

B&B

WWW.BARBELLSANDBABIES.IE
IG: @BARBELLS_AND_BABIEZ

THE
PROGRAMME
THE
LIFESTYLE
THE
CHANGE



Head Coach and founder:
Julianne Meade-McIntyre

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ABOUT B&B



B & B was established in 2022- a NEED that Julianne felt was NOT looked at in current society.

“In 2021, I found out I was pregnant- prior to pregnancy I had trained HARD, 3-5 days a week, worked as a full time nurse in busy acute hospitals and understood my nutrition”

“REWIND 10 years prior- I ate poorly, binge drinking was common, poor self esteem and poor self confidence”

“the FEAR I had during pregnancy of how to train and what would work best in the gym- fuelled my passion postpartum to take care of mums and mums to be- in a way a LOT of programmes do not- educate through DOING whilst providing the info!”

“Helping people has always been my passion- through B&B I help women achieve a lifestyle, achieve their goals, achieve balance and achieve results through a service focusing on all areas of women’s health”

“B&B has grown with its members, feedback fuels the service, what clients want and what will best serve them reach their results, keep motivation high and provide high levels of evidence based support and guidance”

Julianne Meade-McIntyre- head coach and founder of B&B.

YOUR PLAN

Custom made
Family approach
Lifestyle approach
Exercise,
Nutrition,
Mindset. evidence
and research-
based approach

Individualised exercise or gym plan
(delivered through B&B app, video
tutorials, equipment you have and
progress based.

tailored nutrition plan (including the
foods you like, goals you have,
tailored for your life and current
eating habits to maximise results
(recipe E-book included)

weekly check ins and daily
accountability

stress/mindset management advice-
strategies and private client podcast.

pain management plans for self
management and functional
movement, nutritional approaches
to support this.



Head coach qualifications

Bsc(hons) adult nursing
PgDip pain management
Cognitive behavioural
therapy and motivational
interviewing certificate
Pre and postnatal exercise and
nutrition

CPD continuing professional
development

Vitamin prescription and
supplementation
PCOS nutrition for metabolism and
reproduction

YOUR TRAINING

simplistic, effective, realistic,
evidence based,
sustainable AND safe.

Based on best practice
from a medical perspective
on human anatomy, functional movement and pain conditions.

zoom session 1/month

customised exercise plan added to app with video tutorial
attached, starting videos on form, technique and function

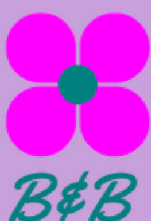
private podcast weekly

videos in our private community- library of resources to
help you on your journey- signposted when required.

Chloe- every fortnight provides pilates sessions (qualified
physiotherapist and women's health physio)

follow along sessions with Julianne 2/month.

all sessions ran live will be pre-recorded if missed



NUTRITION

01 A VITAL PART OF PROGRAMMES

nutrition plays a large role in your health

that's what we are here to teach you through doing!

as your nutrition is customised for you- your understanding of your own nutrition will move throughout the programme- with your coach detailing why we make these changes and when.

customised meal plan to suit the family- knowledge on how to manage a fat loss phase, cycle nutrition, health considerations and restoring metabolism to maintenance after fat loss phase.

02 RECIPE BOOK INCLUSION

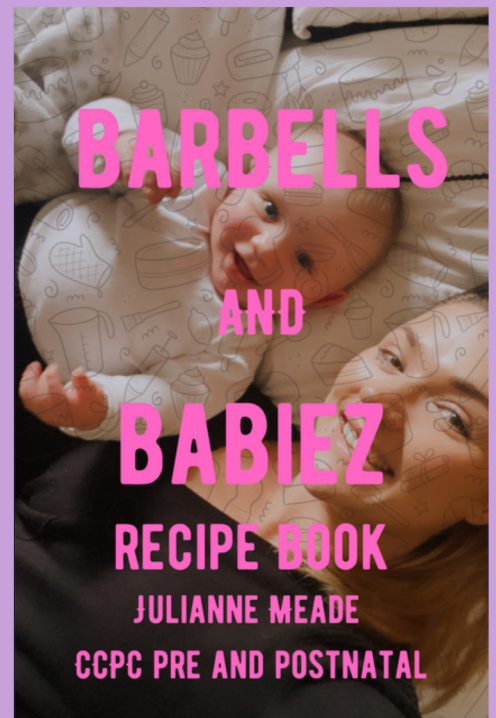
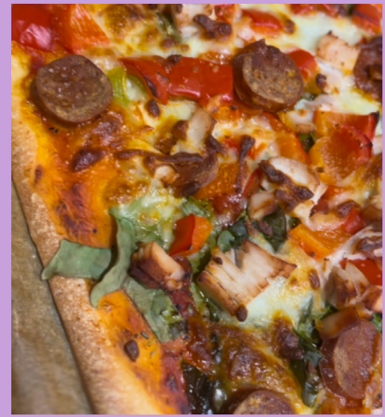
the E-recipe books available will be included as part of your 1:1 or challenge programmes.

the facebook group contains more recipes that are regularly added for inspiration with macros included.

03 KNOWLEDGE AND RESULTS!!

The knowledge current clients and previous clients have gained on their own nutritional requirements and needs- is what makes these programmes different from the rest!

after finishing the programme you have the knowledge and calorie and macro breakdown for your body, how to maintain weight loss, build muscle and manage your higher days into your routine week.



SUPPORT/ SIGN UP

JULIANNE MEADE

i am the face behind barbells and babies, I am here as your support and guidance alongside the support services included in the programme.

1:1 check ins, community Facebook group. podcast each week, in-app messenger and zoom sessions is where you will find me- alongside in your pocket!!

support is always there and there to be used during your programme.

HOW DO I SIGN UP?

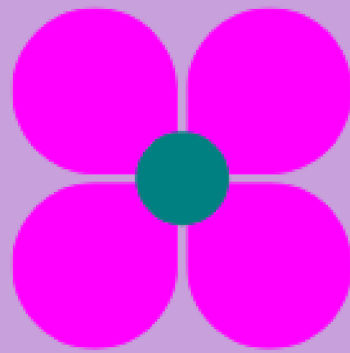
1:1 coaching with me- simply visit the website

barbellsandbabies.ie and book in for a call on the homepage- we will discuss your goals, your current lifestyle and what you want to achieve.

Challenge programmes, once off consultations or a monthly group coaching programme- visit our 'programmes page' and sign up directly. Julianne will be in touch to get your programme built and set up for you.

questions or unsure?
message @barbells_and_babies via the instagram page and I will be in touch ASAP





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