

L.I.F.E. Nutrition FAQs:

Is LIFE Nutrition a weight loss program?

No! LIFE Nutrition is a nutrition education and habit-building program—not a diet or weight-loss challenge.

Many women notice positive changes like having more energy, feeling more satisfied after meals, eating more consistently, improving their relationship with food, or naturally making different food choices. Our focus is helping you build habits that support your health for the long term, rather than chasing quick results.

Do I have to be a current Balanced Female Fitness (BFF) client to join?

No! LIFE Nutrition is open to any woman, regardless of where she lives (although our live Zoom sessions are held from 8:00–9:00pm EST).

If you'd like to pair exercise with your nutrition, we offer a discounted LIFE Fitness Add-on during the five-week program. This includes access to our live fitness classes and our on-demand Digital Library. We have Zoom classes five mornings a week, so again, you do not have to be local to join.

Will we do measurements, weigh-ins, or before/after photos?

No, no, and no!

We feel so strongly about this that we dedicate an entire learning video to why. Many of us have spent years believing food's purpose is to shrink our bodies. LIFE Nutrition encourages a different approach—learning to notice how food helps you feel: energized, satisfied, nourished, cared for, etc.

Will we track macros or count calories during this program?

Once again, your body is more than numbers and mathematical equations! In LIFE Nutrition, we teach you about macronutrients, their caloric value, and how incorporating each of the macronutrients can be helpful for your overall nutrition. You will become macronutrient savvy and learn easy ways to create a balanced meal without the need to track macros. L.I.F.E. isn't just an acronym, but it's also a mindset of learning how to feed your body for life—both in the sense of energy for your activities and the long-term.

Will I have to give up my favorite foods?

Nope! LIFE Nutrition isn't about creating a list of "good" and "bad" foods. We believe all foods can have a place. Our goal is to help you build balanced meals most of the time while still enjoying celebrations, vacations, and the foods you love without guilt.

Will meal plans be provided?

We do not provide meal plans because what might be the “perfect” meal for one woman, might not work for another. Instead, we teach you how to create meals that work for *your* schedule, food preferences, and lifestyle. You'll receive a recipe collection with some of our favorite balanced meals to help you put those skills into practice.

What if I have dietary restrictions/food sensitivities?

While we can suggest some alternate foods for dietary restrictions and food sensitivities, our program is geared toward eating minimally processed, whole foods that come from both plant and animal sources. If you have significant food allergies, medical nutrition needs, or complex dietary restrictions, working with a registered dietitian alongside (or instead of) LIFE Nutrition may be a better fit.

Is LIFE Nutrition helpful during perimenopause or menopause?

Absolutely! Balanced nutrition becomes even more important during midlife. LIFE Nutrition emphasizes protein, fiber, healthy fats, and consistent eating habits that support energy, muscle maintenance, and overall health during this stage of life. Jeanine is a Menopause Health & Fitness Specialist and will address common questions and concerns around menopause and nutrition.

Is this program safe if I am pregnant or breastfeeding?

Yes! Listening to your body and fueling it adequately during both pregnancy and post-partum are wonderful skills to practice. Additionally, having go-to, quick meals will be incredibly helpful as a busy mom with little bandwidth! As always, continue following any nutrition guidance from your healthcare provider.

Is this program a good fit if I am on a GLP-1 medication?

Yes! GLP-1 medications trigger responses in your body such as making you feel satiated and slowing digestion. Because you likely feel less hungry, prioritizing nutrient-dense foods at meals is even more important and exactly what we teach in LIFE Nutrition, making it a great complement to GLP-1 medications.

What is the course format/where will I find information?

The learning materials (PDFs, videos, etc.) and our private online group will be accessible through logging into the Balanced Female Fitness (BFF) website or our Wix app.

What topics are covered in the program?

Each week has independent learning around a macronutrient, in addition to group learning with the meal focus for the week (breakfast, lunch/dinner, and snacks). We also include information on reading nutrition labels, evaluating recipes, eating out, and other topics that help with day-to-day balanced eating.

When are the group calls held? What if I can't be there?

Our learning focus for each week is introduced through a Zoom call each Sunday evening from 8:00-9:00pm EST. Live participation is encouraged, but the Zoom meetings are recorded and posted online within 48 hours.

Will I have support if I have questions?

You'll have access to our private online community throughout the program where you can ask questions, celebrate wins, and learn alongside other women. We also offer weekly optional check-ins for additional support. Women looking for daily check-ins and personalized feedback should consider one-on-one coaching (an additional \$200) during the program.

What is the weekly time commitment?

The course runs five weeks from September 14 - October 18, with the first live Zoom on Sunday, September 19. You can expect to spend about 2 hours of time each week. One of the hours is our group Zoom call each week, and there is an optional mid-week check-in Zoom. The other hour is time spent each week watching a cooking video, macronutrient

video, responding to a group prompt, and reflecting on meals and learning. Just like with most things in life, the more time and effort you put into it, the more you are going to get out of the program.

Will I spend hours meal prepping?

Definitely not! LIFE Nutrition focuses on realistic habits and simple meal-building strategies—not spending your Sundays cooking for six hours. We also provide planning tools to help simplify meals while fitting your schedule.

What if I travel a lot or have to eat out frequently for work?

One of our weekly Zoom calls addresses real life and how to think about meals when you are away from home.

What happens when the program is over?

After the program you can:

- Continue accessing materials for two additional weeks.
- Purchase an additional one-month extension (\$35).
- Continue or begin one-on-one nutrition coaching.
- Join a future LIFE Refresh program.

What if I still have questions?

Email info@balancedfemalefitness.com, and we will be in touch!