

BREANNA ANGSTADT

INTUITIVE
TRANSFORMATION COACH



Find the Root Cause to **why** you're
overweight & find out **why** you're stuck.

ABOUT ME

Breanna Angstadt is a Certified Integrative Nutrition Health Coach, Life Coach, NLP Master Practitioner & Personal Trainer.

Breanna spent most of her life overweight, diet hopping whilst battling eating disorders. After many years of trial & error, seeking help & transforming her mindset, she not only surpassed her health & fitness goals, but then went on to inspire others to transform their own lives. After founding the successful Just B Whole Body & Wellness Coaching, Breanna has used her experience, education & intuition to coach women around the world transform their mindset as well as their physique. When you focus on the bigger picture, beyond the number on the scale & heal your body as a whole, weight loss becomes a **SYMPTOM** of your **SUCCESS**.

DOES THIS SOUND LIKE YOU?

- Losing weight feels *impossible*.
- Nothing works no matter what you try.
- All you think about is food.
- You obsess over your weight.
- Everything you do (or don't do) revolves around your weight.
- You're tired & defeated but you're still willing to do what it take to lose weight & be DONE.
- You're ready to try something different so that you have different results.

Being overweight isn't your "problem".
Being overweight is a **SYMPTOM** or a
byproduct of a **problem** you're not addressing
or perhaps not even aware of.

It's my job to find it.

JustBwhole.com

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STRONGER EVERY DAY

How to Build Sustainable Fitness Habits

Provided by GYMGUYZ Main Line & Montgomery County

As summer gets closer, many people rush into extreme workout routines or crash diets — but the real secret to long-term success is building sustainable fitness habits. Here's how to stay consistent and see real progress this season.

1. Start with Small, Achievable Goals

Rather than focusing on quick fixes, aim for realistic, measurable goals like increasing your workout frequency or improving your endurance. Progress takes time, and consistency beats intensity every time! GYMGUYZ trainers help set realistic benchmarks, keeping you on track without burnout.

2. Mix Up Your Workouts

Boredom is one of the biggest reasons people quit exercising. Keep things fresh by incorporating different workout styles — strength training, HIIT, mobility exercises, and outdoor workouts. Our trainers bring variety to every session, making workouts fun and engaging.



3. Prioritize Recovery & Nutrition

Muscles grow when they recover, so don't overlook rest days and proper nutrition. Stay hydrated, fuel up with lean proteins and fresh produce, and make stretching a part of your routine.

Make May Your Month to Thrive!

This is the perfect time to build momentum before summer. Whether you're training for an event, toning up for vacation, or just focusing on overall health, starting now will set you up for long-term success!

Because 80% of people who have a gym membership, don't use it.

WE DRIVE THE GYM TO YOU.

CALL US TODAY TO BOOK YOUR COMPLIMENTARY FITNESS ASSESSMENT

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