

BADASS DIABETIC

I AM I TM

DIABETES PREVENTION AND WEIGHT MANAGEMENT

You find it difficult to create and retain the body of your dreams because you think and feel “it’s too tough”. When you participate in a training program and experience the **pain** and taste the **bland food** you use your interpretation of the pain and taste to reinforce your pre-existing thoughts and feelings; “I can’t do it”. Eventually, **you quit**. Whether you quit prior to meeting your goals or after achieving your goals - the results are the same - **you end up back where you started!**

It’s **your mind** that is, in so many ways, creating your body and **stopping you** from achieving your desired results. People fall short of their goals because their disempowering relationship with food and exercise. It’s the **disempowering thinking and feeling** that takes over and **creates your results**.

Transform your thinking and feeling and **fall in love** with physical exercise and healthy eating. **Create the body of your dreams** and **retain it for life!**

ABOUT THE OWNER

With over 20 years of Personal Training and Life Coaching experience, Dan Bernard has worked with thousands of clients all over the World. Dan is a husband, father, T1D warrior, educator, motivator, and mentor. With his unique ability to be compassionate while truth telling,



Dan is well known for connecting with his clients in such a way that they begin to create results in their life that were previously unattainable.

12 WEEK MINDSET COACHING SERIES

This coaching resource was created to support you at achieving remarkable results in your life! The educational training system teaches participants how to create new relationships with the thoughts, emotions and excuses that previously kept them from reaching their goals.

WHAT YOU CAN EXPECT

- Feel turned on and alive
- Desire to be accountable
- Increased capacity to create
- Confidence to tackle any challenge
- Interactive weekly goal/mindset tracking
- Weekly calls with a supportive community
- Weekly coaching that creates breakthrough

OUR TRAINING SYSTEM

Identifies your disempowering patterns and associated thoughts and emotions:

Teaches you how to interrupt the thoughts and emotions that trigger self-defeating patterns;

Increases your focus, motivation, intentionality, commitment and drive;

Produces increased results

IT’S YOUR TURN TO STEP UP!



WHAT OUR CLIENTS ARE SAYING

“Dan is an amazing motivator, pushes you to your max without making you feel incompetent.....”
Angie

“Dan is super supportive and makes me feel my success is as important to him as it is to me.....”
Denise

“Coaching with Dan has transformed my mindset from impossible to possible.....” Renee

“Dan is a coach that creates movement in your life.....” Laura



For more information and registration:

www.badassdiabetic.org



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