



L.L.Y.G.A.F

N O W A N D
N A T U R A L L Y

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OUR MISSION:
TO EMPOWER POSITIVE AND LONG-LASTING LIFESTYLE CHANGES THROUGH PRACTICAL APPLICATIONS.





COACH DOMO

Co-Founder

Coach Domo is a certified training and fitness specialist with over a decade of experience. His passion led to starting L.L.Y.G.A.F with Coach Carma. When not coaching, he is a husband to his wife Vanessa, and a father of 2 boys.

MEET THE COACHES





COACH CARMA

Co-Founder

Carmalita started L.L.Y.G.A.F, along with her brother Coach Domo, to fill a gap in the fitness industry. Our mission is to provide end to end wellness guidance to help our clients achieve their fitness goals.



See more details on our website www.livelikeyougiveafit.com



LLYGAF: STRUCTURE, EXECUTION AND CONSISTENCY



Structure:

Establishing the right structure allows for stability and consistency. Lack of structure, leaves ambiguity. Ambiguity creates instability and inconsistency. We work to establish a structure that removes the ambiguous guess work, and enables you to execute flawlessly each day.




Execution

Inspection is key to ensuring the intended actions are taking place to achieve desired results. Once your structure is established, each client has a designated Give A Fit Accountability Coach that will partner with the client to lead, mentor and guide them through their fitness journey.



Consistency

Establishing a new lifestyle is a marathon, not a sprint. Consistency is key to ensuring long term success.



The background is a dark, moody photograph of a gym interior. It features various pieces of equipment like pull-up bars, rings, and a bench. Overlaid on this image are several blue design elements: a large rectangle on the left containing the main title, a circular icon in the top right, and a large diagonal slash on the right side.

LLYGAF: TRAINING, RECOVERY & RESORTATION

● Training:

Our training structure is a combination of both nutritional and physical fitness programming. LLYGAF has developed core basic nutritional guidance, paired with 13 fitness regime.

● Recovery & Restoration

Recovery and Restoration is key in health and wellness. LLYGAF R&R structure is designed to compliment the Training structure. This pairing propels our clients in their fitness journey, and ensures they reach their goals safely and taking care of their bodies and themselves.

REGISTER IN OUR APP

Download the Glo Fox App and search "Live Like You Give a Fit". Register, select your membership and you are all set!

If you experience issues, please
contactgiveafit@gmail.com



**Doesn't
Take Up
Memory**



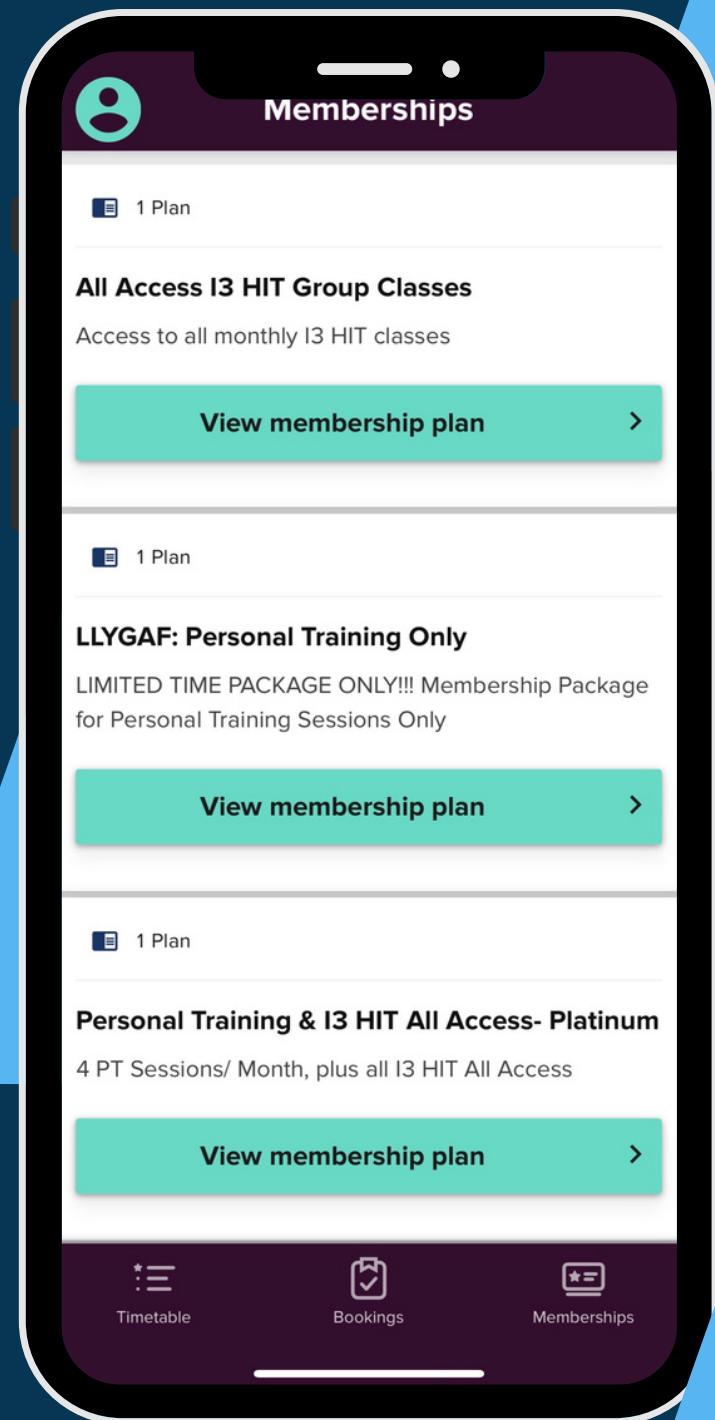
**Practical
Navigation**



**Very Small
App Size**



**Able To
Access Wifi**





GET CONNECTED WITH US



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2022

THANK / YOU

Health is important,
always take care of
your health

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