

Welcome to The Youth Method Life Membership Coaching Group

I'm so excited you decided to join the Youth Method Life Membership Coaching Group.

It truly is the secret that the most successful insiders of Youth Method Family follow for lasting and forever results.

It not only saves time in your day but will give you the support, motivation, resources and the done for you tools You NEED so you NEVER gain your weight back again.

What you'll love about this is that it's the closest thing to having your very own nutritionist, fitness coach, life coach, and friend.

It takes all of the guesswork out of what to eat, what workouts to do, and gives you resources for happiness and daily coaching from me. :-)

Here are the amazing tools and resources you'll get now that you are a part of this transformational coaching membership.

New Recipes

How you eat is crucial to how you feel and how your body releases trapped fat – especially on your belly. Small changes to your diet can make HUGE changes with belly fat and skin tightening. And I'm not talking about boring bland food!

These membership only recipes can take you on your Forever Youth Method Life.

Member Area Menu

- Welcome Page
- Workout Calendar
- Recipes
- My Favorite Recipes
- Reflections
- Youth Method Family

Most Viewed Recipes:

- 3 Gluten Free Pasta Recipes (3 January, 2017)
- Blueberry Lemon Bread (22 November, 2016)
- Pumpkin Pie Recipe (15 November, 2016)

All Detox Drinks Breakfast Smoothies Lunch Snacks Dinner Sides Vegetarian Desserts

14 Day Detox

All Recipes

- Crockpot Thai Beef Stew
- Slow Cooker Butternut Squash Soup
- Slow Cooker Applesauce Chicken
- Creamy Roasted Veggie Soup
- Slow-Cooked Beef with Root Veggies and Kale
- Grilled Beef Kabobs
- Turmeric Tomato Detox Soup
- No Bake Chocolate Brownie Bites

There are tons of delicious and easy to make recipes to choose from... including vegetarian options,

- Welcome Page
- Workout Calendar
- Recipes
- My Favorite Recipes
- Reflections
- Youth Method Family

Most Viewed Recipes:



3 Guilt Free Pasta Recipes

🕒 3 January, 2017 🗄️



Blueberry Lemon Bread

🕒 22 November, 2016 🗄️



Pumpkin Pie Recipe

🕒 15 November, 2016 🗄️



Chocolate "Nut Butter" Whoopie Pies

Vegetarian

 <p>Paleo Chocolate Caramels</p>	 <p>Paleo Apple Fritters</p>	 <p>Anti-Aging Detox Water</p>	 <p>Sweet Potato Paleo Muffins</p>
 <p>Energy Boost Smoothie</p>	 <p>Raspberry Lemon Fat Flush Water</p>	 <p>Paleo Cookie Bars</p>	 <p>Pina Colada Turmeric Smoothie</p>
 <p>Dark Chocolate</p>	 <p>Watermelon</p>	 <p>Chocolate Almond</p>	

...and even desserts!

- Welcome Page
- Workout Calendar
- Recipes
- My Favorite Recipes
- Reflections
- Youth Method Family

Most Viewed Recipes:



3 Guilt Free Pasta Recipes

🕒 3 January, 2017 🗄️



Blueberry Lemon Bread

🕒 22 November, 2016 🗄️



Pumpkin Pie Recipe

🕒 15 November, 2016 🗄️



Chocolate "Nut Butter" Whoopie Pies

🕒 11 October, 2016 🗄️

Desserts

A healthy indulgence is good for your body, mind, and soul. 😊 Just be sure to keep at a maximum of 1-2 times per week. Enjoy!

 <p>No Bake Chocolate Brownie Bites</p>	 <p>Chocolate Banana Smoothie</p>	 <p>Dark Chocolate Almond Butter Cups</p>	 <p>Chocolate Keto Smoothie</p>
 <p>Berry Creamsicles</p>	 <p>Apple Pie Bowl</p>	 <p>Berries and Cream</p>	 <p>Shamrock Shake</p>
 <p>Smooth Skin</p>	 <p>Pumpkin Pie with</p>	 <p>Pumpkin Pie Protein</p>	 <p>Blueberry Detox</p>

2 of 7

10 Minute Follow Along Workouts

I am not a fan of long workouts because they don't work! Inside the Members only area I give you your very own workout calendar of short but very effective 10 minute workouts that work to supercharge your fat loss and youth hormones.

Welcome Erin!

Update My Info

Log In

Log Out

Member Area Menu

- Welcome Page
- Workout Calendar
- Recipes
- My Favorite Recipes
- Reflections
- Youth Method Family

Most Viewed Recipes:

- 3 Guilt Free Pasta Recipes

Workout Calendar

Please let the page load before choosing a workout section.
Once ready to proceed to your next week of videos - be sure to close your previous week section for optimal video viewing.

Month 1

- Week 1
- Week 2
- Week 3
- Week 4

Month 2

- Week 1
- Week 2
- Week 3
- Week 4

No matter your age or fitness level I include easy modifications during every workout so you can go at your own pace and get amazing results.

Member Area Menu

- Welcome Page
- Workout Calendar
- Recipes
- My Favorite Recipes
- Reflections
- Youth Method Family

Most Viewed Recipes:

- 3 Guilt Free Pasta Recipes
- Blueberry Lemon Bread
- Pumpkin Pie Recipe

Day 1: Strong Core and Booty



05:00

Day 2: Balance



PLUS: All of my workouts are body weight, so you can do them at home without ANY equipment!

Daily Reflections and Inspiration

The screenshot shows a website interface. On the left is a sidebar with 'Member Controls' (Welcome Erin!, Update My Info, Log In, Log Out) and a 'Member Area Menu' (Welcome Page, Workout Calendar, Recipes, My Favorite Recipes, Reflections, Youth Method Family). Below that is 'Most Viewed Recipes' with a link to '3 Guilt Free Pasta Recipes'. The main content area is titled 'Reflections and Mindfulness Videos' and includes the text 'View any of the videos below by clicking on the title box.' and a link 'Advance to Mindfulness Videos'. There are six video thumbnails: 'Daily 10,5,3,1', 'Reflection (5)', 'Gratitude (3)', 'Kindness (1)', 'Release Doubt', and 'Inspire'. A pink arrow icon is in the bottom right corner.

This is so crucial because just as important as how we eat and move is how we think. Many studies have shown that people that reflect, meditate or practice an abundant mindset are happier and point toward lasting sustained weight loss.

Inside this amazing part of the membership – I give you brand new daily reflections of gratitude, abundance, and meditations, that you can start today to see mind blowing improvements in your weight loss, health, and your life.

The screenshot shows a website interface. On the left is a sidebar with a recipe link: 'Chocolate "Nut Butter" Whoopie Pies' dated '11 October, 2016'. The main content area is titled 'Mindfulness Videos' and includes a link 'Advance to Mindfulness Videos'. There are seven video thumbnails: 'Self Love', 'Mental Harmony', 'Kindness', 'Energizing', 'Clarity', 'Relaxation', and 'I Am Worthy'. A pink arrow icon is in the bottom right corner.

Youth Method Life Family - My Tribe
Closed Group

- Discussion
- Members
- Events
- Videos
- Photos
- Manage Group

Search this group

Shortcuts

- Erin Health and Wellness
- The Adaptive Body... 20+
- World Health 1



Erin Sullivan Nielsen shared her live video.
October 12 at 2:23pm



524 Views

Erin Sullivan Nielsen was live.
October 12 at 2:01pm · Fairport

Live with Erin ❤️
Chocolate Chip Pumpkin Cookie Bites!

Plus you'll get bonus videos from me as I make yummy recipes, take you along with me to the grocery store, farmers markets, and restaurants so you know how I navigate my day so you can learn on your own too.

And you can get daily inspiration and motivation from me directly as your coach.

Daily Coaching Support

The screenshot shows a Facebook group page for 'Youth Method Life Family - My Tribe'. The page is a closed group with a search bar and a list of shortcuts on the left. The main content area features a pinned post by Erin Sullivan Nielsen from June 29. The post includes a video of Erin in a kitchen, a welcome message, and a request for members to post daily about their motivation, nutrition, and workouts. The right sidebar shows suggested members and a description of the group.

Youth Method Life Family - My Tribe
Closed Group

Discussion

Members
Events
Videos
Photos
Manage Group

Search this group

Shortcuts

- Erin Health and Wellness
- The Adaptive Body... (20+)
- World Health (1)
- Healthpreneur
- Forever Fit - My Tr... (20+)
- The Mimosa Master... (5)
- Healthy Secrets fo... (20+)
- Primal Health Coa... (20+)

See more

PINNED POST

Erin Sullivan Nielsen
June 29

Welcome Members! --> START HERE

I'm so happy you're here! Please check out the short video below so you get the most out of this exclusive and very special to my heart Facebook Group.

==>AND Be sure to post each day of where you feel you are with Motivation, Nutrition, and Workouts rated on scale of 1-10. ... See More

RECENT ACTIVITY

SUGGESTED MEMBERS

- Christen Nielsen-Lafayette Add Member
- DanandPam Williams Add Member
- Maureen Kurz Add Member

See More

DESCRIPTION

Welcome to the YOUTH METHOD LIFE FAMILY!

We are so excited to ... See More

TAGS

Add a few descriptive keywords. Suggestions:

- + Losing Weight

LOCATIONS

Add Locations

A SPACE FOR JUST THE PEOPLE YOU WANT

This is where my heart is and where you get daily access to me as your coach and from women from all over the world that are all striving to live lives of health, love, and happiness.

In our Youth Method Family Private Facebook Group – you'll find me and life long friends where we all encourage, motivate and inspire each other. This amazing group of ladies is one of the biggest keys to your success.

This inspiring group builds strength and personal encouragement to help you eat, move, and think in your most healthy way. And you can get quick daily access to me in this exclusive private members only group as your coach and friend.

I hope you can see that this is the PERFECT way for you to FINALLY have the long term success you've been craving.



It's such an amazing program considering gym memberships cost 50 – 75% **MORE** a month and don't offer a personal coach, new workouts, new recipes, motivational videos, or an exclusive private Facebook group.

I'm so happy and excited to meet you inside the membership! Be sure to register now so you can enjoy all of the amazing benefits and so we can finally meet!

Much Love, Health, and Happiness,
Erin