



TRANSFORM-in-12 Getting Started Guide

Our program is simple - we do the work for you! There's no figuring out workouts, counting calories, balancing macro nutrients or tracking every bite you take. You will use our simple ONLINE TOOLS to get started on your 12-week transformation journey.

STEPS 1 & 2 - Introduction Videos

Done!

- Watch **Kim & Julie's Introduction Videos**. You will learn about the TRANSFORM-in-12 program and many of your questions will be answered.

STEP 3 - Understanding the Risks & the Benefits of Starting an Exercise Program

Done!

- Complete the **LLZ Risk & Liability Waiver**.

The benefits of physical activity far outweigh the possible associated risks in most individuals; however, some people do experience injury or health issues related to exercise programs. Musculoskeletal injury is the most common health risk associated with exercise. Various types of strains and tears, inflammation of tendons, and bone fractures may occur as a result of physical activity. More serious but much less common issues include sudden cardiac arrest, and myocardial infarction (heart attack). Breakdown of skeletal muscle (rhabdomyolysis) may occur following extreme exertion. Massive rhabdomyolysis may lead to kidney failure and several other abnormalities.

By participating in any LLZ Transform-in-12 fitness, nutrition, or lifestyle program you are accepting personal responsibility for any such injury, accident or health condition.

STEP 4 - Making Sure You are Physically Ready to Begin **Done!**

- Complete the **LLZ Physical Activity Readiness Survey**

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is safe for most people. However, some people should check with their physician before they start becoming more physically active. If you are planning to become more physically active than you are now, start by answering the questions below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age and you are not used to being very active check with your doctor before beginning any exercise program.

STEP 5 & 6 – Creating Your Starting Baseline & Goals **Done!**

- Print the **LLZ Benchmarks & Measurement** form.
- Establish your STARTING BASELINE:
 - Follow the guide and record your circumference measurements on the Benchmark & Measurements form.
 - Record your height and weight on the Benchmark & Measurements form.
 - Calculate your BMI using [this tool](#) and record your value on the Benchmark & Measurements form.
 - Review the **LLZ Measurement Guide** for taking circumference measurements.
 - Take your measurements (chest, waist, hips, neck, bicep, upper thigh, lower thigh, and calf). Use our LLZ Measurement Guide to ensure accuracy. Be sure to record your measurements in the Week 1 column on the Benchmark & Measurements form.

- Identify your personal PROGRAM GOALS
 - Record your personal 12-week goals in the Benchmark & Measurements form on the Getting Started Page. Watch our **Goal Setting** video to learn how to set time appropriate, meaningful, actionable goals.
- Be sure to store your B & M form in a safe place when you're done. At the end of the 12-week program you will take your measurements again and celebrate your progress!

STEP 7 – Join the Private Support Group

☐ Done!

- Join our private LLZ Facebook Support Group. You will be part of a supportive, likeminded group of people who are committed to using regular exercise, good nutrition, and a balanced lifestyle to age with grace and vigor.

STEP 8 – Schedule Your Functional Medicine Consultation (Optional with Package 3)

☐ Done!

- If you purchased Package 3, you need to **schedule your Functional Medicine Consultation appointment** with Julie. If you didn't purchase Package 3, but want to add it on, you may purchase this service in our **Wellness Shop**.

STEP 9 – Take Your Progress Photos

☐ Done!

- It's often difficult to see the day-to-day physical changes taking place with our bodies. Progress photos can show weight loss in ways body weight and measurements cannot. They are an excellent tool for documenting and viewing progress towards your goals.
- Follow the link below for a simple guide to taking progress photos during your 12-week program.
- It helps if you take your pictures at the same time of day, in the same lighting and wear the same workout clothing.
- For the best results, follow this [simple guide](#).

What are you waiting for? Let's get started!