



GET YOUR NUTRITIONAL ADVANTAGE

PRESENTING
INSPIRING AND
EMPOWERING
NUTRITION & OPTIMAL
HEALTH-FOCUSED
CLASSES & PROGRAMS



DECEMBER 2022

PREPARED FOR:

BF&M WELLNESS

FOLLOW US ON SOCIAL MEDIA
[@FUELLEDBERMUDA](#) FOR ALL
EVENTS, UPDATES AND HEALTH TIPS

PREPARED BY:

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or email coach@fuelledlife.com
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[@fuelledbermuda](#)
Linkedin: FUELLED Bermuda Ltd.
www.fuelledlife.com

YOUR MEMBER BENEFITS

FUELLLED BERMUDA LTD. IS PLEASED TO OFFER A GIFT TO BF&M HEALTH INSURED AS FOLLOWS:

- A MEMBER GIFT UPON STARTING 1-ON-1 CERTIFIED INTEGRATIVE NUTRITION HEALTH COACHING SESSIONS—USING PROMOCODE **BFMWELLNESSGIFT**
- A MEMBER GIFT WITH EACH HEALTHY COOKING MASTERCLASSES – USING PROMOCODE **BFMWELLNESSGIFT**
- A MEMBER GIFT WITH EACH NUTRITION EDUCATION WORKSHOPS – USING PROMOCODE **BFMWELLNESSGIFT**

YOU MUST QUOTE YOUR PROMO CODE TO GET YOUR GIFT!



WHAT'S HAPPENING

- ✓ JANUARY 1 2023 (NEW YEAR) DETERMINED TO DETOX 14-DAY CHALLENGE FOR MEN AND WOMEN | \$100
- ✓ CATCH THE FULL MASTERCLASS REPLAY - HEALTHY HOLIDAYS - HOW TO NAVIGATE THE HOLIDAY SEASON LIKE A BOSS WITH NO REGRETS | EMAIL FOR INFO
- ✓ CATCH THE FULL REPLAY ANYTIME - BUILDING GENERATIONAL HEALTH MASTERCLASS LIVE INSIDE THE ENERGIZED EXECUTIVE COLLECTIVE FACEBOOK GROUP | FREE
- ✓ AUTUMN 1-ON-1 COACHING SALE PACKAGE OF FIVE CUSTOM, PRIVATE SESSIONS ONLY \$999 HEALTH BENEFITS APPLY
- ✓ START ANYTIME THE ENERGIZED EXECUTIVE™: 16 WEEK HIGH PERFORMANCE NUTRITION RESET
- ✓ START ANYTIME RADIANT HEALTH GODDESSES™: 10 WEEK WOMEN'S NUTRITION RESET

HEALTH IS WEALTH

FUEL YOUR HEALTH IN 2022 & 2023



HAVE A
HEALTHY &
HAPPY
HOLIDAY
SEASON!

FROM ALL OF US AT
FUELLED BERMUDA
LTD.

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TUESDAY, NOV
7-8 PM (AST)
3-4 PM (PST)

**HEALTHY
HOLIDAYS:
HOW TO
NAVIGATE THE
HOLIDAY SEASON
LIKE A BOSS WITH
NO REGRETS!**

**FULL MASTERCLASS
REPLAY AVAILABLE!**



**THE SEASON
BOSS W**


*No
Regrets*

BE A BOSS THIS CHRISTMAS AND DON'T PUT YOUR HEALTHY EATING MOMENTUM, PRACTICES AND RESULTS, IN JEOPARDY. I NEVER DO!

CATCH THE FULL MASTERCLASS REPLAY TO GET ALL OF THE SMART TIPS AND STRATEGIES THAT WILL SERVE YOU ALL SEASON LONG!

DON'T MISS OUT! AVAILABLE UNTIL DECEMBER 31ST. ANSWERS TO YOUR PERSONAL CHALLENGES AND QUESTIONS ARE INCLUDED UNTIL DECEMBER 15TH, 2022. EMAIL COACH@FUELLEDLIFE.COM

**GET THE SCOOP ON HOW TO:
NAVIGATE THE SEASON LIKE A BOSS WITH
NO REGRETS
ENJOY HOLIDAY TREATS BUT NOT
OVERINDULGE
MAINTAIN GREAT ENERGY ALL SEASON
LONG - NO EXHAUSTION OR CRASHES
ENTER THE NEW YEAR STRONG AND READY
...WITHOUT HAVING TO ADD "DETOX" OR
"GO ON A DIET" TO YOUR LIST OF NEW YEAR'S
RESOLUTIONS**



DETERMINED TO DETOX - NEW YEARS 14 DAY CHALLENGE

JANUARY 1 2023

DETERMINED TO DETOX

14 DAY HEALTHY WHOLE FOOD CHALLENGE

14 DAY VIRTUAL CHALLENGE
STARTS JANUARY 1 2023

NO ALCOHOL | NO SWEETS | NO JUNK FOOD | NO B.S.
UPGRADE YOUR NUTRITION PLAN
REGISTER - COACH@FUELLEDLIFE.COM | \$100

 Fuelled


DO YOU NEED TO GET ON TRACK WITH YOUR
NUTRITION AND CLEAN EATING GOALS?

COMMIT OR RECOMMIT TO HEALTHY EATING AND
AN OPTIMIZED LIFE IN 2023 STARTING WITH THIS
14-DAY CHALLENGE ON JANUARY 1 2023.

THE NEXT LEVEL YOU WITH THANK YOU.

\$100 | EMAIL COACH@FUELLEDLIFE.COM TO START

EXPECT TO:
DIAL DOWN OR ELIMINATE ALCOHOL CONSUMPTION
DIAL DOWN CRAVINGS FOR SWEETS AND PROCESSED
FOODS
KICK YOUR "TOXIC OVERLOAD" TO THE CURB!
FUEL YOUR BODY WITH POWERFUL, NUTRIENT-RICH
FOODS
SUPPORT YOUR ORGANS OF DETOXIFICATION SO
THEY DO THEIR BEST JOB FOR YOU
LEARN STRATEGIC NEW RECIPES
FEEL MOTIVATED THROUGH OUR DAILY POSTS
BE AMONGST LIKE-MINDED INDIVIDUALS IN THE FB
GROUP COMMUNITY
CREATE A PATHWAY TOWARDS EATING WELL FOR
THE LONG TERM



FUELLED FALL 1-ON-1 COACHING SALE

LIMITED TIME ONLY!

2022 FUE



Autumn Offer

NEW CLIENTS ONLY

YOUR FIRST FIVE
1-ON-1 PRIVATE
COACHING
SESSIONS
\$999

 Fueled

IF YOU'VE BEEN THINKING ABOUT MAKING A CHANGE IN YOUR LIFE AND LEVELING UP YOUR NUTRITION, BODY AND HEALTH... THERE IS NO TIME LIKE NOW!! FOR A LIMITED TIME ONLY, YOUR FIRST 5 FUELLED 1-ON-1 NUTRITION COACHING SESSIONS ARE ON SALE FOR \$999! THIS SPECIAL INTRODUCTORY OFFER IS FOR MEN AND WOMEN WORLDWIDE, NEW CLIENTS ONLY, AND THERE ARE LIMITED SPOTS AVAILABLE AT THIS RATE...SO DON'T SIT ON THE FENCE!

THE NEXT LEVEL YOU WITH THANK YOU.

AUTUMN 1:1 COACHING SALE ALERT!
FREE CONSULTATION CALLS ARE AVAILABLE.
EMAIL COACH@FUELLEDLIFE.COM OR
WHATSAPP 1-441-532-0426 TO BOOK YOURS.
BF&M WILL PROVIDE BENEFITS,
APROX. \$395 FOR THIS PACKAGE
DON'T MISS THIS OPPORTUNITY!!

GENERATION

BUILDING GENERATIONAL HEALTH

FULL MASTERCLASS
REPLAY AVAILABLE!



AGATHE REGINA HOLOWATING

AT FUELLED, WE KNOW THAT WHEN IT COMES TO TRANSFERRING GENERATIONAL WEALTH, YOU MUST GO BEYOND TRANSFERRING YOUR GOOD MONEY HABITS, INVESTMENT PHILOSOPHIES AND BUSINESS KNOW-HOW.

OUR UPCOMING FUELLED MASTERCLASS SPOTLIGHTS KEY HEALTH HABITS AND VALUES THAT WILL KEEP YOUR LEGACY AND GENERATIONAL WEALTH ALIVE (AND KICKING!), LITERALLY.

BECAUSE WEALTH IS USELESS WITHOUT HEALTH.

BUILDING GENERATIONAL HEALTH

DATE: TOOK PLACE NOVEMBER 22, 2022

TIME: CATCH THE FULL REPLAY!

DURATION: 45 MINUTES

LOCATION: ENERGIZED EXECUTIVE COLLECTIVE FACEBOOK GROUP (LINKED IN TEXT.)

INVESTMENT: FREE



THE ENERGIZED EXECUTIVE™

A 16 WEEK HIGH
PERFORMANCE
NUTRITION RESET

ENERG EXECU

CLAIM THE
LEGENDARY, LIT UP
VERSION OF YOU

www.energizedexecutive.com

ARE YOU READY TO CLAIM THE MOST LEGENDARY,
LIT UP & LIMITLESS VERSION OF YOURSELF?!

THIS PROGRAM IS FOR EXTRAORDINARY
PROFESSIONALS WHO WANT TO LEVEL-UP THEIR
OPTIMAL HEALTH & NUTRITION GAME, TAP INTO
THEIR AGE REVERSAL CODES TO EXPLODE THEIR
LIFESPAN AND RECLAIM THE VITALITY THEY KNOW
IS WITHIN THEM; THEY WANT TO GET LASER LUCID
FOCUSSED ON SUPERCHARGING THEIR ENERGY,
DETOXIFYING THEIR BODY, REVVING UP THEIR
METABOLISM AND MAXIMIZING THE NUTRIENT
DENSITY AND HEALING CAPACITY OF THE FOODS
THEY EAT. IF IT'S TIME FOR A RESET...REACH OUT!

**TAUGHT BY AGATHE HOLOWATINC,
MLIS, INHC. MEMBER OF THE
NUTRITIONAL THERAPISTS
ASSOCIATION OF BERMUDA,
AUTHOR, INTEGRATIVE NUTRITION
HEALTH COACH & CONSULTANT,
SPEAKER, DIRECTOR.**

YOUR 1:1 RESET STARTS ANYTIME

Book a chat to discuss if this is right for
you: coach@fuelledlife.com

RADIANT HEALTH GODDESS™

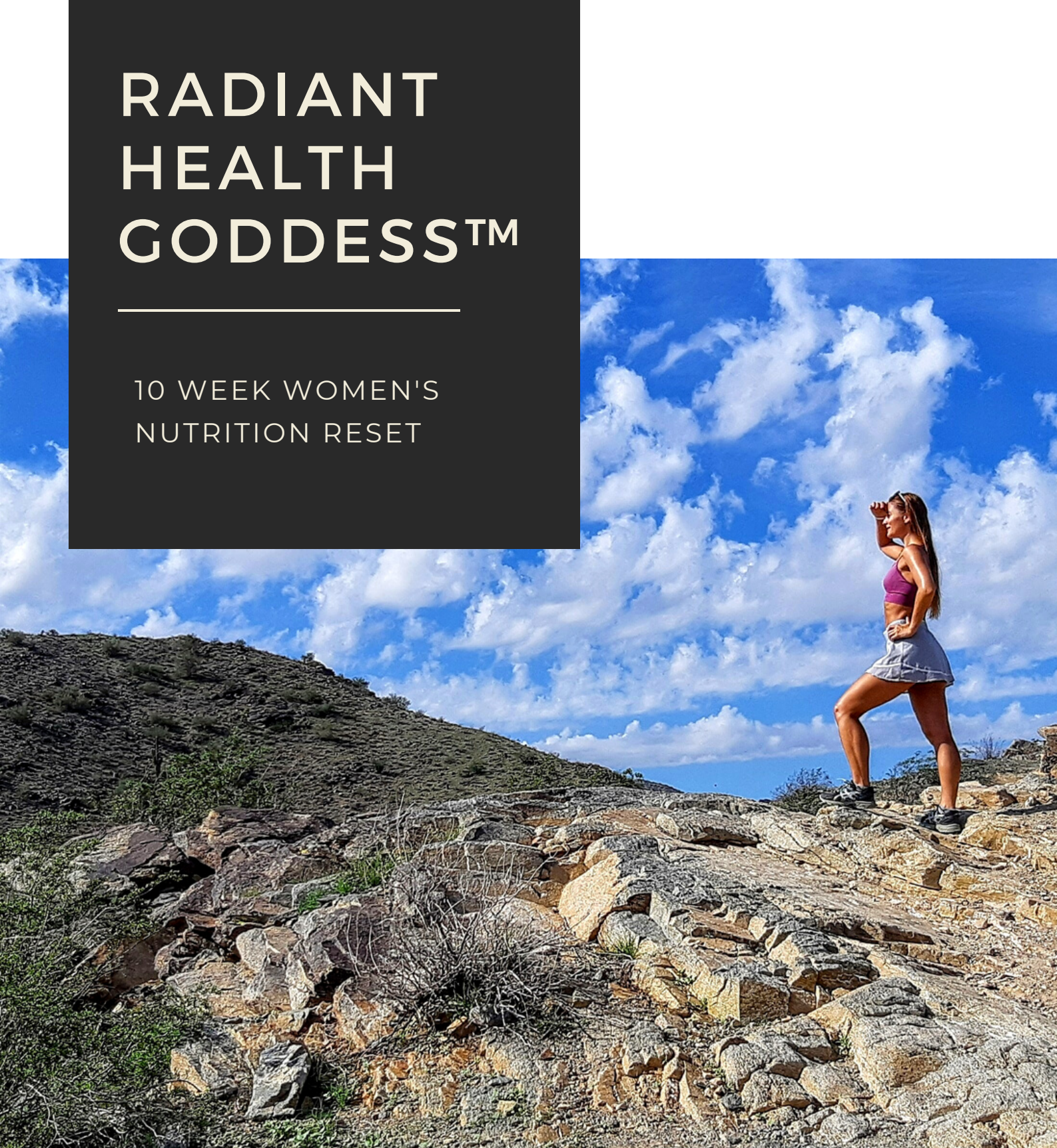
10 WEEK WOMEN'S
NUTRITION RESET

ARE YOU FEELING FRUMPY, FATIGUED, UNSEXY AND LIKE NOTHING YOU DO IS WORKING? THIS PROGRAM IS FOR EXTRAORDINARY WOMEN WHO WANT TO LEVEL-UP THEIR OPTIMAL HEALTH & NUTRITION HABITS (FOR LIFE!), TAP INTO THEIR AGE REVERSAL CODES AND RECLAIM THE VITALITY THEY KNOW IS WITHIN THEM; THEY WANT THAT RADIANT SKIN "GLOW-UP", TRIM TAUGHT FIGURE, ABUNDANCE OF ENERGY AND A REVVED UP METABOLISM...THEY WANT TO UNLEASH THE RADIANT HEALTH GODDESS THEY KNOW IS WITHIN THEM! IF THAT'S YOU...REACH OUT! CORE CURRICULUM + SPECIAL SESSIONS: MENOPAUSE, FERTILITY, FATIGUE, WEIGHT LOSS, GLOWING SKIN.

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1-ON-1 NUTRITION COACHING

AGATHE REGINA
HOLOWATINC,
MLIS, INHC



DID YOU KNOW? POOR NUTRITION CAN SIGNIFICANTLY IMPACT YOUR ABILITY TO PERFORM WELL ON THE JOB BECAUSE IT CAN LEAD TO FATIGUE, SLUGGISHNESS, LOWERED ENERGY LEVELS, DECREASED MENTAL EFFECTIVENESS, A WEAKENED IMMUNE SYSTEM, MORE SICK DAYS, HEADACHES, ANXIETY AND A REDUCED ABILITY TO THINK CLEARLY.

I'M HERE TO SHOW YOU THAT YOU CAN FEEL LIT UP, LASER LUCID FOCUSED AND LIMITLESS - WITHOUT THE SUGAR, CAFFEINE OR OTHER ADDICTIVE CRUTCHES.

IF IT'S TIME FOR A RESET...REACH OUT!

**MEMBER OF THE NUTRITIONAL
THERAPISTS ASSOCIATION OF
BERMUDA, AUTHOR, INTEGRATIVE
NUTRITION HEALTH COACH,
SPEAKER, PRIVATE CHEF.**

Agathe's education has equipped her with extensive, cutting-edge knowledge in holistic nutrition, health coaching, and prevention.

Virtual/In-Person sessions available.
Free consultation: coach@fuelledlife.com



CLIENT QUOTES

WHAT PEOPLE ARE
SAYING



“
Thanks Agathe,
I really **enjoyed**
the session.
”

(client quote)

@FUELLEDBERMUDA

“
I’m setting myself up
for my best
health and nutrition
for the rest of my life.
”

(client quote)

@FUELLEDBERMUDA

“
I feel so pumped
after our session!
”

(client quote)

@FUELLEDBERMUDA

