

Inspiration Corps presents...

“Better Together – Faith & Fitness”

A Fundraising event dedicated to assisting Our Lady Star of the Sea School in a time of need. We are definitely in this together.

My name is Leigh Ann Langley and for those of you that I have not met, I am the Mom of 1st Grader Jace Norris. I am running a fundraiser from my company, Inspiration Corps Fitness, and any purchase made from this fundraiser will benefit Our Lady Star of the Sea School. Donation amounts are listed by each product on the price list. Please make sure to email coach.leigh8@gmail.com with your order for it to count or to ask questions about the products. Please title your email “Faith & Fitness Fundraiser”. In order to review more information about the products, you may visit www.teambeachbody.com/langleyla however orders should only be placed through my email so I can give the school credit.

Orders must be received between May 26, 2020 and May 31, 2020 for current pricing. Pricing may be extended through the first week of June.

10 Rounds packages

About:

FITNESS: 10 Rounds PLUS Annual Membership to Beachbody On Demand

This 6-week boxing program is built around proven principles that deliver maximum cardio burn by combining technique, repetition, and intensity for an incredible TOTAL-body workout. It's real boxing, without the impact. You'll learn powerful punching combinations while you put your total focus into each jab, cross, roll, uppercut, and hook, one after another, until you realize you're sweating off serious calories. Each week, Super Trainer Joel Freeman leads you through 3 days of boxing training, and 2 weightlifting workouts that will help get you shredded and lean while you melt inches off your waistline. And for 12 months, you'll also get streaming access to hundreds of other world-class workouts on Beachbody On Demand so you can keep your fitness journey moving forward.

NUTRITION: Shakeology

Whether you're after weight loss, abs, or overall wellness, lasting change happens when you focus on nutrition. Shakeology is the powerful all-in-one formula that will help you get there.

Shakeology is an ultra-premium superfood shake that helps nourish the body, support healthy weight loss, and provides a powerful foundation for your day.*

- Clinically studied to help reduce cravings*
- 16–17 grams of premium protein for lean muscle support*
- Supergreens, superfruits, and antioxidants
- Probiotics, prebiotics, and digestive enzymes to help support a healthy gut and digestion*
- 6 grams of fiber to help support regularity*
- Adaptogenic herbs traditionally used to help the body adapt and respond to the effects of stress*

When you give your body more of what it needs to feel and perform at its best, real change begins. It can mean the difference between just getting through 10 Rounds and owning it.*

Beachbody Performance Energize and Recover

Developed by leading authorities in cutting-edge exercise physiology and performance nutrition research, Beachbody Performance supplements use key ingredients scientifically shown to help you achieve better workout results.*

- Energize helps increase energy, endurance, and focus during workouts*
- Recover helps speed muscle recovery, combat exercise-induced muscle soreness, and support lean muscle growth*

Beachbody Performance is formulated with clinically tested key ingredients highly effective in helping drive your workout so you can push harder for longer.*



1. 10 Rounds Shakeology Challenge Pack

What you will get:

- VIP Early Access to stream 10 Rounds on Beachbody OnDemand
- 30-Day Supply of Shakeology, a science-backed superfood nutrition shake
- Annual Beachbody On Demand Access with 1,400+ workouts
- 10 Rounds Get Started Guide and Workout Calendar
- Beachbody Resistance Loops
- Shakeology Shaker Cup
- Beachbody® Guide to Nutrition
- Free Access to Your Personal Coach (Fitness + Nutrition + Support = SUCCESS)



2. 10 Rounds Performance Challenge Pack

What you will get:

- VIP Early Access to stream 10 Rounds
- Beachbody Performance® Energize & Recover to help you blast through challenges and jump-start muscle recovery
- Annual Beachbody® On Demand Access with 1,400+ workouts
- 10 Rounds Get Started Guide and Workout Calendar
- Beachbody Resistance Loops
- Beachbody Performance Shaker Cup
- Beachbody® Guide to Nutrition
- Free Access to Your Personal Coach (Fitness + Nutrition + Support = SUCCESS)



3. 10 Rounds Deluxe Challenge Pack

What you will get:

- VIP Early Access to stream 10 Rounds
- 30-Day Supply of Shakeology, a science-backed superfood nutrition shake
- Beachbody Performance® Energize & Recover
- Annual Beachbody On Demand Access with 1,400+ workouts
- 10 Rounds Get Started Guide and Workout Calendar
- Beachbody Resistance Loops
- Shakeology Shaker Cup

- Beachbody Performance Shaker Cup
- Beachbody® Guide to Nutrition
- Free Access to Your Personal Coach (Fitness + Nutrition + Support = SUCCESS)

Note: These packages give VIP access to Beachbody’s newest program, 10 Rounds, but also to all of the Beachbody mega classics and much more like P90X, Insanity, 21 Day Fix, 80 Day Obsession, LIIFT4, and so much more!



4. Shakeology

30 day supply of Shakeology in either Whey or Vegan flavors.

Flavor options include: Vanilla, Chocolate, Strawberry, Greenberry, Caffe Latte

How will Shakeology make a difference in your health?

If you struggle with low energy, digestive issues, or your weight, you might not know how good it is to feel great. You might not realize just how much better life can be when your body is functioning at its best. That’s why we believe getting top-quality, whole food-based nutrition every single day is so important.

Shakeology has a low glycemic index value. Why is that so important? Foods with a low-glycemic value cause a lower blood glucose response which helps you avoid “crashing” and the junk-food cravings that follow. In fact, we conducted a peer-reviewed clinical trial (published in Current Developments in Nutrition) of 41 overweight adults who drank Shakeology or a calorie-matched shake (a placebo) 30 minutes before a meal and found that drinking Shakeology reduced the desire to eat by 58% more than the calorie-matched shake.

We Don’t Know Any Salad Bar This Good

We formulated Shakeology to be your easiest healthy habit. With just one scoop, you can help fill in nutritional gaps and get the superfood nutrition you need to feel your best.* And you can trust that what we say is in the bag is actually in the bag. From raw ingredients to finished product, we run over 1,900 tests on every batch to make sure each bag meets our rigorous quality standards before it reaches your door. That’s not an exaggeration—we do this to ensure the integrity and potency of our formula.

5. Collagen



Radiant skin and healthy nails begin on the inside—where creams and masks can’t reach but Beachbody Collagen Boost can. Just add Beachbody Collagen Boost to Shakeology® or your favorite beverage to help reduce the appearance of wrinkles, increase skin elasticity, and support healthy nails—with just one daily targeted scoop.

The key to healthy skin and nails

Beginning in your 20s, collagen—the protein that supports healthy skin and nails—begins to decline, leading to more lines and wrinkles, duller skin, and weaker nails. Topical lotions and serums can treat skin at the surface, but the optimized peptides in Beachbody Collagen Boost impact skin on a deeper level, working below the exterior to help increase skin elasticity from within.

Each targeted, 2.5-gram serving is formulated with a key ingredient to help:*

- Increase skin elasticity
- Reduce the appearance of wrinkles
- Support healthy nails

What's in Beachbody Collagen Boost?

Unlike some other collagen powders, Beachbody Collagen Boost is formulated with optimized bioactive collagen peptides shown to help stimulate the creation of collagen and elastin—in one small but powerful 2.5-gram serving. And because it only contains 10 calories, you don't have to think twice about adding Beachbody Collagen Boost to your daily self-care ritual.

6. 2B Mindset Nutrition Program Challenge Pack



Get ready to lose weight happily without feeling hungry or deprived with the 2B Mindset and Shakeology Challenge Pack! Your bundle includes the 2B Mindset program, your first 30-day supply of Shakeology, your first 30 days subscription to The Mindset Membership™, and access to customized support from a personal Coach so you can reach your goals.

Meet Ilana

The program was developed by Ilana Muhlstein MS, RDN (Registered Dietitian Nutritionist), who lost 100 pounds herself—and kept it off—using the 2B Mindset principles. And she's helped thousands of other people lose weight through her private practice in Beverly Hills and a clinic at UCLA. In this program, Ilana shares her favorite tips, tools, and strategies to help you achieve your weight-loss goals while still living life to its fullest.

Why It Works

2B Mindset is a positive approach to weight loss. You get to eat a lot! We're talking delicious, comforting food in big portions. You won't have to change how much you eat, count calories, or follow a restrictive eating plan. Adopt Ilana's proven mindset, and you can start saying "yes" to the food you love and still lose weight—even without exercise. Finally, be in control of your eating. No more mindless snacking or emotional eating. Once Ilana teaches you her strategies to shift your mindset, you will finally have power to take control of food.

With 2B Mindset, you'll be able to eat what you want and enjoy it—free of guilt. You can live your life, go to parties, eat at restaurants, enjoy a big, satisfying meal with your family, and still lose weight. You won't have to eat special foods or feel like you're on a diet. Nothing is off-limits, even dessert or a glass of wine. Once you put Ilana's simple principles into practice, you can just go on living your life and losing weight happily.

Your 2B Mindset & Shakeology Challenge Pack includes:

- Your first 30-day supply of Shakeology

- The 2B Mindset program, which includes:
 - 40+ short videos
 - Getting Started Guide
 - My Go-To Guide
 - My Tracker
 - 2B Mindset Water Bottle (30 fl. oz./888 mL)
 - Recipe book
 - Access to nutrition tracking and the 2B Mindset program through the Beachbody app
- Shakeology Shaker Cup

7. Ultimate Portion Fix Nutrition Program Challenge Pack



Ultimate Portion Fix Program

Ultimate Portion Fix is the expansion of one of the most successful weight-loss programs at Beachbody. This 30-day video-based program from creator and Beachbody Super Trainer Autumn Calabrese uses color-coded, portion-control containers to take the guesswork out of eating delicious, perfectly sized meals, every time. Applying knowledge learned from 5 years of proven success, the program has been improved and expanded to teach you how to feed your whole family healthy meals, eat for performance, and help beat sugar addiction, so it's easier than ever to meet your goals. You'll be armed with delicious new recipes, useful tools, and healthy hacks to help you finally overcome your obstacles and lose the weight for good.

Your Challenge Pack includes:

- Your first 30-day supply of Shakeology
- Ultimate Portion Fix Kit:
 - 30+ Step-by-Step Videos
 - Workbook
 - Daily Logbook
 - Set of 7 Portion-Control Containers
 - FIXATE Vol. 2 Cookbook
 - FIXATE Cooking Show
 - 75 Healthy Lunch Ideas For Kids (Digital PDF)
 - Access to nutrition tracking and the Ultimate Portion Fix program through the Beachbody App
- Shakeology Shaker Cup

Product #	Product Description	Fundraiser Price (plus s&h)	Donation Amount
1	10 Rounds Shakeology Challenge Pack	\$160.00	\$25.00
2	10 Rounds Performance Challenge Pack	\$160.00	\$25.00
3	10 Rounds Deluxe Challenge Pack	\$219.00	\$40.00
4	Shakeology	\$129.95	\$12.00
5	Collagen	\$34.95	\$4.00
6	2B Mindset Nutrition Challenge Pack	\$160.00	\$25.00
7	Ultimate Portion Fix Challenge Pack	\$160.00	\$25.00