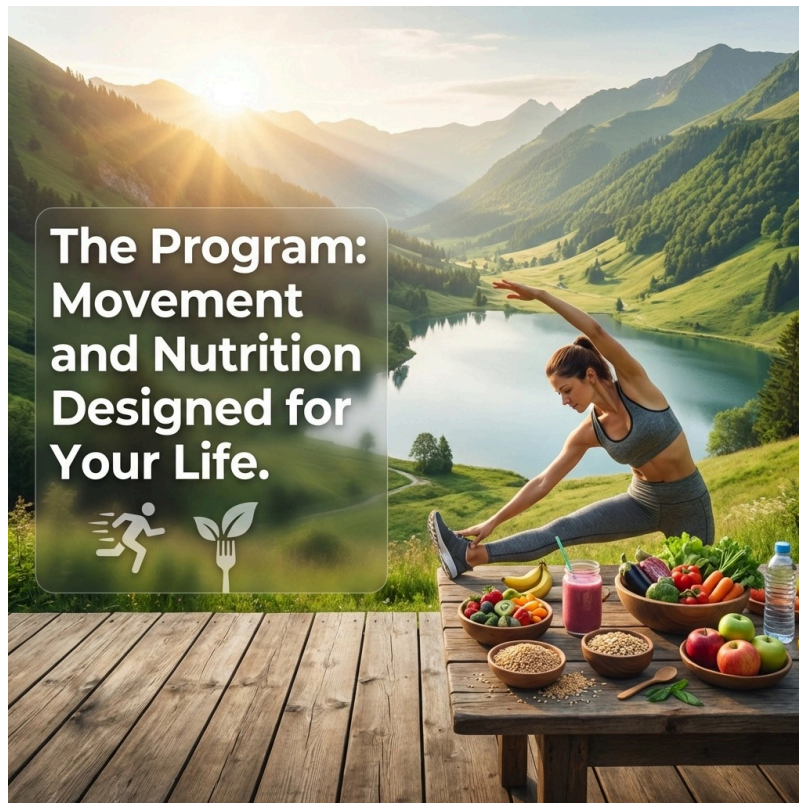


The Program: Movement and Nutrition Designed for Your Life



You're 30-something. Your back aches after sitting at a desk all day. Your knees creak when you get up from the couch. You've tried the gym, but those generic workouts leave you sore in all the wrong places, and they definitely don't fit into your jam-packed schedule.

Here's the thing: your body wasn't designed to sit for 8 hours, grab fast food between meetings, and then hammer it with random exercises that don't actually fix what's broken.

At TJ Transformations, we do things differently. No cookie-cutter programs. No unrealistic meal plans that require you to meal prep for 3 hours every Sunday. Just two simple things that work together to help you move better and feel stronger for the long haul.

Functional Patterns Coaching: Fix How You Move, Not Just How Hard

Most fitness programs treat your body like a collection of separate parts. They'll have you doing bicep curls on Monday and squats on Wednesday, with zero thought about how these movements actually help you in real life.

Functional Patterns is different. It's about teaching your body to move the way humans are supposed to move, efficiently, without pain, and in patterns that actually matter for daily life.



What Makes Functional Patterns Special?

Think about what you actually do every day. You walk. You sit down and stand up. You reach for things on high shelves. You pick up your kids or carry groceries. You twist to look over your shoulder when backing out of a parking space.

Now think about the last workout you did. Did any of those exercises actually prepare your body for these real-world movements? Probably not.

Functional Patterns focuses on four key movement patterns that form the foundation of all human movement:

Walking - Not just putting one foot in front of the other, but teaching your body to walk efficiently so your hips, core, and shoulders all work together instead of against each other.

Standing and Sitting - Sounds simple, but most people compensate with their lower back instead of using their glutes and core properly. This is why your back hurts after a long day.

Reaching and Pulling - Teaching your shoulders and ribcage to work together so you can reach for things without your neck taking over and creating tension.

Rotation - Your spine is designed to rotate, but most people lose this ability from sitting too much. We'll get it back safely.

The Real Goal: Moving Better for Longer

Here's what I'm not promising you: six-pack abs in 30 days, massive biceps, or the ability to deadlift twice your body weight (unless that's actually important for your life, which it probably isn't).

What I am promising: You'll be able to get out of bed without stiffness. You'll sit at your desk without your lower back screaming at you. You'll be able to play with your kids without worrying about throwing out your back. And in 10, 20, even 30 years from now, you'll still be moving pain-free while your peers are dealing with joint replacements and chronic pain.

This is **personalized coaching**, not some app telling you to do jumping jacks. Every session is designed around your specific movement restrictions, your work demands, and your life goals.



Nutrition Plans for Professionals: Realistic Eating for Real Life

Let's talk about every nutrition program you've tried before. They probably involved weighing everything, eating six tiny meals a day, cutting out entire food groups, or spending your entire weekend meal prepping containers of bland chicken and broccoli.

How long did that last? A few weeks? A month if you were really motivated?

Nutrition for busy professionals needs to be different. It needs to work with your schedule, not against it. It needs to account for client dinners, travel, stress eating, and the fact that you sometimes have exactly 7 minutes to grab lunch between meetings.

The Three Pillars of Sustainable Professional Nutrition

Pillar 1: Energy That Lasts All Day

You know that 2 PM energy crash? The one that has you reaching for your third coffee or raiding the office snack drawer? That's not a willpower problem: it's a fuel problem.

We'll design your eating around stable energy levels. This means understanding which foods keep your blood sugar steady, when to eat them, and how to structure your day so you're not running on empty (or sugar) by mid-afternoon.

No complicated macros to track. No weighing food on a tiny scale. Just simple guidelines that fit into your real life.

Pillar 2: Stress-Proof Your Eating

High-stress jobs come with high-stress eating patterns. Late-night stress snacking. Emotional eating after difficult meetings. Grabbing whatever's fastest when you're slammed.

Rather than pretending stress doesn't exist (like most nutrition plans do), we'll build strategies around it. This includes having go-to meals for crazy days, emergency snacks that actually satisfy you, and techniques for managing stress eating that don't involve superhuman willpower.



Pillar 3: Flexibility Without the Food Police

Life happens. Client dinners happen. Travel happens. Your kid's birthday party happens.

A good nutrition plan doesn't fall apart the moment you eat something that wasn't on your meal plan. Instead, it gives you principles that work in any situation: whether you're at a fancy restaurant, airport food court, or your kitchen at 9 PM after a brutal day.

What This Actually Looks Like Day-to-Day

Forget complicated meal plans with 47 ingredients you've never heard of. Here's what **nutrition for busy professionals** actually involves:

Simple Morning Routine - A breakfast that takes 5 minutes or less and keeps you satisfied until lunch. No special powders or supplements required.

Strategic Lunch Planning - Whether you're meal prepping, ordering out, or hitting the company cafeteria, you'll know exactly what to look for to maintain energy without the afternoon crash.

Dinner Solutions - Quick, satisfying meals that work whether you're cooking for one or feeding a family. We'll also cover what to do when you get home at 8 PM and haven't thought about dinner.

Travel and Dining Out - Specific strategies for staying on track during business travel, client dinners, and those inevitable work events centered around food.

The 80/20 Approach - How to eat well 80% of the time while still enjoying life the other 20%, without guilt or starting over every Monday.

How Movement and Nutrition Work Together

Here's where most programs get it wrong: they treat movement and nutrition like separate things. Go to the gym, then follow a meal plan. Check two boxes, call it a day.

But your body doesn't work in silos. Poor movement patterns can affect how your body processes food. Chronic stress from pain affects your hunger hormones. Not fueling properly makes it harder to move well and recover from workouts.

When we address both together, everything works better:

Better Recovery - Proper nutrition supports your body's ability to adapt to movement training, so you feel better faster.

Improved Energy - Moving better reduces the energy your body wastes on inefficient movement patterns, leaving more energy for everything else.

Stress Management - Both movement and nutrition strategies work together to help your body handle the physical stress of a demanding career.

Long-term Sustainability - Neither component feels overwhelming because they're designed to complement each other and your lifestyle.



Who This Works For

This program is specifically designed for professionals over 30 who are tired of fighting their bodies instead of working with them. You might be dealing with:

- Chronic back, neck, or shoulder pain from desk work
- Energy crashes that affect your performance and productivity
- Weight that's crept on over the years despite your best efforts
- Old injuries that never quite healed right
- The feeling that you're "too busy" for proper fitness and nutrition
- Frustration with generic programs that don't fit your life

This isn't for everyone. If you're looking for extreme body transformations, competition prep, or you love spending 2 hours in the gym every day, there are other programs better suited for those goals.

But if you want to feel strong, move without pain, and have consistent energy for the things that matter most in your life, while actually fitting your training and nutrition into your professional schedule, then this is exactly what you've been looking for.

Getting Started

The program begins with a comprehensive assessment of both your movement patterns and your current eating habits. No judgment, just honest evaluation of where you are and where you want to go.

From there, we create a **personalized coaching plan** that addresses your specific movement restrictions and fits your nutritional needs into your actual schedule. Sessions can be done in-person or virtually, depending on your location and preferences.

The goal isn't perfection; it's progress that sticks. Small changes that compound over time into big results. And most importantly, a way of moving and eating that you can maintain for decades, not just weeks.



Your body is designed to feel good and move well. Let's get it back to working the way it should.