

NEW BODY LEGACY

# MONTHLY MEMBERSHIP COACHING



CJ MASSIE

This isn't a quick fix.

It's a homecoming.

If you've been feeling like your body isn't responding the way it used to—no matter how much effort you're putting in—you're not alone.

At New Body Legacy, we don't do shame. We don't do guilt.

We do honesty, transparency, and results that last.



Our **Monthly Membership Coaching** is built for men and women (especially 35 years+) who are ready to stop guessing, stop starting over, and finally create a rhythm that works with their body—not against it.

Here's what you get inside the membership roadmap and coaching:

- **Personalized Coaching** – Nutrition, movement, and lifestyle guidance designed around your current season of life.
- **Weekly Check-ins** – Not to judge or measure perfection, but to keep you moving forward with clarity and accountability.
- **Root Cause Approach** – We look beyond calories and workouts to address hormones, stress, digestion, and energy.
- **Life-Ready Tools** – What to do if you have to eat out, travel, or take a vacation—without losing momentum.

**Mindset & Motivation Support** – Because transformation is as much mental and emotional as it is physical.

*NewBody*  
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This isn't about chasing a number on the scale or "fixing" you—  
because you're not broken.

It's about coming home to yourself, building a body and lifestyle that  
feels strong, steady, and deeply aligned.

If you're ready to get out of the cycle of "start-stop-start again" and  
step into a coaching relationship that meets you where you are... I'd  
love to walk this journey with you.

**Join here →**

Let's grow,  
Your future self is already thanking you. 

CJ Massie  
Founder, New Body Legacy



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