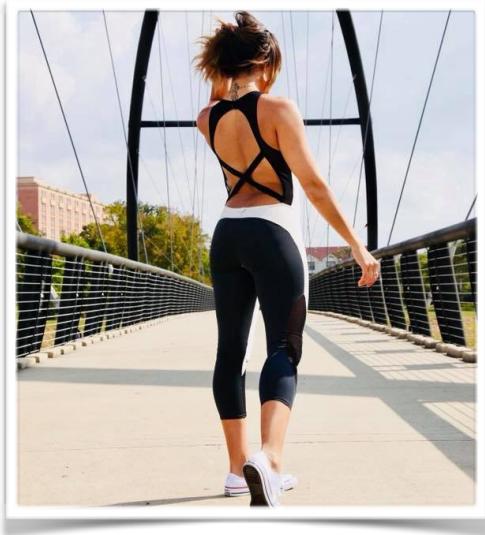


BB's Fitness & Health

Must Have equipment and supplements.



As a former fitness trainer, I appreciate and understand the importance of a healthy routine and what products can help to jump start or help women maintain their health routine. I used to think that hours of cardio was the only way I would be able to keep my waist slim, but I've absolutely fallen in love resistance training. I had no idea that resistance training combined with supplements for muscle recovery and digestive health could make such a difference for me. Here are my top recommendations for your health and wellness. I use these products regularly*. *disclaimer: these are items that I use, but if you have questions I suggest speaking to your primary care physician before use.



Baetea 14-Day Detox

I use this one every 3 months when I want a quick detox.

REDUCE YOUR BLOATING - Helps Reduce Bloat To Achieve That Fit Figure & Flat stomach. Aid Your Digestion to Help Relieve Excessive Bloating. [Order now >>](#)



CLA Natural Weight Loss Exercise Enhancement

I take these daily with meals 2-3x per day.

Conjugated linoleic acid (CLA) is a polyunsaturated fatty acid that is thought to play a role in reducing body fat, increasing lean muscle mass and improving exercise performance. When combined with exercise, studies suggest that CLA may stimulate the breakdown of stored body fat and block new fat cells from growing. [Order now >>](#)



Vega Essentials Nutritional Chocolate Shake

I have this each day usually at lunch, or in the morning. 20 grams complete plant-based protein from a multi-source blend including pea protein, hemp protein, and flaxseed. Veggies and greens made from ingredients such as leafy greens, green algae, and peas. Made with real plant-based food ingredients. Gluten-free, certified vegan, Non-GMO Project verified. [Order now >>](#)



NLA For Her HerAmino Burner

I mix this up to drink during my workouts. Each time! THERMOGENIC FAT BURNER. ENERGY, FOCUS, & ENDURANCE SUPPORT. PREVENT MUSCULAR BREAKDOWN SUPPORT. ADDED BRANCHED CHAIN AMINO ACIDS. [Order now >>](#)



NLA For Her Uplift Pre-workout

I take this in the morning usually before a workout or on the weekends. I usually avoid taking it in the evenings so I'm not up all night. CLEAN ENERGY FOR TOP NOTCH PERFORMANCE & RESULTS. MUSCLE BUILDING COMPOUNDS. [Order now >>](#)



Waist Trainer Belt

I love to wear this when I'm hanging at home and during my workouts to keep that belly tight. Firm Control Waist Training. Stimulate Fat Burn & Lose Weight. Post Pregnancy Body Shaper. Tummy Tuck & Back Support. [Order now >>](#)

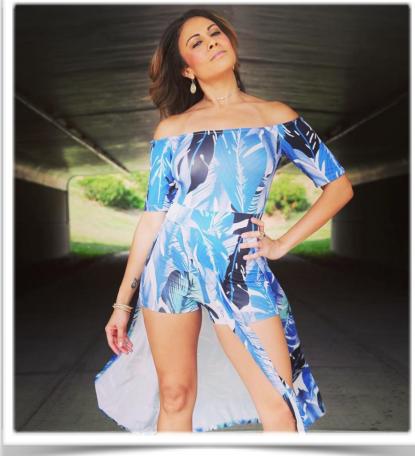


Weighted Vest

I love wearing this when I hit the park for a long walk or a jog. This vest stays in my car! 8lbs (3.6kg) weighted vest made for women. Made from synthetic rubber, a sustainable resource. Adjustable form-fitting design with quick-release buckle. Great for walking, running, and other activities. [Order now >>](#)

About Brittanni

Your confidence strategist and professional mentor.



My personal mission is to develop and cultivate the qualities of confidence, inspiration, and overall well-being so that I am able to live each day with success and enjoy life to the fullest. I will do this by leading with daily intention, eliminating negative habits, and giving selflessly to enrich not only my life, but also the lives of those around me.

Growing up as a bi-racial girl in a blended family in Houston, TX, I spent most of my younger years trying to find my place. Personal success has always been important to me because of my desire to "prove that I can". I remember a young boy telling me in grade school that I was stupid because I had a white mother and a black father. That was tough to hear as a child and I didn't understand why he felt that way, or who else felt that way. From that point on, I lived my life in a state of constant fear that I just would not be good enough for anyone unless I worked hard enough to get the best grades, the most awards and the most recognition.

That is not the way we are meant to live.

I spent my college years working in a Corporate role and completed my MBA while continuing the struggle to truly find my place. After I was able to identify the motivations I had to do so much more, I began to realize that I could not continue living my life for other people. I had to begin living for myself, and that is the best decision that I have ever made. Life is too short to live anything less than your absolute best. We should live our lives full of intention and own our happiness. Now is the time to unleash your fears, dream bigger, and become your best self.

I coach fierce and independent women through programs structured to help them identify the areas in their life that are holding them back from living their dreams. Take back control of your time, your financial situation, and create healthier habits that will help to elevate your career. Are you with me? Let's do this.



Personal Coaching Services

Many people lack a true support system and I thrive by truly being there to personally support my clients through the goals we have set together. I will keep you accountable, provide you with first hand insight to some of the most invaluable information from many of my personal trainings from inspiring leaders such as John C. Maxwell, Simon Sinek, and Chalene Johnson.

When we engage in personal coaching sessions, we will work one on one to help you:

- achieve new skills and competencies to become more effective (communication)
- prepare for new responsibilities (acquire leadership skills)
- manage yourself (time management)
- clarify and work toward performance goals (setting realistic goals)
- increase job satisfaction and motivation



We will take inventory of your daily habits, your schedule, and identify proven solutions to get you back on track. You will leave each session feeling motivated, inspired, and equipped with the information and tools you need to start making changes immediately.

[Schedule your FREE call today.](#)

Affiliate Disclaimer

I may be an affiliate for products that I recommend. If you purchase those items through my links I will earn a commission. You will not pay more when buying a product through my link. In fact, I oftentimes am able to negotiate a lower rate (or bonuses) not available elsewhere. Plus, when you order through my link, it helps me to continue to offer you lots of free stuff. :) Thank you, in advance for your support!