

# The Platinum Program

**Get your dream body back in 90 days—lose stubborn menopause fat, build lean muscle, and feel confident again—without starvation, endless cardio, or guesswork.**

If you're over 40 and feel like your body has completely betrayed you—no matter what you try, the scale won't budge and you're exhausted from failed diets—this could be the last program you'll ever need.

***[Only 4 SPOTS REMAINING and next intake doesn't start until July 2026]***

---

## You should only apply if...

1. You're struggling with weight gain after 40 and want real, lasting results.
2. You're tired of extreme diets and exhausting cardio that doesn't work.
3. You want a structured plan tailored for your hormones, metabolism, and lifestyle.
4. You're ready to follow a proven method that has helped over 14,000 women.
5. You're committed to making a change—with expert coaching to guide you.

If this sounds like you, apply now for Platinum, one-to-one elite coaching.

---

## Dear Strong Woman,

Does it feel like every fitness plan promises an easy fix—yet nothing seems to work for you anymore?

You're balancing work, family, and life's responsibilities, yet no matter how much effort you put in, the scale won't budge.

You've cut carbs, tried endless cardio, followed all the "rules"... and still, your body isn't responding like it used to.

It's frustrating. It's exhausting. And it's not your fault.

**The truth is, your body has changed after 40—but most fitness plans don't account for that.** They ignore how hormones, metabolism, and stress levels impact fat loss. That's why you're stuck. You don't have to accept weight gain, exhaustion, and feeling uncomfortable in your skin. There is a way to work with your body—so you can finally lose fat, feel strong, and see real progress without starving yourself or spending hours in the gym.

No more beating yourself up. No more failed diets. It's time to follow a plan designed for you.

---

# Here's How 14,000+ Women Over 40 Have Broken Free From Restrictive Dieting... to Getting in the Best Shape of Their Lives

**With Personalized Nutrition, Strength Training, and 1-on-1 Coaching, You'll Finally Take Back Control of Your Body and Health for Good.**

Most fitness programs aren't built for women over 40. They tell you to eat less, do more cardio, and push harder—but that only leaves you exhausted, frustrated, and stuck in a cycle of yo-yo dieting.

That's why I do things differently.

I'm not here to promise overnight results or gimmicks. What I can promise is a proven approach that has worked for thousands of women who once felt just like you: stuck, confused, and ready to give up.

- 👉 **No extreme dieting** (you'll eat real food designed around your preferences and still lose fat)
  - 👉 **No endless cardio** (strength training is the secret to reshaping your body)
  - 👉 **No guessing games** (you'll have a personalized plan and expert guidance with an Elite menopause certified coach)
- 

## **My Platinum Program is built for women over 40 who want to:**

- ✓ Lose fat and gain confidence without feeling deprived
  - ✓ Balance their hormones and take control of their metabolism
  - ✓ Get stronger, leaner, and healthier for life—not just for a quick fix
-

## Real Women, Real Results

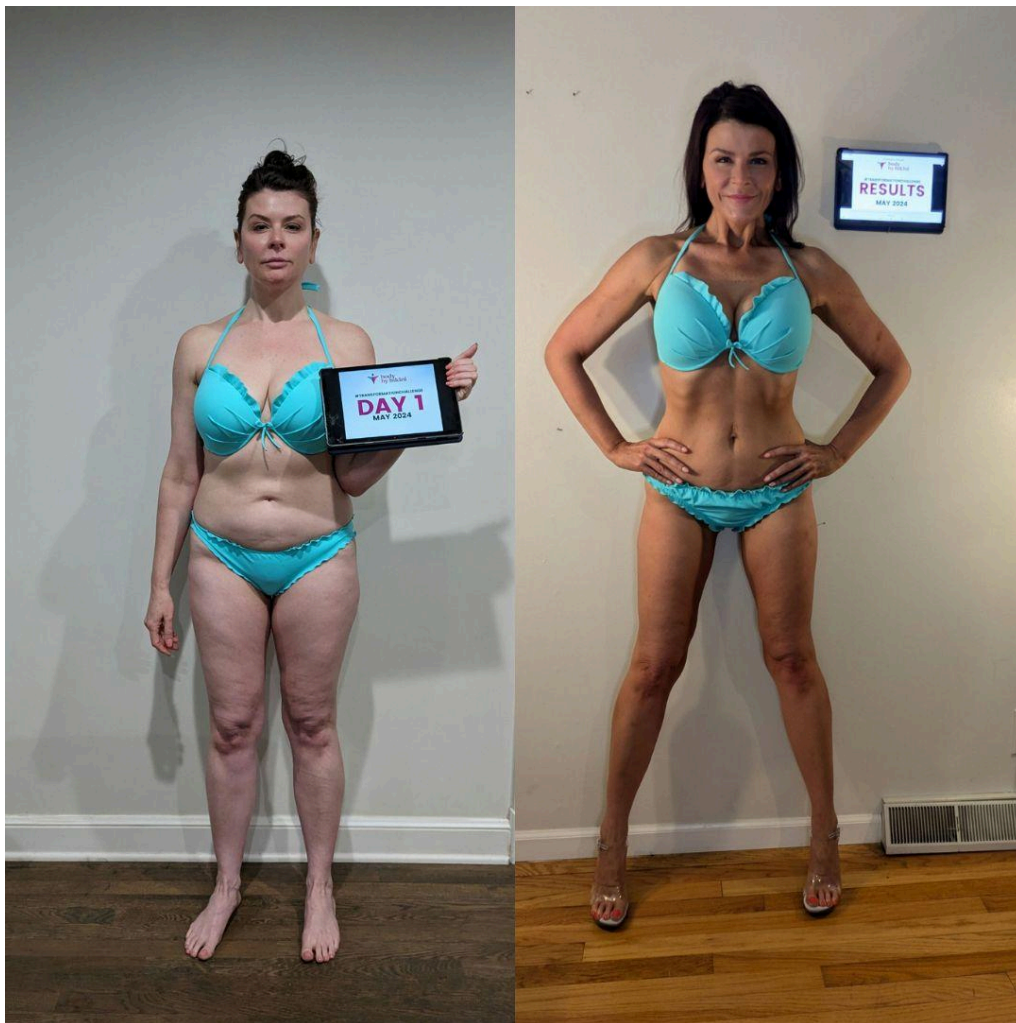
### Kelly's 8-Week Transformation: From Struggling to Strong

Kelly joined my program feeling stuck. No matter what she tried, the weight wouldn't budge. She thought she needed more cardio, stricter diets, and fewer calories—but that wasn't the answer.

Once she focused on the right macros, built a strength training routine, and followed my proven system, everything changed.

- ✓ Lost stubborn fat while eating more
- ✓ Gained strength, confidence, and energy
- ✓ Completely reshaped her body in just 8 weeks

*"This wasn't just a physical transformation—it changed my mindset, my confidence, and how I approach every challenge in life."*



## Stephanie Proved It's Never Too Late to Transform

At 55+, Stephanie was told that getting in shape after menopause was impossible. She refused to accept that.

With my coaching, she ditched the outdated advice, embraced strength training, and learned how to fuel her body for fat loss.

- ✓ Dropped 5 inches off her waist in 8 weeks
- ✓ Lost 16.9 lbs without starving herself
- ✓ Proved that age is not a limitation

*"I thought menopause meant slowing down. Now, I feel stronger, fitter, and more in control of my body than I did in my 30s!"*



## Sherry: From an autoimmune disease to wearing swimwear

Sherry's future did not look promising before she joined our program. She was concerned about her health and having to wear bigger and bigger dress sizes.

With my guidance, she:

- ✓ Built lean muscle and lost body fat simultaneously
- ✓ Learned how to eat properly to fuel her metabolism
- ✓ Gained the confidence to wear what she wants and loves what she sees in the mirror

Sherry said:

*"I had pains in my chest, clicking in my hips, I wasn't moving and I was diagnosed with an autoimmune disease and since these eight weeks I've been to the doctor. I'm in complete remission. I feel strong. I feel healthy. I feel like I have hope again."*



## Jenny's wheelchair breakthrough

Before the program, Jenny did her first call in a wheelchair, and she had just had surgery

Having the support system in place has enabled her to reach a place she didn't think was possible. Jenny said this about her coach, Priscilla, after 3 months:

*"Had I not started this program while I was sitting in a wheelchair.*

*I don't think my knee would have healed as much as it did.*

*I don't know if you realize this, and I don't know if people tell you this enough, but I wouldn't have been able to do this without you."*



# Here's What Makes My System Different from Everything Else You've Tried

- ✗ **No starvation diets:** You'll eat balanced meals that fuel your body, not deprive it.
  - ✗ **No endless cardio:** Instead, we focus on strength training to build muscle and rev up your metabolism.
  - ✗ **No sacrificing your social life:** Enjoy vacations, dinners out, and time with loved ones while staying on track.
  - ✗ **No confusion:** We give you a clear, structured plan built just for you so you're never left guessing.
  - ✗ **No cookie-cutter meal plans:** Your nutrition is customized for your food preferences, goals and lifestyle.
  - ✗ **No ignoring your unique body:** We consider your hormones, metabolism, and fitness level to create a plan that works for YOU.
- 

## My Platinum Program Gives You:

### Completely Personalized Plans:

- ✓ **Personalized Workout Program** - Designed and optimized just for YOU based on your specifications and body (home, gym, travel, limited equipment, time constraints, injuries, and exercise restrictions)
- ✓ **Personalized Meal Plan & Macros** - Custom daily protein, carbohydrate, and fat goals - a meal plan designed around you and the foods you enjoy
- ✓ **Nutritional Guidance for Real Life** - Plans that reflect your body and health concerns (hormone issues, digestive struggles, diabetes) - not one-size-fits-all
- ✓ **Personalized Client Dashboard App** - Your private app with video tutorials, progress tracking, sleep, mood, food tracking, measurements, and progress photos (not offered in any other program)
- ✓ **Lifestyle & Wellness Coaching** - Sleep, stress, hydration, recovery, supplements, mindset, motivation - daily habits that move the needle

### Expert Coaching & Accountability:

- ✓ **One-on-One Onboarding Call** - Private call with your coach to get fully dialed in
- ✓ **Daily WhatsApp Messaging** - Real-time support with 24-hour response time
- ✓ **Weekly One-on-One Zoom Calls** - Private 30-minute sessions with your coach
- ✓ **Weekly Check-Ins** - Your coach reviews progress and provides feedback
- ✓ **Priority Messaging** - Special access in the Platinum app or via email with 24-hour response

### Group Support & Training:

- ✓ **Strong Woman Calls** - Mondays at 12pm EST led by expert coaches
- ✓ **Platinum VIP Calls** - Wednesdays at 12pm EST (intimate small group)

- ✓ **Active Private Group** - Vibrant support community monitored by coaching team
- ✓ **All recordings and transcripts** - Never miss anything

### **Exclusive Bonus:**

- ✓ **Full Access to Strong Woman Club** - Continue your journey after Platinum (3, 6, 9 or 12 months, depending on your plan)
- 

## **The Results You Will Achieve**

### **Phase 1: Weeks 1-3**

You will see inch loss, particularly around your waist. You will start to have more energy and you may find the brain fog starting to get better

### **Phase 2: Weeks 3-8**

You may have gone down a dress size or 2, more inches and coming off and your body has started gaining muscle and losing fat.

Your energy levels will be rising and you will start to feel lighter

You will feel more confident and exercise is becoming a habit.

### **Phase 3: 90 days +**

You will be getting compliments by now 'have you lost weight?' 'You look different'. Your friends, relatives and co-workers will be wondering 'what is she doing?'.

By now you will be wearing clothes from the back of your closet and perhaps even swimwear.

You will have added some muscle and dropped some fat. A significant amount.

### **Phase 4: 6-12 months**

This is normally when you will see a full body transformation. It may happen earlier but it would have definitely happened here. Your body has re-compositioned and your body fat percentage has dropped significantly.

You feel like a brand new person.

# I Personally Guarantee Your Results

**If you follow my plan, stay 90% consistent, and engage with your coach—but don't see progress within 90 days— we will work with you until you do. However long that takes.**

I offer this guarantee because I know this system works.

The only thing left to decide? Stay where you are... or take the first step toward the body and confidence you deserve.

In the last 12 months:

- 111 women have transformed their bodies
- 94% rate the quality of the program 5 out of 5

---

## Investment & Payment Options

**Duration:** 3, 6, 9, or 12 months

**Your start date:** Once you receive your personalized plans

**3-Month Complete Transformation: \$3,997 or 3 payments of \$1,397**

---

## Frequently Asked Questions

### **BUT I'VE TRIED EVERYTHING BEFORE AND IT DIDN'T WORK**

Those programs weren't designed for your hormones and metabolism after 40. This is a proven system that works and we have backed that with a guarantee to work with you until you get results.

### **WHAT IF I DON'T HAVE TIME?**

Our clients are busy women. The program is designed around you and how much time you have. On your onboarding call with your coach you will agree to a time commitment - it could be 3 times a week for 45 minutes for example.

### **IS THIS REALLY WORTH \$3,997?**

How much is it costing you to stay stuck where you are? And what's it worth to feel confident in your body again? Our clients tell us they haven't felt and looked so good for years. How much is it worth to you to feel amazing about yourself and get your life back?

### **WHO IS THIS FOR?**

My Platinum Program is for menopausal women in their 40s, 50s, 60s and beyond who are tired of struggling with their metabolism, stubborn fat, and feeling like nothing works anymore.

If you're ready to build strength, reshape your body, and feel confident—without extreme diets or exhausting cardio—this program is for you.

However, if you're looking for a quick fix or aren't ready to take action, this may not be the right fit. My coaching requires commitment, but if you're willing to show up, we'll guide you every step of the way.

## **WHAT IS THE PLATINUM PROGRAM?**

It's a high-touch, personalized coaching program designed specifically for menopausal women over 40.

With custom nutrition, strength training, and expert guidance, you'll get a proven, science-backed system to lose fat, build muscle, and feel amazing—without fads, starvation, or confusion.

This is not a "one-size-fits-all" program. It's tailored to YOU: your body, your goals, and your lifestyle.

## **I WANT TO APPLY. WHAT HAPPENS NEXT?**

Once you apply, my team will review your submission to see if you're a great fit. If approved, you'll get immediate access to your personalized program and coaching support.

When you apply you pay a **fully refundable deposit of \$997**. If you are not accepted onto the program you will receive your deposit straight back.

This is your chance to stop spinning your wheels and finally see real, lasting results. If you're serious about transforming your body and your health, apply now.

---

## **Limited Availability**

**Only 4 spots left available this month**

---

**Ready to Transform Your Body and Life?**

**[\[APPLY FOR PLATINUM PROGRAM HERE\]](#)**

I can't wait to hear from you.

- Melissa Neill  
Founder, Body by Bikini