



Dr. Jules Cormier

**Wellness,
Weight Loss
&
Plant-Based
Diets**

**Information Booklet &
Frequently Asked Questions**



**Welcome to
my 5 course
and 8 week
transformation
program.**



**Learn how to
achieve and
maintain a
healthier
diet, weight
and lifestyle.**

Hello everyone!

Welcome to my weight loss transformation course for those interested in learning more about evidence-based nutrition and how it can help you achieve a healthier weight. This course is designed not only to inform and educate, but to create change and transformation for those willing to invest in themselves and their health.

This course is for everyone! From the healthcare professional to anyone interested about learning more about the science surrounding weight loss and lifestyle medicine.

Although this course is about weight loss and healthy eating habits, we will be discussing plant-forward diets briefly. If you're looking for information surrounding the transitioning process to a plant-predominant diet, please consider registering for my 5 course package that goes over everything you need to know about plant-based diets!

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**I'll help you
clear up the
nutrition
confusion with
evidence
based
information.**

What to expect

In this 5 course series, I'll define important concepts like "what is a calorie", energy toxicity and how to customize and build a calorie deficit. We'll also review what evidence-based nutrition looks like and why you should give it some consideration. Each lesson will tackle a new subject, while fixing your relationship with food and moving through the **5-steps of the plant-based weight loss transition**:

1. How do calories work?
2. Reducing calorie intake with science
3. Increasing your metabolism and calorie burn
4. Understanding macro splits and diet culture
5. Creating your custom calorie deficit

Basic Requirements

The success of this self-paced course and of your transition requires personal reflection and completion of the required course work at your own pace and on your own time. **Have fun! No stress, no worries, there are no exams or evaluations.** Just you, the 5 courses and a workbook.

There are different tiers available and you can customize the learning experience to fit your needs.

Customize your plan

1. **Tier 1:** you can access all 5 live courses and the course recordings for 3 months. This gives you access to unlimited rewatches until 1 month after the course end date.
2. **Tier 2:** access everything from tier 1 plus our exclusive facebook group for added motivation. You also get copies of all course slides and our comprehensive workbook.
3. **Tier 3:** access everything from tier 2 plus get access to one on one coaching from our amazing accountability coach, Dan Roy. Please note that this tier has very limited availability to ensure that you have an amazing journey.

What to expect

Each week will have a **specific theme and set of goals and challenges**. You can either work on these goals alone or you can share them with the community on our exclusive Facebook group. You can participate as much or as little as you want. Remember that sharing your wins and challenges will help normalize and validate your experience and will help inspire others.

Meet Coach Dan Roy



A Word From Coach Dan

Hello everyone, my name is Dan Roy and I'm very excited to work with motivated individuals like you who want to improve their overall wellness while losing weight.

Health & wellness has always been part of my journey in one way or another. As a young athlete, I played hockey at the AAA level while competing provincially in sports like baseball, badminton, tennis and track & field. In my late teens, I developed an interest in coaching athletes in a variety of sports & continue to do so as a proud 40 year-old father of two wonderful boys, Zack & Alex.

My athleticism and love for helping people led me to a successful career in Law Enforcement during which I've acquired more life experience than I could've ever imagined. My nearly 18-year career definitely came with its real-life challenges and I would not be where I am today without the continued support of my beautiful wife Melanie & my commitment to prioritizing my overall health & wellness.

A Word From Coach Dan

In March 2021, I created the private group “Maritime Wellness” in order to coach individuals who wanted to improve their overall wellness, which for most, included losing weight. In less than six months, 20 people of different ages & genders from my group, lost over 200 LBS combined, ranging individually between 7.2 - 35.8 LBS. The weight-loss results were great, but hearing how those people improved the quality of their lives is what made it all worth it. This ignited a desire within me to perhaps, one day, coach as many people as possible in their wellness journeys.

A Word From Coach Dan

As a friend & supporter, I've been following Dr. Jules Cormier online since Day 1 because we share similar values & beliefs in many aspects of health, wellness & nutrition. I'm very fortunate to learn from him on a regular basis and it's inspired me to broaden my knowledge by reading a variety of books such as Atomic Habits "James Clear"; Scarcity Brain "Michael Easter"; The Greatness Mindset "Lewis Howes" & The 5 AM Club "Robin Sharma", to name a few. Most recently, I've developed a personal interest and appreciation for mindfulness and its benefits for stress management. I continue to seek out and participate in courses related to weight management, life coaching and any other aspects of wellness to help me improve personally so I can have the most positive impact possible on my family, friends and future clients!

I look forward to working with you!

Coach Dan  

Perks of getting the coaching package

- 1. One on one coaching with bilingual accountability coach Dan**
- 2. Coaching will be in line with course challenges and goals**
- 3. Includes weekly one on one meetings, virtually if preferred or in person if in the Moncton/Dieppe/Shediac area**
- 4. Weekly Q&A and access to email questions**
- 5. Regular motivational content**
- 6. Personalized recommendations to build accountability and motivation**
- 7. Counseling on nutrition, fitness, mindset and habit formation**
- 8. And much more**

*** Please note that there is a very limited number of spaces available for the coaching package**

5 Course Series

Content

1- Wellness & Weight Loss

- Understanding calories
- Energy balance, calories in/out
- Characteristics of a good diet
- The 80/20 rule
- Weight loss tips

2- Reducing the calories coming in

- Macros and calories
- Calorie density
- The microbiome and weight gain
- Fiber
- The types of restriction

3- Increasing the calories burned

- Increasing your metabolism
- Macro splits for weight loss
- Nuances in calorie content
- Hyperpalatable foods

4- Macros and diet culture

- Manipulating macros
- The plant-based plate and pyramid
- Dietary trends and fads
- Calorie tracking

5- Putting it all together

- Creating your personal calorie goal
- Calorie deficit examples
- Tracking your deficit
- Losing weight while tracking
- Don't panic
- The bottom line



Frequently Asked Questions

- **How do I register and pay for the course?**
- **What's this course about?**
- **Why are there different course tiers?**
- **Do I have to participate in the group?**
- **Can I access the course recordings?**
- **How long can I access the course group and materials?**
- **I'm not on social media, can I still access the course?**
- **Is this course about plant-based diets?**



**You can
register for
the course
at**

plantbaseddrjules.com



What is this course about ?

**In this course,
you'll learn
about the
building
blocks of a
healthy diet,
of weight
management
and of
building
sustainable
habits.**

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**The different
tiers help
you
customize
your
learning
experience.**

FAQs

- **Do I have to participate in the group?**
 - **although participating in online group discussions is encouraged, it's not at all mandatory!**
- **Can I access the course recordings?**
 - **you have unlimited access for up to 1 month after course ends!**

FAQs

- **I'm not on social media, can I still access the course?**
 - **absolutely, but group discussions and bonus videos will be posted to the private facebook group**

- **Is this course about plant-based diets?**
 - **this course is for anyone looking to improve their health, regardless of your preferred diet**



**Pricing and
details
available on
my website
by clicking
here!**

or visit <https://www.plantbaseddrjules.com/services-4>

Coach Dan Roy





Coach Dr. Jules

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