Building Resilience

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BBM
BUTTABEAN MOTIVATION

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MONGREL MOB

AUCKLAND

MY JOURNEY AND WEIGHT LOSS

8 YEARS AGO

- Returned from Australia broke, broken and broken-hearted.
- Deep in debt.
- 210 kgs obese.
- Lost supermarket business.
- Lost partner and children.
- Living as a homeless person upon returning to New Zealand.
- Life was very bleak and with no prospects.
- Deeply depressed.

TODAY

- Happily married.
- Regained his three children.
- Added another handsome son to his family.
- Today, a happier, healthier, 110kgs & regained self-esteem and self belief

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WHY I STARTED BBM?

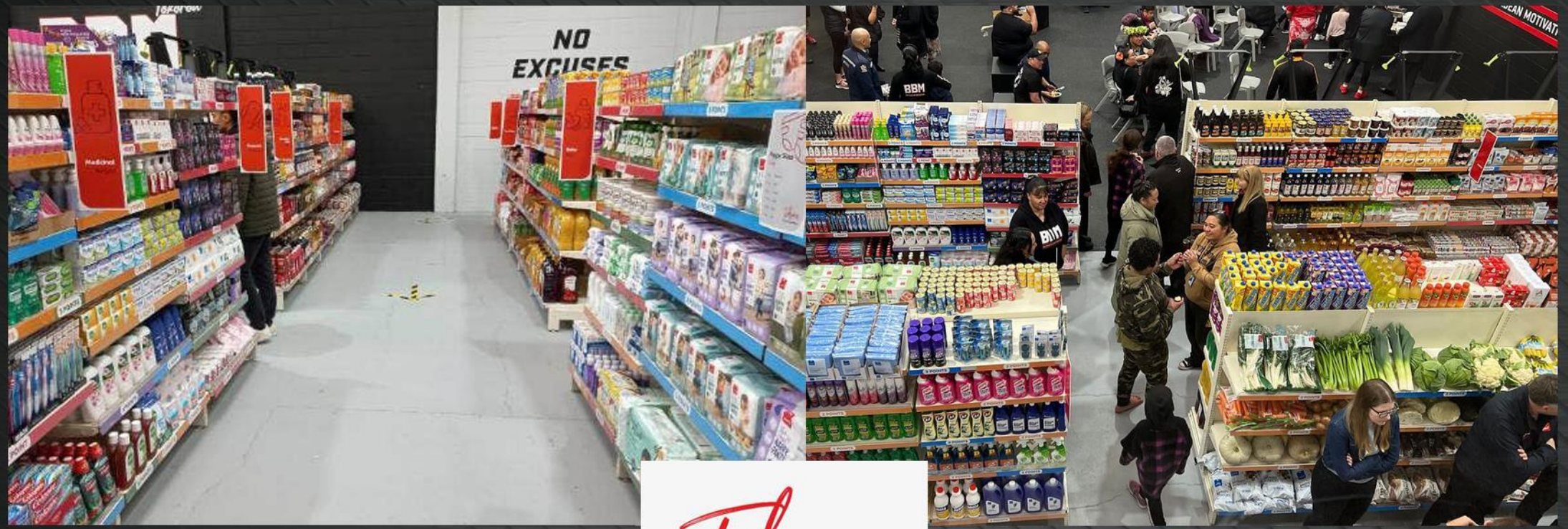
BBM SOUTH AUCKLAND

BBM WEST AUCKLAND

BBM COMMUNITY KITCHEN

BBM FOODSHARE

BBM TOKOROA



Tokoroa
Social Supermarket
BBM | HereforNZ

ROB CAMPBELL'S JOURNEY

- 30kg weight loss
- No longer has high blood pressure
- Now running up the steepest hills/roads in Auckland. Grendon Rd stairs, Motion Rd and Liverpool Street
- Has now aligned his lifestyle and mindset to his work ethic
- Rob's transformation and journey now inspiring his friends and collegues

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JORJA JAMES' JOURNEY

- First photo was taken in Feb 2019
- Second photo this year
- Had a double heart valve replacement in 1999 and again in 2016
- Had Type 2 Diabetes for 15 years
- After 12 Weeks at BBM she no longer has diabetes
- Returned to teritary education
- Blood pressure and cholestrol now normal

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PHIL TELE'A'S JOURNEY

- 295kg start weight
- Had Zero self confidence
- Didn't want to be seen in public
- Health condition affecting his leg affected self esteem and caused depression
- Through consistency and hard work has today lost 150kgs
- Phil is now working for BBM and taking regular BBM sessions as a team leader
- New outlook of life and happier

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4 TIPS TO LIVING A HEALTHY LIFESTYLE

1

JUST START

Don’t think about it, just start!

2

BE CONSISTENT

Everyday stick to your game plan and be consistent with your workouts and eating.

3 SURROUND YOURSELF WITH POSITIVE PEOPLE

Simply being around positive people will help you achieve your goals.

Choose people who deserve to be in your company.

4

NO EXCUSES

Don’t let excuses distract you from your focus and derail your progress.

HOW DO YOU
LIVE WITH
NO EXCUSES?
FIND YOUR WHY

NO EXCUSES:

MY STORY FROM CRIME TO COMMUNITY AND FAT TO FIT

WHAT WE DO WORKS!

NO EXCUSES

www.thebbmprogram.com