

Fit Mum Method

"THE FUNDAMENTALS OF SUSTAINABLE WEIGHT LOSS"

8 WEEK PERSONALISED COACHING PROGRAM



**I HELP BUSY WOMEN ACHIEVE THE BODY
+ MINDSET THEY WANT WITHOUT GIVING
UP THE FOODS + LIFESTYLE THEY LOVE**



Get Connected

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This program could be for you if...

- You are frustrated with losing weight
- Have tried diets in the past where you initially lost weight but then put it all back on again
- You would like to establish new habits that work for you
- Not sure where to start, yet again
- You need accountability + support more than once a week

oh yeah.....you must be female!

What to Expect

- 8 weeks of personalised training + nutrition
- Understand calories and why they matter with an individualized macro plan
- Learn how to lose weight the sustainable way and never have to yo-yo or fad diet again.
- **ACCOUNTABILITY + SUPPORT** from me seven days a week
- Exercise programming every four weeks with weekly progressions
- Exercise video tutorials for each exercise prescribed
- Bimonthly photos + measurement review
- Access to The Fundamentals of Weight Loss Course which covers everything from habits, mindset, training, how to calculate your calories + macros and food swap ideas. It's your go to manual and the curriculum of what I'll be teaching you
- Weekly Zoom video coaching calls with me
- Access to our members only Facebook group. You'll be joining a community of like-minded women all on a journey to be healthier. We share recipes, talk mindset, share our wins, tips, tricks etc.
- This is **NOT** a quick fix approach. This is teaching you the fundamentals to be able to continue on your own, finally have food freedom by learning the flexible dieting approach and not labeling foods as 'good' or 'bad.'

What My Clients Have To Say....

"Fit Mum Method has changed my mindset and has been the most amazing support all the way with the commitment to being reachable to chat. I'm a happier person, mum, and friend. I have so much more energy and patience. I'm not wasting money on crazy fad diets and actually having real food and alcohol. My children are reaping the benefits as well as myself."

-Mum of 3



"Tara is amazing. I am so glad that I finally joined on with her after months of thinking about it.

She is so supportive (literally your biggest cheerleader in the best possible way) and gives you the necessary tips, tricks, and tools on so many things that all work together to help you implement and maintain new habits on your path to success.

I was starting to feel stuck with my workouts and motivation.

Having the accountability has helped re-set and re-focus me as well as my overall outlook on things and eating habits."

BEST DECISION OF 2020 HAS BEEN TO HAVE HER ON MY SIDE!

- Full time teacher, sports coach, on recreational sport team



also omg lol I posted a pic a while ago and four people replied about "how jacked my calf is" lol I loved every minute of it hahaha

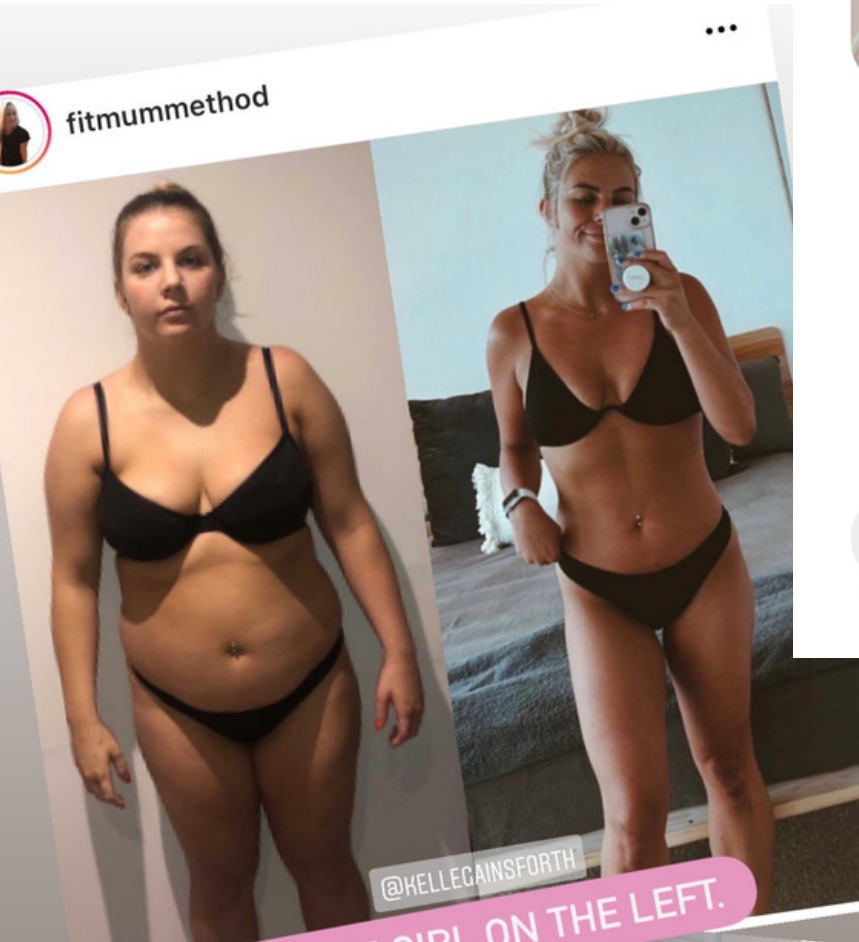


Damn girl! You deserve it. You've come such a long way and enjoying the journey will keep you going xx



You look amazing

bless, all thanks to you! ❤️❤️



"Wish I'd done this sooner.

After 3 months of procrastinating and "can I do this?" I signed up with Tara and boy am I glad I did.

Would I recommend her? YES definitely!

**IT WAS THE BEST AND STILL IS THE
BEST INVESTMENT I HAVE MADE ON ME
FOR ME!** 🍷🍷🍷🍷

So a big thank you to Tara and if you are still on the fence, get off the fence and get on board ❤️"

-Working, two home workouts, one gym





Hello Tara!! Going absolutely awesome... I was only just thinking about sending you a message and saying thanks again for your program... It's been so simple keeping on track with my weight & fitness - good habits were formed and they're here to stay (even through all this Pandemic) I don't even have to think about it anymore! Took this photo a few weeks ago before I gave away my favorite jeans... they used to be my skinny jeans as I had actually thought to myself that I was too old to get my younger Triathlon body back. But I look at my figure now and pinch myself sometimes that I'm in such good shape!! Forever grateful for your program - thank you 🙏

- Shift worker, no previous guidance with nutrition/training



"I NEVER THOUGHT I'D BUY ANOTHER BIKINI"

I was back in the office this week and 2 of the doctor's I work for told me how strong I look!!

They are my first strong compliments...not just the "you look good"

I like the strong compliments because I feel strong!!

- Working mum, had been going to gym with no real plan and constantly on different diets



I believe in heart centered coaching, helping you through nutrition, training, habits, mindset and continued support + accountability seven days/week.

Putting yourself first isn't selfish, it's the least selfish thing you can do in order for those around you to live a life they deserve as well.

I know this is the last program you will have to do in order to understand nutrition, training, and habits.

My goal for you is to be able to have the food freedom and not feel trapped by food choice and the guilt that comes with it.

If you are ready to start the rest of your life, don't hesitate to reach out!

Tara xo