



Quick Course

"Your focus becomes your reality"



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@Steve Nissen

Steve Nissen

**Hello! My name is Steve and I
is an NLP Practitioner &
Personal Trainer**

I don't just talk the talk, but also walk the walk.

I myself have struggled with obesity most of the time
my life, living with diabetes, PTSD, stress and
difficult to make a profit.

I am now over 60 years old, come out on
the other side and live a life full of energy
and much better health. I really want to
like to help others achieve.

I give you a tailor-made plan that is personal to
you, your everyday life and your wishes.

No standard plans or "bro-science".

***"Are you ready to meet your
inner alpha?"***





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Angelina Boysen

Hello, my name is Angelina, I am an NLP
Practitioner, personal trainer and
nutritionist.

I know the struggle with the weight, the self-image and self-confidence. Through my youth I was overweight, ate mindlessly and whatever I wanted. Comfort food was a big part of it. I was always aware of my hyper mobility and developed early rheumatoid arthritis.

I had to reach 36 before I finally managed to find the key to unlock my mind and learn to be responsible for my own health.

ARE YOU READY TO "COMMIT"?

**TAKE RESPONSIBILITY FOR YOUR HEALTH,
MENTALLY AND PHYSICALLY?**

***"Change is hard as
it is - why not do
it as easy and fun as
we can"***



"3D Coaching"

Mindset is paramount to achieving sustainable health".....

Welcome to Bodyvation's introduction to the 5-day "Quick Course"



The practical:

- **Place:** ONLINE/Zoom
- **Time:** Mon., Wed. &
Fri. • Time: 07:00 – 08:30

We want better health, more energy, better physique and healthier habits.

But why is it so difficult to achieve?
Why do we lose motivation time and time again?

MIND SET!!

To create sustainable change, it starts with your **MINDSET!** The association you choose to attribute to what you do.

“Turn ANY situation into learning”

BODYVATION COACHING

In our coaching, we work from 3 main areas:

1. MINDSET
2. The diet
3. Physical activity



Supplement Guide

Quick Course

So that you get the full benefit of our Quick Process and manages to say goodbye to cm around the waist at 30 days it is necessary that you really "COMMIT" yourself 100% EVERY DAY!

SHOW UP!!

BE ACTIVE!

DO THE TASKS!

IMPLEMENT!

That's what we're going to talk about:

MONDAY - MINDSET

We start Day 1 with:

- Presentation of Bodyvation
- Presentation round by participant
- What is a healthy "State"?
- Which strategies work?
- How does your "story" affect your habits?
- YOUR plan to get started!

WEDNESDAY - THE DIET

Day 2 we will talk FOOD:

- What are kcal, proteins, carbohydrates and healthy fats?
- What is "up and down" in the jungle of dietary supplements/Supplements?
- What does a diet plan look like at Bodyvation out?
- YOUR plan to get started on healthier habits!

FRIDAY – MOVEMENT

Day 3 we move the body:

- Cardio – What is it and where much do i need?
- Training – What works best for you?
- Breathing – What's up of relevance?
- YOUR plan to become more active!

