

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.

LIFELONG results is our focus!



Head coach qualifications

- Bsc(hons) adult nursing
- PgDip pain management
- Cognitive behavioural therapy (CBT) certificate
- Pre and postnatal exercise and nutrition
- level 2 & 3 personal trainer
- CPD (continuing professional development)

- Vitamin prescription and supplementation
- Mindset coaching certificate
- PCOS nutrition for metabolism and reproduction
- Advanced breathwork techniques

YOUR TRAINING

simplistic, effective, realistic,
evidence based,
sustainable AND results driven.

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- secrets to success with Julianne, weekly episode.

in app access to our on demand webinars, follow along 15 minute sessions and mobility workouts.

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

all sessions ran live will be pre-recorded if missed



AREAS OF EXPERTISE

these are programmes I design frequently for women and remain within my scope of practice and experience.

pregnancy trimester 1,2 and 3

pregnancy complications- gestational diabetes, placenta previa, hypertension (high blood pressure).

postpartum - post c-section, vaginal delivery or episiotomy and up to third degree tearing.

postpartum routine return to exercise for weight loss and body recomposition

postpartum bladder or bowel prolapse and/or pelvic floor dysfunction.

mums to toddlers and teens exercise and nutrition for lifestyle, behaviour management, weight loss/body recomposition and strength building.

pain management- sciatica, lower back pain, thoracic spine pain, shoulder pain or restricted use of movement, ligament tears or sprains or post surgical intervention, chronic or acute abdominal pain associated with nutritional intolerances and nutritional deficiencies such as IBD or colitis conditions, neuropathic pain and fibromyalgia.

health conditions - endometriosis, PCOS, women trying to conceive/undergoing fertility treatment. Long covid and/or asthmatic, Diabetics of all ranges.

all programmes work on goals outlined within your consultation form to achieve lifelong results.



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

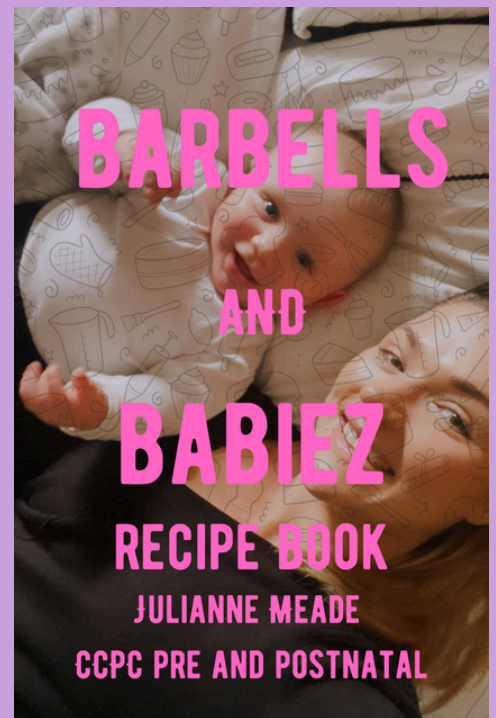
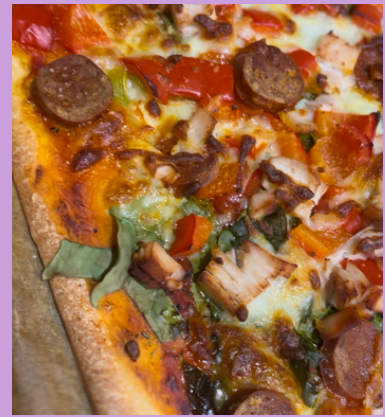
the E-recipe books available will be included as part of your 1:1 or challenge programmes.

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.

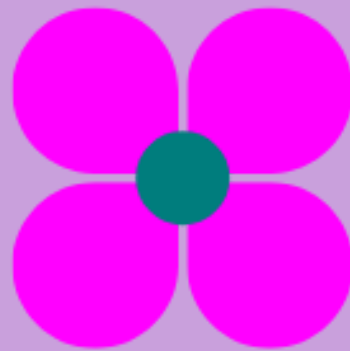
Challenge programmes, inspire or empower- simply click the product to get instant access to the app, your consultation form and get ready to go for the following monday!

questions or unsure?

I am always happy to answer questions or help in anyway I can decide on what suits you best with the level of support available.

message [@barbells_and_babies](https://www.instagram.com/barbells_and_babies/) via the instagram page and I will be in touch ASAP





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