



# *Bridal Bliss Blueprint*

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A 90-Day Bridal Transformation Program

# MY STORY



My name is Lauran and I know what it's like trying to juggle life, a career, health & fitness, and planning the wedding of your dreams.

5 years ago, I went from working a very busy retail job where I was on my feet all day to working a sedentary desk job, sitting down for 8+ hours a day. Quickly after that, I gained an extra 15 pounds. My career was moving forward but I felt that my health wasn't a reflection of the success I was having in other areas of my life.

I was tired all of the time, anxiety was over taking me, and I didn't feel good in my skin. I tried going to the gym but I felt like I didn't know what I was doing so I would spend most of my time on the treadmill (which I hated). I would eat very low calorie to try to get the weight off but nothing would happen and I felt miserable.

It stayed like this for a couple of years until I went to the doctor who told me I needed to be put on high blood pressure medication at 24!

It turns out that was the kick in the ass I needed. Over the next 3 years, I dove head first into my weight loss journey, lost the 15 pounds, put on some muscle and felt amazing! I felt so amazing that I decided to become a Certified Personal Trainer and coach so I could help other women too. I recently got married and realized my passion is working with brides as there is a lack of quality information and coaches in the wedding industry.

## WHO I WORK WITH

**Recently Engaged Brides:** You just got engaged and are now more motivated than ever to start working out and eating right so you can look and feel your very best. Accountability is what you've struggled with in the past and you don't want to wait until the last minute to feel your best.

**Brides who have an upcoming wedding:** You are getting married in the next 3ish months and you have very little time for learning complicated programs and you need to know exactly what to do on a daily basis to be successful, and want someone to hold you accountable to your goals.

## WHY I'M DIFFERENT

After I got engaged, I had a hard time with balancing everything in my life and wedding planning. It honestly made me resent wedding planning and I wasn't able to enjoy the process.

I know what it's like to struggle with family and friends demanding you to make decisions and pulling you in a million directions to the point where you forget about taking care of yourself. I know what it's like to be so consumed by all of the decisions you have to make and vendors to coordinate with and being crippled by it. Eventually, you're a month or two out from your wedding and you've put on extra weight and you are terrified you may not fit in your dress and you've lost hope and all confidence in yourself.

The truth is, I didn't have the support I needed and maybe you are realising the same thing. At the end of the day, what makes me different, is that I truly know where you are coming from because I've been there.

# HOW IT WORKS

Our first week working together is very collaborative. We will have an orientation call to set expectations, goals, and gather some personal information.

With the information I've collected, I will create you a custom nutrition plan, grocery shopping list, meal prep guide and workout plan that you can do at home or at the gym.

\*Please Note: Meal plans are based on calories & macro nutrients. I don't give out meal plans.

By the end of the first week, I will have sent over the custom program for you to get started on. Then, we will proceed with weekly check-ins via email where I can support you on your journey to becoming **the most beautiful and confident bride** :) The check-ins will include a completed check-in sheet and progress photos. I will respond within 24 hours with a video message discussing your check in and any changes I'd like to make. In addition to the weekly check ins, you will have access to weekly videos or informational resources about what to focus on each week. We will also have monthly video calls via Zoom to discuss your progress.

Of course, you will have 24/7 access to me in between our coaching session for any questions through the week.

## A Few Results...

### My Own Progress



**Goal:** Lose excess body fat and put on muscle with minimal cardio. Gain more energy and confidence.

**Results:** Achieved my goal with a simple meal planning and tracking, incorporating more non-exercise activities, and exercising 4-5 days per week without cardio.

Additionally, I found myself being less tired after work and had enough confidence to wear a sports bra and no top to the gym!

# A Few Results...

## Courtney



**Courtney:** Wedding Date: Rescheduled to May 2021. Courtney came to me looking to tone up and build some muscle and overall break her unhealthy habits holding her back from seeing results.

**Goal:** Lose 15 pounds and look beautiful on my wedding day

**Results:** Lost 4 pounds in the first 3 weeks, is gaining strength and confidence. Currently in the program.

**Courtney says:** “Thanks to Lauran, working out has become the most relaxing part of my day. I am now fully committed to making slow habit changes for my health and it is adding up. Lauran was amazing to work with and is so patient with me. I would highly recommend her for anyone looking to lose weight and get in better shape for their wedding.”

## A Few Results...

**Louise R.**



# The Bridal Bliss Blueprint

The Bridal Bliss Blueprint, high touch coaching program that gives you 1-on-1 support to help you achieve your specific goals in a way that jives with your busy schedule and planning your wedding.

***You will receive:***

- ***Customized nutrition goals or macros***
- ***Customized workout plan***
- ***Weekly Modules about Nutrition, Exercise, and Self-Care***
- ***Weekly Recipes and Journal Prompts***
- ***Weekly 1-on-1 check-ins & monthly Zoom calls***
- ***24/7 access to ask me anything***

**Ready to finally reach your  
goals?**

If you're interested in finding a custom solution for your health & fitness goals,  
please click the button below to apply!.

I look forward to hearing from you soon.

[Click here to Apply!](#)

Find me on The Gram!

