

# Breakthrough Results With Vaughn Gray Course Syllabus

## **Class One: Redefine Your Limits** **Wednesday January 12<sup>th</sup> 8pm EST**

Where is your body now and where can it be 3 months or a year from now? We'll take a new look at the most common health complaints and fitness limits ranging from obesity to diabetes to depression to lack of motivation to simple procrastination and stagnation at the gym. We'll chart the course for the next three months to creating breakthroughs in whatever areas of your life where you're stuck. We'll also leave lots of time for Q and A so I can get to know you and your specific goals and challenges better so we can begin creating solutions from the outset.

## **Class Two: General Nutrition** **Wednesday January 19<sup>th</sup> 8pm EST**

In Class Two, we'll focus in on nutrition specifically and map out the general principles behind how everyone needs to eat to be healthy and fit. Class Two materials include weekly menus, a shopping guide, and an extensive archive of healthy and delicious recipes. This class will demystify the path to weight loss and better general health. By the end of class you'll have new confidence and a clear picture of how to get the body you want.

## **Class Three: More Effective Exercise** **Wednesday January 26<sup>th</sup> 8pm EST**

A mind-blowing class on how exercise *really* works (almost no one understands this) and how to exercise far more effectively in less time. After this class you will never exercise the same way again! Class materials include cutting edge weight lifting and cardio programs. Once you put the information from this class into practice, you'll start enjoying better results with less time and effort invested in exercise.

## **Class Four: Health, Fitness, and the Mind/Body Connection** **Wednesday February 9<sup>th</sup> 8pm EST**

Not a bunch of airy-fairy fluff! Hardcore science conducted at NIH, Princeton, Stanford, and other leading institutions over the last 20 years has firmly established that your mind can change your body. This class will begin teaching you how to train your mind to create motivation, control food cravings, manage stress, and more. Class materials include a guided meditation and reading lists. This is a powerful class that is sure to help you create breakthroughs in areas of your life far beyond health and fitness.

## **Class Five: Mid-Way Check In – Putting Everything into Practice**

### **Wednesday February 23<sup>rd</sup> 8pm EST**

In class five, we'll review our course thus far with a focus on practical application of all of the concepts and tools that we've covered. We'll make sure that everyone is on track to great results by the end of March, and we'll get anyone who's fallen off track back on!

### **Class Six: Personal Nutrition and Supplementation Wednesday March 2<sup>nd</sup> 8pm EST**

Class six covers how to eat and supplement for *your* unique body. By this point, you've learned and applied solid general nutrition principles. It's time to fine tune your diet to your personal metabolism to accelerate your breakthrough results. Class materials include a powerful test to help you determine how to eat right for your "metabolic type" and a comprehensive supplement guide.

### **Class Seven: Detox and GI Health Wednesday March 9<sup>th</sup> 8pm EST**

If there is a real "magic bullet" health and weight loss solution amidst all the hype out there, *intelligent* detox is it. Eating to detoxify and improve GI health can often produce rapid and stunning weight loss results. However, most detox programs that produce rapid weight loss are too extreme and lead to rebound weight gain within a few weeks or months. My approach to detox is gentle, pleasant, and will help you get healthier while losing weight in a sustainable way.

### **Class Eight: The Total Picture Wednesday March 16<sup>th</sup> 8pm EST**

In class eight, we'll draw together an integrated picture of how to break through limits anywhere in your life and live happy and healthy forever after. This really is possible, and should be the ordinary experience of Americans. It's very strange that for most people in America this seems like a pipe dream. By the end of this class, you'll understand why people struggle so much with their health, fitness, and happiness, and you'll know the path to freedom!

### **Class Nine: Course Wrap Up Wednesday March 23<sup>rd</sup> 8pm EST**

In class nine we'll bring everything together and chart a map for the future to ground everything you've learned in enduring habits to keep you on track for the years to come.