



SHED

20% OF BODY FAT IN 8 WEEKS!

HOW IT WORKS



LOSE
Body Fat

You can drop weight with pills and crash diets but the results aren't sustainable. LifeBase helps you lose stubborn fat... **and keep it off!**



MAINTAIN
Muscle

Muscle loss is a common result of today's fad diets. With LifeBase you will maintain and even gain muscle to help you look your very best!



WITH 1-on-1
Coaching

More often than not, people quit for lack of accountability. Which is why LifeBase's program was built around local coaches helping you stay on track and reach your goals!

**"We Help You Develop Healthy Habits
THAT LAST A LIFETIME!"**



Powered by:

LifeBase
SOLUTIONS™

THE PROCESS

No other program maximizes healthy fat loss and muscle gain better than LifeBase. Our proven framework was tested in-market over 8 years, on thousands of people, to bring you the best-in-class nutrition program!



CUSTOM MEAL PLAN

Scan the QR code below to answer a few questions and get started with a custom plan designed for your lifestyle and health goals.



LIFEBASE'S D2M TECHNOLOGY

LifeBase's proprietary technology, tested in market over 8 years, takes all the guesswork out of nutrition to guarantee your results!



REGULAR CHECK-INS

Complete body scans and regular check-ins with your personal coach to measure results and adjust your meal plan as needed!

SCAN TO
LEARN MORE

