



A BEGINNER'S GUIDE TO

IIFYM

IF IT FITS YOUR MACROS

**Dieting that's
*flexible and delicious!***

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“If you think you’ve passed your prime and are too old, too busy, or too...anything—it’s not true.

You never pass the point where focusing on your health and fitness becomes unimportant. I can teach you and help you reach your goals of becoming the healthiest, fittest you!”

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MEET AMBER: THE MUSCLE BEHIND @BICEPS.AFTER.BABIES

Hi! Thanks for letting me share my story with you! Many changes have taken place in the last 10 years of my life. On the left, I'm 23 and barely pregnant with my first child. On the right, I'm 33 and the mom of four. In the last 10 years, I've gone from eating whatever I wanted to knowing how to fuel my body with the proper nutrition; from running 30 miles a week to heavy weightlifting; and from having no idea how to construct a training schedule to knowing how to utilize undulating periodization.

I am happy in both pictures, and I am self-confident in both pictures. But I've definitely grown over the last 10 years. I am healthier and fitter—really, my best self! And I love coaching others to become their best selves, too.



Don't ever think it's too late

If you think you've passed your prime and are too old, too busy, or too...anything—it's not true. You never pass the point where focusing on your health and fitness becomes unimportant. I can teach you and help you reach your goals of becoming the healthiest, fittest you!

You've got this,

Amber, BSN, RN, NASM-CPT
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