 10% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

COMPLIANCE & WHY IT MATTERS



MINDSET EXERCISE: SNACK ON HAPPY





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Q&A

THANK YOU!

