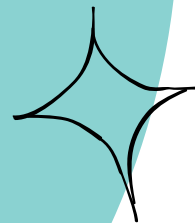
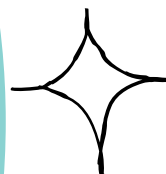


# Weight Loss Workshop

FOR MOMS



PRESENTED BY ANDREA K WALTERS, FASTER WAY TO FAT LOSS CERTIFIED COACH

IN PARTNERSHIP WITH

**FASTER WAY**  
TO FAT LOSS®

Andrea K Walters

Certified Coach



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\*DISCOUNT EXPIRES JULY 31, 2025

# FASTER WAY

T O F A T L O S S ®

Andrea K Walters

Certified Coach

@andrea.k.walters



andreakwalters.com

## Meet Andrea



As a certified FASTER Way to Fat Loss coach, Andrea meets women where they are and helps them build healthy, sustainable habits through the five foundations of the FASTER Way.

She's a wife to an exceptional husband, mother to the happiest (and cutest) baby boy, and daughter to two incredibly supportive parents.

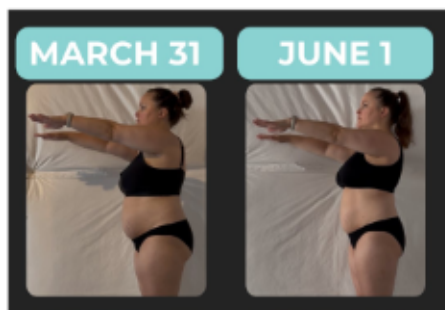
In her free time, she loves baking with a vinyl record spinning in the background, wrapping gifts like it's a Pinterest competition, planning holiday parties, and volunteering at church.

## FASTER Way to Fat Loss Overview

Don't let the name fool you. We aren't solely focused on fat loss. We measure and celebrate progress by **non-scale victories**, too, like improved sleep, renewed confidence, and more sustained energy throughout the day. No matter your current goal, the FASTER Way can support your body transformation with the help of our clinically proven app.

You'll start with a six-week program designed to build the foundation needed for lasting change. Each week, you'll receive expert guidance and support to help you feel your best while learning about our five pillars. After the six week introductory program, you'll transition into our monthly VIP program where you'll gain access to additional nutrition resources, advanced workouts, and so much more!

## Real Results



Results may vary are highly dependent on the effort and consistency that each individual invests in their journey. Your commitment and dedication play a crucial role in achieving your desired outcomes.

# DISCLAIMER

The information presented in this workbook and/or coordinating session is intended for educational and informational purposes only. I am not a licensed medical professional, registered dietitian, or doctor. The fitness and nutrition strategies shared are based on personal experience, research, general wellness principles, and experience as a FASTER Way to Fat Loss Certified Coach. The information shared is not a substitute for professional medical advice, diagnosis, or treatment.

Always consult your physician, obstetrician, or qualified healthcare provider before beginning any new diet, exercise program, or wellness routine—especially during pregnancy or postpartum recovery. Every body and every pregnancy is unique, and what works for one individual may not be appropriate or safe for another.

By participating in or applying the information from this presentation, you acknowledge that you do so voluntarily and at your own discretion and risk. I disclaim any liability for any injury, loss, or damage incurred as a result of the use or reliance upon the content provided.

**FASTER WAY**  
T O F A T L O S S®

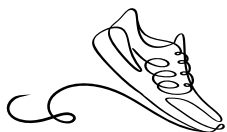


MY NAME IS: \_\_\_\_\_

I think my biggest blocker to weight loss right now is:



MINDSET

☐

MOVEMENT

☐

MEALS

☐

METABOLISM

☐

## PROBLEM STATEMENT / PAIN POINT

When it comes to reaching my weight loss goals,  
my main problem or pain point is:

because

and that makes me feel

☐☐☐☐☐



# Mindset

“MAKE YOUR MIND A GOOD PLACE TO BE”

- Bianca Sparacino

## THE 5 WHYS

PROBLEM STATEMENT



WHY?

WHY?

WHY?

WHY?

WHY?

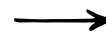


ROOT CAUSE

## REFRAMING

NEGATIVE THOUGHTS / EXCUSES / LIES

POSITIVE THOUGHTS / REALITIES





# Movement

MOMENTUM STARTS WITH A LITTLE MOTION

## NEAT

## NEATer

MOVEMENT TIP #1

MOVEMENT TIP #2

MOVEMENT TIP #3

**One of the biggest hidden roadblocks to fat loss is \_\_\_\_\_.**

☐ **SET A BEDTIME (and stick to it!):** I will be in bed by \_\_\_\_PM for at least three nights this week.

☐ **CHOOSE SLEEP OVER SCROLLING:** I will avoid being on my phone 30 mins before bed \_\_\_\_ nights this week.

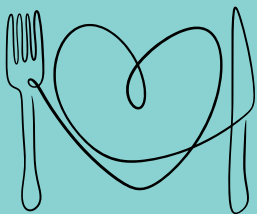
☐ **OPTIMIZE SLEEP ENVIRONMENT:** I will improve my sleep environment by:

\_\_\_\_\_  
(e.g. wearing a sleep mask, using blackout shades/curtains, using a sound machine, using a humidifier, closing my bedroom door)

☐ **TRY A WIND DOWN RITUAL:** Once I lay down in bed each day this week, I will try \_\_\_\_\_

(e.g. a breathing exercise like box breath, a visualization like counting down from 1000, listening to a meditation)

☐ **GO TO BED EARLIER:** I will ask \_\_\_\_\_ for help doing \_\_\_\_\_ so I can go to bed \_\_\_\_ minutes earlier each day this week.



# Meals

“A HEALTHY OUTSIDE STARTS FROM THE INSIDE”

- Robert Urich

## PATTERN TRACKING

	12 AM	2 AM	4 AM	6 AM	8 AM	10 AM	12 PM	2 PM	4 PM	6 PM	8 PM	10 PM
Most Cravings												
Most Bloated												
Most Thirsty												
Wired but Tired												
Headaches												
Boredom Snacking												
Feel Out of Control												
Extremely Fatigued												
	12 AM	2 AM	4 AM	6 AM	8 AM	10 AM	12 PM	2 PM	4 PM	6 PM	8 PM	10 PM

**THOUGHT STARTERS:** What patterns emerged? What happened right before? What foods did you eat?

## MAKING SMART SWAPS

### SNACKS

- ☐ PROCESSED
- ☐ ADDED SUGAR
- ☐ CONTAINS GLUTEN
- ☐ CONTAINS DAIRY

- ☐ PROCESSED
- ☐ ADDED SUGAR
- ☐ CONTAINS GLUTEN
- ☐ CONTAINS DAIRY

- ☐ PROCESSED
- ☐ ADDED SUGAR
- ☐ CONTAINS GLUTEN
- ☐ CONTAINS DAIRY

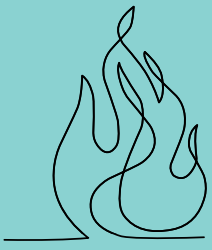
### SWAPS

MEALS TIP #1

MEALS TIP #2

MEALS TIP #3

MEALS TIP #4



# Metabolism

FUEL WISELY...BURN BRIGHTLY

## METABOLISM AUDIT

- ☐ I don't have much muscle.
- ☐ I have been yo-yo dieting.
- ☐ I have not been eating enough.
- ☐ I eat at inconsistent times.
- ☐ I am very stressed.
- ☐ I don't get much sleep.
- ☐ I'm always thirsty.
- ☐ I feel inflamed most of the time.

### IMPORTANT NOTE:

Experiencing one or more of these potential indicators does NOT automatically mean that you have a slow metabolism!

For example, stress can influence metabolism, but it can also increase it in the short term by releasing hormones like cortisol. Symptoms like fatigue and unexplained weight changes can also be signs of other underlying health conditions so it is ALWAYS important to consult your trusted healthcare professional to address any concerns.

**Of the three macronutrients: protein, carbs, and fats, \_\_\_\_\_ requires more energy for your body to digest it which can boost your metabolism.**

METABOLISM TIP #1

METABOLISM TIP #2

METABOLISM TIP #3

METABOLISM TIP #4



# SUGGESTED NEXT STEPS

## SELF AWARENESS QUESTIONS

**Is comparison stealing your joy?**

- **If it is, take action:** Delete one (or more) social media accounts or influencers that trigger body comparison, shame, or guilt.

**Are you holding yourself back with an all-or-nothing mentality?**

- **If it is, take action:** Choose ONE thing to do, do it, then celebrate like crazy because it's done!

**Are you holding onto a "rule" that's making you miserable?**

- **If it is, take action:** Write down the "rule" on a piece of paper then rip it up and throw it out!

## MANIFESTATION & VISUALIZATION

The best version of me (right now) who takes care of her body:

THINKS THINGS  
LIKE:

EATS FOOD  
LIKE:

MOVES LIKE:  
JAGGER... SORRY, HAD TO!

SPEAKS TO  
HERSELF LIKE:

## JOURNAL PROMPTS

WHAT COULD GO RIGHT?

WHAT IF IT ALL WORKS OUT?



**GET SUPPORT FROM  
SOMEONE WHO GETS IT!**

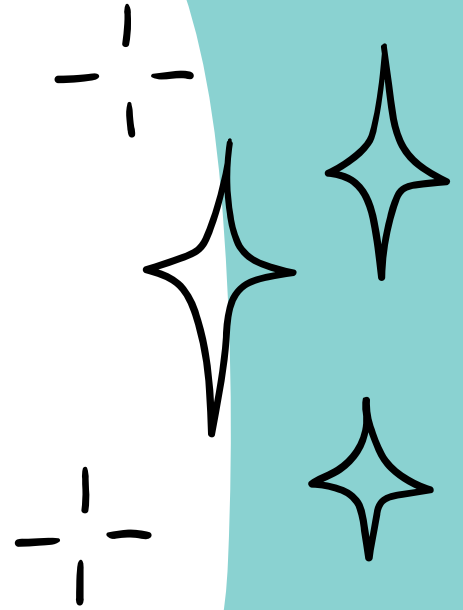


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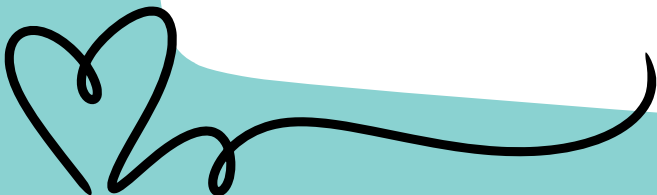
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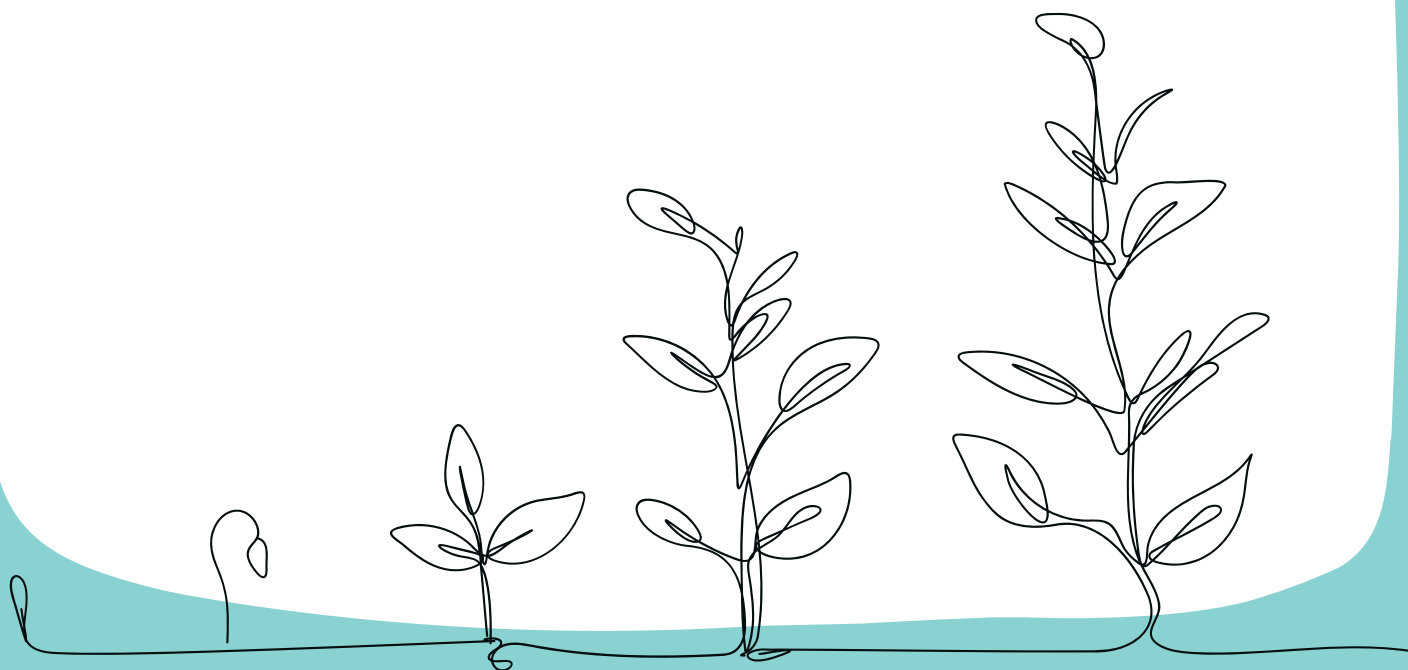
**WHAT COULD GO RIGHT?**



**WHAT IF IT ALL WORKS OUT?**



# SPACE TO GROW



# YOU DESERVE TO FEEL YOUR BEST!

The FASTER Way to Fat Loss isn't a weight loss program, although most of our clients do lose weight.

## So, what *is* The FASTER Way?

It's a guided online program designed to teach you how to live a healthy lifestyle so you can burn fat, improve your health, and restore your energy.

When you join our six week introductory program, you'll get the tools, support, and science-backed strategies needed to help you make progress toward your goals. By pairing workouts with your nutrition cycle, we make sure every move and every meal work together to maximize your results.

## Here's what's waiting for you:

- Weekly meal plans that come with a grocery list
- Personalized macros tailored to your goals and lifestyle
- Short, effective workouts that can be done anywhere
- Daily lessons that help you understand the science behind the five main pillars of the FASTER Way to Fat Loss
- Access to our clinically proven app
- Access to a private group for support and encouragement
- Judgement-free check-ins to keep you accountable
- Fast answers to questions that would have stopped you before



## FASTER WAY

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