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# LG SISTERS

## *Community Handbook*

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# WELCOME



Welcome to the LG Community! We are a group of women who love to live a healthy lifestyle while enjoying the journey. We sweat together. We swap yummy recipes. We support and motivate each other. We form friendships beyond health and fitness. We are a community you'll love being a part of!

I put this handbook together to introduce you to all things LG. You will see how you can participate in the community to stay accountable and have fun. You will be able to meet your LG Sisters who will soon become friends. And, you'll see how you can use our tools to reach your goals while feeling a healthy balance in your life.

I am so happy you are here. We are in this together!

*XB, Lauren*

# ABOUT LAUREN

## MY JOURNEY

Hey! Hi! I'm Lauren aka LG... the gal behind those workouts that make you sweat – I mean sparkle – from head to toe and the meals that make your belly happy!

I grew up in Wisconsin (yay, Midwest!) just north of Milwaukee. I was always active and played a lot of team sports growing up! Physically, I was skinny, which surprisingly, I didn't like. I've been called "twiggy" and "too thin." It showed me very early on that women of all shapes and sizes struggle with body image issues. I would characterize my transformation as one of developing strength and health from the inside out.

I first stepped foot in the gym at age 15 with my first fitness goal: abs. I even remember googling "how to get abs." At first, I did everything wrong: from low calorie diets to excess cardio and even binge eating from time to time. When I finally discovered weight training – thanks to a friendly push from my then



*Baby LG*

boyfriend/now husband – it all clicked. Weight training not only made me physically stronger, but I felt more confident outside of the gym.

During college, I studied Biology. I quickly became fascinated with how much what I was learning in my academics carried over to my passion for health and fitness. It was during college when I began developing a meal plan that was maintainable, one that would allow me to eat healthy wherever (then, a school cafeteria), and one that worked with the science I was learning and with my goals of getting fit and lean. I often share the story that I tried this plan for 1 week. At the end of that week, I saw the slightest outline of a baby ab, but it was all the motivation I needed to keep it up!

All of that helped me go from skinny, insecure and feeling like I couldn't do anything about my body or life circumstances to strong, confident and in control of creating a life I love. I really felt that I found the key to happiness, so during college, I started a blog to share all of this with others.

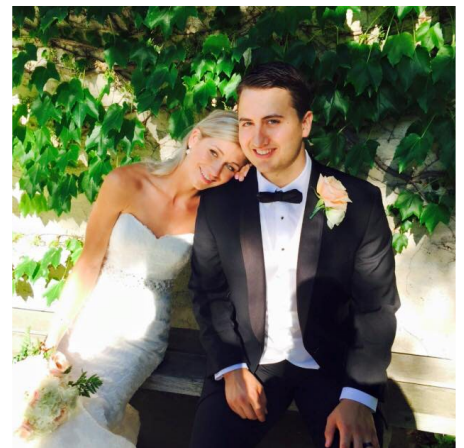
After graduating from college with a Bachelor of Science in Biology, I moved to Texas. My original career path was dentistry, but I gave up my seat in a DDS program the week before starting to pursue my dreams of building a fitness, health and happiness brand.

I know the courage to make that leap was only possible because of the strength, confidence and determination I developed through

## *Family Photo*



health and fitness. It's why I'm here with you today, because now, I work to provide women with plans to look better, feel better and lead lives they absolutely love alongside a community of amazing women who help make the journey enjoyable – it's everything I wish I had when I first pursued a healthier, happier life! I don't take for granted women allowing me into their lives and I get giddy knowing you're now a part of the amazing-ness that is the LG Community because it's going to take you beyond your wildest dreams!



*#LGMan*

# ABOUT LAUREN

## 10 FACTS

- 1 I am obsessed with candles! The 3 wick Bath and Body Works candles are all over my home and they're always lit
- 2 I read almost every day. My favorite book is *The Rhythm of Life*
- 3 I regularly drink sparkling water out of a champagne glass; it makes me feel fancy ;)
- 4 My husband, Anthony once grew his hair out so long that he donated it to Locks of Love (that wasn't really a fact about me, but now you know something about my hubby :)
- 5 My favorite treat is flamin' hot cheetos... it's a burnin' love affair
- 6 My greatest goal in life is to be fearless... I played it safe a lot in life but have found so much more happiness in taking risks
- 7 I have to make my bed before I begin my day, and my closet is color coordinated
- 8 My cat, Honey was the love of my life as a kid, but when I went away to college, I developed an allergy to most cats and dogs. It would be purrrrrfect if someday that changed because I love pets
- 9 If I could get away with wearing a robe and slippers out in public, I would! It's my favorite outfit!
- 10 I binge watch marathons of the Real Housewives and Law and Order SVU



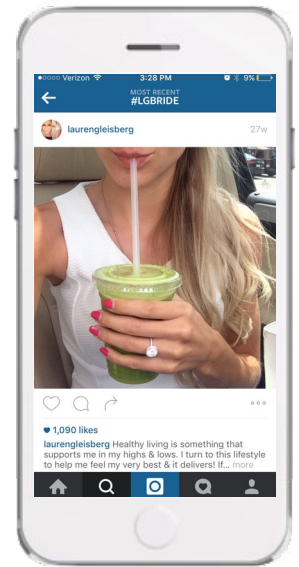
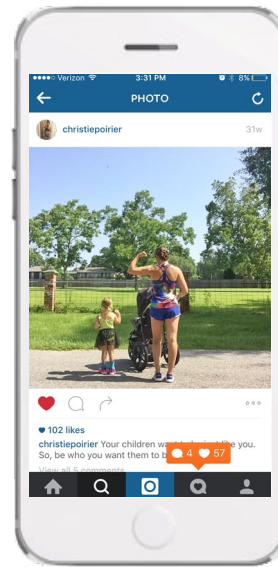
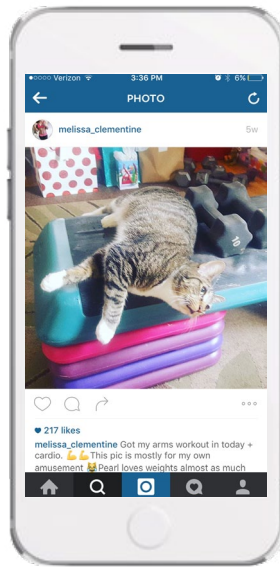
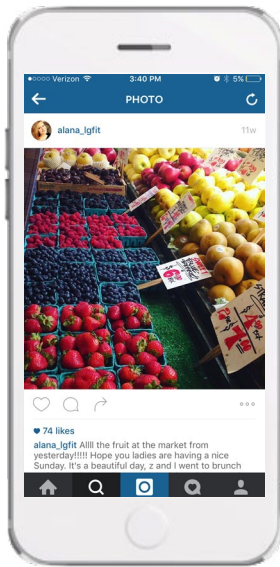
# YOUR LG SISTERS

The best part of any LG plan or challenge is that it comes with an always-open invitation to the LG Community! A community of tens of thousands of women all working towards their goals. As a community member, you yourself become a leader and a source of inspiration to the rest of the community.

Why do we do this? Participating in the community not only holds you accountable, but also makes the journey fun and enjoyable. The more you put into the community, the more you get out of it! Get ready for some serious fun and to inspire as well as be inspired!



# HOW TO PARTICIPATE



## HOW TO JOIN IN:

- 1 **Insta-Stalk:** if you're hesitant to join in, feel free to peruse our community hashtags and see what life as an LG community member is all about. I love to insta-stalk you LG girls all day long!
- 2 **Upload:** share whatever, whenever on social media. There are no rules to what you can upload. Of course, we love to see what you're eating and how you're sweating, but we also enjoy getting to know you, your family, your friends, your pets and what you are all up to on the daily.
- 3 **Connect:** to stay connected, be sure to use our community hashtags and tag me or other community members to spark social media conversations.
- 4 **Take It In:** with every upload, you are adding to the motivational momentum in the community. With every like and comment, you are sharing support. We are so thankful for that. Don't forget to take it in as well. Whenever you need encouragement or new ideas, click the hashtags and absorb all the love there is in the LG community.

## LG LINGO:

- #LGAaccountability: top community hashtag used with all posts
- #LGSisters: another community hashtag
- #LGMealPlan #EatYourWayLean: any food related uploads
- #LGGymDate: your workout, we plan gym dates ahead of time in our schedules
- #LGSweatSeshSelfie: a selfie taken after your workout for accountability
- #LGProgress: to document your side by side progress pictures
- #LGMan #LGHubby: posts about your significant other
- #LGMoms #LGNurses: create your own community hashtags based on your interests
- #LGYourNearestBigCity #LGYourState (#LGHouston #LGTexas): be sure to use your location hashtags on check ins to discover LG Sisters near you and for events and meet ups

The minute you upload your photo, you're sharing with a group of inspirational individuals in a nonjudgmental, encouraging and fun place.



# LG WORKOUTS

Workouts are an essential piece of the puzzle in an LG Sister lifestyle. We not only use workouts to strengthen and sculpt, but also for the energizing and motivational effects.

LG Sisters often share a fitness goal of achieving a fit and strong body while looking lean and defined. The most effective way to achieve that is through weight training and supplemental cardio and ab workouts. We use traditional weight training workouts, which target 1-3 muscle groups per day to focus on muscle breakdown. In order to see results, we need to physically break down our muscle cells and then allow them to recover. Our strategic training splits and workouts are designed to achieve that, giving you maximum results.

Your LG Sisters will tell you how our workouts are the perfect combination of challenging yet motivating. You'll push yourself, but you'll feel great doing it. You'll experience that post-workout happiness high and be able to carry all that energy and motivation into your daily life. After all, it's about looking and feeling your best in all aspects of your life.

## A FEW COMMUNITY FAVORITE WORKOUTS

GET STARTED!

Click on each image to see the full workout!



Arms



Cardio + Abs



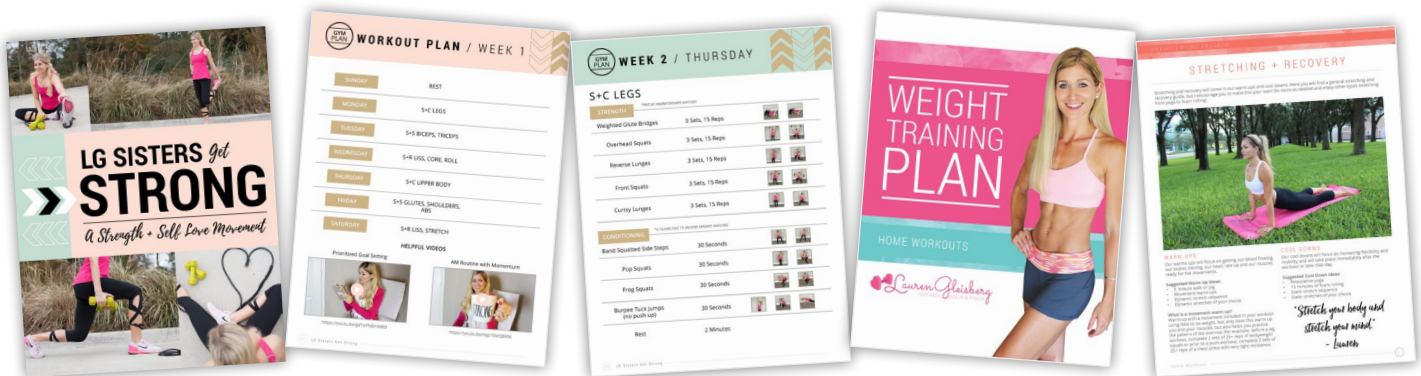
Legs + Glutes



Upper Body Circuit

## WORKOUT PLANS

PICK YOURS! →





# LG MEALS

We are a community that loves to eat! Yes, we eat foods that fuel and nourish our bodies, but we also like meals that taste good, use normal/everyday ingredients and are quick to prepare. That is what you can expect with our meal plan and recipes.

Here's the nitty gritty. There is general healthy eating and then there is eating foods in a specific way to see physical results. Our Meal Plan bridges that gap, teaching you simple tweaks to see results through food. The best part? It's easy to follow and maintainable. Heck, I'll even show you how to eat some cookies and chocolate on the regular!

## A FEW COMMUNITY FAVORITE RECIPES FROM THE BLOG

Click on each image to get the recipe!



Chicken Parm Sandwich



Chocolate Muffins



Chocolate Pudding



Crockpot Chili

## EAT YOUR WAY LEAN MEAL PLAN

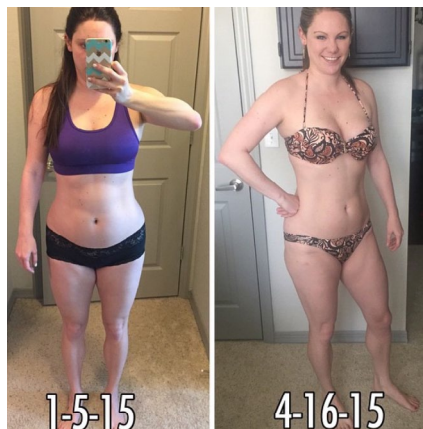
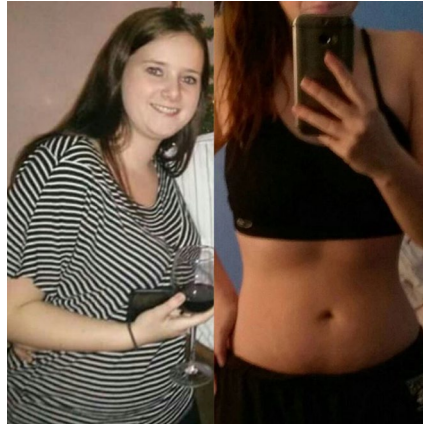
JOIN TODAY! [➔](#)



Once you join the meal plan, you are considered a lifetime meal plan member! This means you'll receive all future nutrition installments (seasonal cookbooks, weekly challenge meal menus and more) for free.

Join today and instantly get the guidelines, 100s of recipes and all current installments!

# LG PROGRESS



Unlike most plans, LG Sisters focus on seeing results from the inside out. This means you'll feel just as great as you look. Because isn't that what really matters at the end of the day?! We all want to feel confident and happy with our lives. The fit and lean look we achieve is just an added benefit.

I design workouts and plans to push us yet motivate us. You'll realize your true strength: physically and mentally. You'll get comfortable with getting outside of your comfort zone. You'll enjoy the desire to become your best self in all capacities. Very soon, you'll SEE and FEEL what results from the inside out is all about. And, you'll be hooked like the rest of us!