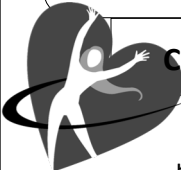


**Coach Kat and Dr. Mimi's
NEW 6 Month Online
Health and Fitness Program**

Class 1: Introduction


Mimi Secor, DNP, FNP-BC, FAANP
Onset, Massachusetts

Katherine Secor, IFBB Pro, Certified
Trainer/Coach
Las Vegas, Nevada



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Congratulations!



This next 6 months is FOR YOU

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**Your
Instructors**

Coach Kat
and
Dr. Mimi



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Coach Kat and Dr Mimi

We work with busy professionals who feel unhealthy, stressed out, stuck in their lives, but who want more. As a dynamic Mother Daughter Duo, known as Coach Kat and Dr. Mimi, we help people transform their lives so they can become healthier, more confident, more successful and live their dream lives.

Katherine Secor AKA Coach Kat

Coach Kat is a professional body builder (IFBB), fitness trainer, and internationally renowned painball player. She is also a successful entrepreneur and business owner.

Her passion for fitness and health goes beyond competing on stage to helping people transform their lives through health and fitness education and coaching.

As a result of helping her mom, Dr. Mimi Secor get healthy and fit, she and her mother joined forces as a dynamic mother daughter duo, Coach Kat and Dr. Mimi, to help others become healthy, confident and successful.



Dr. Mimi Secor

Dr. Mimi Secor has over 40 years of experience as a Nurse Practitioner specializing in Women's Health from Cape Cod, MA. She is a National Speaker, Award Winning Author and passionate about health and fitness.

Dr. Secor earned her doctorate at age 61 and was in her first bodybuilding show at age 62 winning a 5th place trophy. Dr. Secor believes age is just a number and that we can pursue our dreams and goals at any age.



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Mimi's Story:

Dr. Mimi Secor, NP



April 2014 vs April 2016
#170 #135

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Program's Importance



- Pilot Program, \$9,000 value
- Our Mission is to MAKE A HUGE IMPACT
- By helping you change your life
- YOU will be our success stories!

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Unique Group



We selected each of you because:

- You want to win and succeed
- You take responsibility for your actions
- And responsibility for your RESULTS
- And you take action-
- NO MATTER WHAT!

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Unique Group



- You are NOT excuse makers!
- You DO NOT blame yourself or others


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Intimate:




- Small group
- Safe space
- Everyone benefits from each other
 - Not just from us teaching you
- Benefit from community

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The Key To Your Success 

YOU HAVE TO BE VULNERABLE!


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KEY to Your Success... 

YOU MUST BE WILLING TO SHARE
YOU MUST BE VULNERABLE

Write This Down:
"Vulnerability IS POWER"

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Are You Willing? 

- To play FULL OUT over the next 6 months?
- To meet us halfway?

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This Means



- Not just showing up for calls
- Not just showing up on FB
- Not just asking questions

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This Means



- Being vulnerable in the GROUP
- Talking to us in front of everyone
- Share when scared or concerned
- Admit mistakes
- Take imperfect action


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Why?



- So we can help you. It's that simple.


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Results 

Write this down:

“If I stop getting result at any point,
I WILL ASK MORE QUESTIONS”


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Results 

- Are you not getting results?
- Feel we are not giving you information?
- Feel we are not giving the right content?
- Are you waiting for us to do something?

Those are cop outs.

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Results 

Write this down:

“It’s NEVER about the INFORMATION,
it’s ALWAYS about the IMPLEMENTATION”.

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Kat's Coaching



To help you understand

- what to do,
- when to do it
- how to do it

Help you find clarity and eliminate confusion

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GROUP SHARE



- Your name
- Where you live
- What you do
- #1 Reason you decided to invest your time, energy, and your money into this program

Challenging you: to be vulnerable

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Your Commitment



- I am **Fully** committed
- I will **Participate in ALL Activities**
- I will be **Honest and Vulnerable**
- I will **ASK FOR HELP**
- I will **Support** others
- I will be a **Good "accountability partner"**

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Your Commitment



Write in the group chat box:

"I am Fully Committed to the next 6 months. I alone- am responsible for my results and my success!"

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Public Declaration



Write in the group chat box:

- **Your Goal(s)**
 - Very succinct, short, to the point.
 - For example, "to lose 20 lbs"
 - or "to get healthier"

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Overview



- Email #2
- Commitment Contract
- My PT Hub
- Tracking Food
- Tracking Exercise
- Coaching Calls
- Classes
- Technology
- Facebook Community
- Accountability Partners
- Membership Portal
- Expectations
- Revisit Commitment and Responsibility

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Contact Information



Kat Secor
508-472-1007
Kat@KatSecor.com

Mimi Secor
508-801-6056
mimi@mimisecon.com

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Commitment Contract



Email #2 includes a Commitment Contract

- Sign your name and date at the bottom
- Email a copy/photo to coachkatanddrmimi@gmail.com

We take your results very seriously

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My PT Hub



An Email was sent to you from MyPThub.com

- Smartphone app & web accessible
- Create account & fill out information, profile pic, goals
- Upload current progress pics, measurements, weight
- Check Ins 2x month via My PT Hub
 - 1st and 3rd Saturdays of each month (or weekly)

Expectation:

- Take Action so we Can HELP YOU GET RESULTS FAST!

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Track Food: My PT Hub



How to Log Nutrition:

<https://support.mypthub.net/knowledgebase/how-do-i-log-my-nutrition/>

- Log your nutrition, honestly

Expectation:

- 2 weeks of honest tracking to get a baseline before we can accurately make adjustments

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Track Food: My PT Hub



Meal Plan Assigned To You:

Use the Meal Plan assigned to you through My PT Hub as your guide and for meal ideas.

Recipe Website:

<https://recipes.sparkpeople.com/>

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Track Exercise: My PT Hub



How to Log a Workout:

<https://support.mypthub.net/knowledgebase/log-my-own-workout-mobile/>

- Log your workouts, honestly

Expectation:

- 2 weeks of honest tracking to get a baseline before we can accurately make adjustments

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Track Exercise: My PT Hub



Workouts Assigned To You:

Use the Workout Program available to you through My PT Hub. Every 2 weeks we progress to a different workout.

Modifications:

This is a workout guide. It is 100% at your discretion to substitute exercises, increase/decrease difficulty, or increase/decrease workout length, etc. LISTEN TO YOUR BODY

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Check Ins: My PT Hub



If you want results TAKE ACTION:

At least 2x per month submit a check-in via My PT Hub

- Upload photos
- Update measurements
- Update weight

Want More Accountability?:

Submit WEEKLY CHECK INS! The more action you take the more results you will get!

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Check Ins: My PT Hub



2x per month:

1st & 3rd Saturday of Each Month (set a non negotiable appointment with yourself)

- Photos:
 - front/back/side RELAXED
 - sports bra/shorts or bikini/underwear
 - same lighting and location if possible
- Weight/Measurements:
 - immediately out of bed, before food/drink

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Classes & Coaching Calls



Classes:
1st Sunday of every month
4pm PST/7pm EST

Coaching Calls:
3rd Sunday of the month
4pm PST/7pm EST

Technology:

- Zoom or Instant Teleseminar
- You will receive an email with the login info/LINK
- All classes will be recorded and available in portal

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Classes



1st Sunday of the month at 4pm PST/7pm EST

Technology:

- Zoom or Instant Teleseminar
- You will receive an email with the login info/LINK
- All classes will be recorded and posted in your student portal

TIP: MARK YOUR CALENDAR, SET AN ALARM

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Coaching Calls



3rd Sunday of the month at 4pm PST/7pm EST

DO: 24 Hours before our call

- Submit a "coaching call form" by Saturday
 - Go to CoachKatandDrMimi.com
 - See members area, 6 month program
 - Username is CoachKatandDrMimi,
 - password is CKDM18.1
 - Submit to mimi@mimisecon.com 24 hr in advance
 - Copy: Kat@KatSecor.com

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Private Facebook Group:



Request Access to Group:

<https://www.facebook.com/groups/847950078748776/>

INTERACT FREQUENTLY!!!!

The more you engage the more you will benefit

TIP:

Celebrate your victories, challenges, ask questions, AND comment on others posts

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Accountability Partner



We will be randomly assigning two of you together

- They are NOT YOUR COACH

How you will support each other:

- 15 min call weekly (MAX) or text on Monday to report 3 goals for the week (Do not exceed 15 min if on a call)
- Check-in text/message mid-week to update progress
- If you do not have 3 goals: Pick getting out of bed as 1!

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Accountability Partner



- No JUDGEMENTS
- No GUILT
- ONLY SUPPORT!

IF YOU DO NOT HIT A GOAL, REEVALUATE AND MOVE FORWARD. You are stronger together than you are individually. If your accountability partner does not show up for you 2x in a row, CONTACT US to be reassigned.

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Student Portal



Go to CoachKatandDrMimi.com

- In drop down menu (on top right):
- Student area (click small arrow on right)
 - 6 month program
- Username: CoachKatandDrMimi
- Password: CKDM18.1

Contains PDFs, links to recorded classes, and coaching calls

- Other resources

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OUR EXPECTATIONS



- TRACKING FOOD AND EXERCISE
- SUBMITTING QUESTIONS AND SHOWING UP FOR CALLS
- SHOWING UP FOR CLASSES AND IMPLEMENTING
- SHOWING UP AND INTERACTING ON FACEBOOK
- TAKE IMPERFECT ACTION
- BE VULNERABLE

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Intro to Macronutrients



- Not all calories are created equal
- You may eat 1,500 calories and not be getting the results you want. But do you know what the breakdown of macronutrients is of that 1,000 calories?
- Do you know why that breakdown of "macros" is important and how it can impact your body composition and your goals?

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Intro to Macronutrients



- Macros are what makeup the caloric content of food and are needed in large amounts by the body
- There are 4 Categories of Macronutrients, containing specific calories per gram
 - 1 gram of Protein = 4 calories
 - 1 gram of Carbohydrate = 4 calories
 - 1 gram of Alcohol = 7 calories
 - 1 gram of Fat = 9 calories (calorie dense)

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Basic Rules of Thumb



- #1 Moderate/High Protein Daily
 - your protein intake will be consistent daily
 - roughly .8-1g per pound of lean body mass
- #2 INVERSE RELATIONSHIP between carbs and fats
 - IF carbs are high, keep fats low
 - if fats are high, keep carbs low

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What Contains Protein?



- WHOLE FOODS:
 - Lean proteins: chicken, fish, lean red meat, egg whites, etc.
- OTHER SOURCES:
 - Protein powders: Quest, Iso100, Vega, etc.
 - Protein bars: Quest, ONE bar, etc.
 - (Read Label & Look For: high protein equal or higher than carb content, fat below 10 grams, high fiber)

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What Contains Carbs?



- SIMPLE CARBS: Whole Food CARBS
 - White Rice/ Cream of Rice
 - White/red potato
 - Butternut or spaghetti squash
 - FRUIT
- COMPLEX CARBS: Whole Food CARBS
 - Oatmeal, oat bran
 - Sweet potato
 - Quinoa/ faro/ couscous/ brown rice
 - Beans (pinto, black, kidney)

(Reference Grocery List / Healthy Food Options PDF) 46

What Contains Fats?



- WHOLE FOODS:
 - Avocado
 - Nuts (almonds, pistachios, cashews)
 - Nut Butters
 - EVOO/ Coconut oils
 - SALMON/Fatty meats
- OTHER SOURCES:
 - Many processed/pre packaged foods and sauces/dressings contain fats
 - AVOID trans fats in processed foods

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Intro to Macronutrients



- First you have to get a baseline and SEE exactly what you are doing, how many calories you are eating, and what macros those calories are made up of.
- THEN:
 - We can make educated adjustments to help you GET RESULTS FASTER and keep them long term!!!!
 - We will be arming you with KNOWLEDGE and power

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COURSE OVERVIEW



- Goal of this program: Expand your knowledge, adjust attitudes/mindset and build new skills, through an immersion experience, to help you achieve your health and fitness goals
- Your Goal for next 6 months that you wrote in chat earlier in this class (write it down)

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Your Learning Curve



Remember:

- Take imperfect action
- Be patient with yourself on this journey
- Everything is hard until its easy
- Things Take Time (TTT)
- Ask for HELP
- Celebrate your victories, big and small
- Expect Roadblocks, Setbacks, and Challenges
- It's a process...we're here to help you

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Action Items:



- Your commitment contract (sign and send)
- MyPThub.com account set up
 - 6 month goal
 - Baseline measurements
 - Record your food, exercise
- Join Facebook group
- Connect with your accountability partner
 - establish your schedule

Access:

- Coaching Call Form

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GROUP Commitment



SAY TOGETHER:

"I am Fully Committed to the next 6 months. I, and I alone, am responsible for my results and my success!"

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Resource



**Debut a New You,
Transforming Your Life at Any Age**

#1 International Best-selling book

A guide to help you in this 6 month program

You each will get a copy !!!!

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Thank you and Questions

Mimi Secor, DNP, FNP-BC, FAANP
Katherine Secor, IFBB Pro, Trainer/Coach

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