

FASTER WAY

T O F A T L O S S [®]

AHNA FULMER, CERTIFIED COACH



New Client Tool Kit

"Success doesn't come from what you do occasionally. It comes from what you do consistently."



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"When someone says you can't do it - do it twice and take pictures."



About Me



Hi! My name is Ahna (like the *Frozen* princess). I am wife to Zach and mom to Gracelyn, Caleb, Lillian and our sweet son yet to come through adoption.

I am the creator and author of the DIY blog *Hammers N Hugs* and a dual-certified ER nurse practitioner with specialties in adult/geriatric critical care and family medicine.

In November 2019, my best friend of 20 years died at 34 years old of breast cancer. Suddenly the realities of suffering and disease that I treated routinely in the ER became personal, and I craved a platform that I could use my medical knowledge to share what I am truly passionate about which is *living well* through all-natural strategies grounded in evidence-based research with the goal of preventing (sometimes even reversing!) disease in order to "run the race well" for as long as we are given.

In 2020 I became a coach for the FASTER Way to Fat Loss. This program is an organic extension of the way that my family lives, and I have never been happier to share it with others.

I am so glad you're here.

Ahna

Live well. Have hope. Choose joy.

"What seems impossible today will one day become your warm-up."



Welcome Letter

Hi Friend!

Over the next 6 weeks you will learn to use food as fuel to power effective fitness routines in order to burn fat *FAST* and live *WELL*.

Be sure to use the quickstart checklist to prepare for the next 6 weeks in order to maximize your investment!

As your personal coach there are a few things you need to know before you begin.

- *The scale is a liar.*
- *Abs are made in the kitchen.*
- *Clothing size is just a number.*
- *Perfection is the enemy of progress.*
- *Mirrors are user dependent.*
- *Beauty is in the eye of the beholder.*

And you are beheld by Your Creator.

God made you in His image.

He created YOU for a glorious purpose.

You cannot be re-defined.

Flesh of His flesh. Heart of His heart.

But you can be re-developed.

Physically, mentally, socially, intellectually and spiritually redeveloped to fulfill your God-given purpose with more *energy - confidence - freedom - joy*.

Welcome to the “FASTer Way” to living well!

"MAKING excuses burns zero calories per hour."

