



**L E G A C Y**

*for today, for tomorrow, for our children*

**JESUS GIRLS' NATION**  
Food | Fitness | Wholeness

a Better  
**LEGACY**

For today, for tomorrow,  
for our children

**10** Moms  
Weeks  
Challenges

To build & sustain better  
eating habits for our children

**N50,000**  
**\$129.99**

**09055868614** [coache@coache.ng](mailto:coache@coache.ng)

[www.coache.ng/blog](http://www.coache.ng/blog)



# L E G A C Y

*for today, for tomorrow, for our children*

## 1.0 What is LEGACY?

I once coached a Client, a medical Doctor, whose health challenges had led her to us, but despite our best efforts, kept failing. One day, she vulnerably told me how she literally grew up on junk food, as her mom would replace real food she rejected with pastries and the likes. That battle I was trying to win was over 30years old.

*I didn't couldn't win!*

I however RESOLVED to do BETTER by my kids as *anything less would be sin.*

I define LEGACY as *'something valuable left by someone valuable to valuable recipients, lasting through generations.'*

A healthy life of wholeness is one of the BEST legacies we can leave for our children. The opposite of that, would be an (avoidable) life of sickness, with unnecessary hospital visits. It's WHOLENESS for our children, for today and for tomorrow.

## 2.0 Who is LEGACY for?

This program is for moms ready to *lay the foundation of a healthy legacy for their kids.*

LEGACY would hand moms, in 10weeks, *practical tools and alternatives* in a world that both normalizes and glorifies junk, giving you the deeper convictions needed to stand your ground. It promises an exciting, effective, and unforgettable experience for you and your kids, while bringing sustainable results.

**WINS** at the end of 10-weeks will include, but not be limited to

1. An **unshakable resolve and deeper convictions**. You simply can't go back, and in fact, may choose to join our 'Level Up Legacy' program (more on that below).
2. One customized 7-day Nutrition Plan, optimized for your kid(s) toward the end of the program.
3. Tips, tricks, hacks and wisdom to breakthrough for every child, including difficult situations.
4. Friendships to help you power on with like-minded moms. In small groups of 10, we can stay engaging without being overwhelmed.
5. Bonus knowledge from Guest moms who are already winning at leaving a better healthy legacy for their kids.
6. JOY JOY and more JOY. You and your kids are WINNING!!!



# L E G A C Y

*for today, for tomorrow, for our children*

## 3.0 How will LEGACY run?

Every week, via whatsapp and webinars, we will have fun, child-friendly, mommy-thrilling challenges and videos that would help us move our kids into the healthy lane slowly but surely, and without pressure too. Not only are we succeeding, mommy and child can sustain and keep building on that success for life.

We will be challenging ourselves in areas like *your mindsets, convictions, pantry, fridge, kitchen, shopping lists, lunch boxes, taste buds, creative feeding, and more.*

*Think creative substitutions instead of elimination*

*Think strengthening activities instead of hard*

*Think LEGACY... for today, for tomorrow, for our children*

These challenges will be easy to implement, doable and *highly effective with guaranteed results as you implement.* And while we expect some resistance from your kids (*and the entire village we need to help raise them*), with our expert and pressure-free support, you are sure to win.

It will run on small groups of 10 moms on whatsapp, and we will provide support at scheduled hours daily, audio teachings, two live webinars and more.

**If interested, 'Level Up Legacy'** is an advanced course featuring lifestyle upgrades like screen/phone addictions for kids, kitchen appliances to upgrade, and more.

## 4.0 LEGACY Bonuses, (not covered in your investment price)

- ✓ One LIVE webinar on 'elimination of stock cubes in your animal protein'
- ✓ One Masterclass on raising Godly, Responsible, Independent, and Confident (G.R.I.C) kids.
- ✓ Weekly 'mommy and child' LIVE workout sessions featuring the team and our kids.
- ✓ Exclusive LEGACY 'whatsapp status viewing experience' with premium content from CoachE's life.
- ✓ Exclusive Access to CoachE's weekly and monthly shopping list, plus money-saving tips.

## 5.0 YOUR LEGACY INVESTMENT

*N50,000 or \$129.99* for the 10 weeks.

**1<sup>st</sup> Stream: Sunday, October 17 to Friday December 24**

**Please email for 2022 dates [coache@coache.ng](mailto:coache@coache.ng)**

**2<sup>nd</sup> Stream: Sunday, October 24 to Friday, December 31**



# L E G A C Y

*for today, for tomorrow, for our children*

Bank

CoachE' Squad Ltd. 0328799715

GTBank

World Remit or Western Union for International Moms

Phone number: 234-9055868614

Name: Coach E'Squad Ltd. Email: eziहारx@yahoo.com

Or via Flutterwave here

Send proof of payment, complete with name, date, and stream to whatsapp number 09055868614 and off we start our healthy LEGACY experience.

## 6.0 Important LEGACY Information to note

The program has been optimized for kids between ages 2 and 13, and who have no 'special' diet-related conditions. If your kids are older, or have special needs, please talk to us about a customized plan. Also, LEGACY would work best if you have MAJOR control over your kid's diet, without external influence.

## 7.0 Meet your LEGACY Coach and President, Jesus Girls' Nation.

*Hey Sister,*

My name is Eziaha Bolaji-Olojo (CoachE'), a wife and mom of two boys, and I am SO excited to take you on this journey especially because it is very personal to me.

In 2015, following the birth of my first son, I gained a **whooping 40kg** and on my post-partum weight loss journey, **lost 30kg in about 4 months**. With my second pregnancy, I gained just under 12kg. Six years later (and counting), I have maintained all the good I gained, and have kept the bad habits away. For over 5years, I have had incredible results helping women lose weight and bring healthy back.

I also was once a sweet tooth, **with about 10 of my teeth** 'testifying', from root canal therapy, to extractions, and fillings. I have been there, done that. *I can't even keep the tee-shirt.*

Thankfully, I put the brakes in and decided I didn't want my kids to suffer from anything I had suffered from - unhealthy habits, or health challenges that could be avoided.

*I wanted to leave a **BETTER LEGACY** for them.*

I have literally been militant about ensuring that my children and family embrace a MOSTLY healthy diet (*hey, there is ALWAYS room for ice cream in my home **once in a while** hehe*). My kids truly enjoy their fruits and vegetables, and **mostly think 'fruits' when you say 'snacks'**. They have **NEVER** been to the hospital for treatment of disease.



# L E G A C Y

*for today, for tomorrow, for our children*

From *eliminating stock cubes*, white rice, pasta, processed swallows, and microwaves, to rocking out 90% plant-based milk for my kids, little to zero cereals, more real food, no junk in lunch box, *water water and water only to school*, fresh and healthy drinks and juices, highly controlled portions of chocolates and biscuits, and *loving books with minimal screen time*, I can **CONFIDENTLY** tell you that by God's grace, my kids are thriving, and **I am leaving a BETTER LEGACY for them, like you too will.**

So, while I save money directly from shopping and eating healthy at home, I also get to save money (and time and emotions) indirectly by eliminating avoidable hospital visits. And it is my honor and privilege to invite you to the **BETTER LEGACY** Club with wide-open arms and love.

But hey, *no pressure*. It took me years to get here. You won't get here in 10weeks, but this is a GREAT and honestly, *the BEST foundation you can have*. I would also be working with Domestic Queens, that is moms like you and I, so that we can have a richer experience on this **LEGACY** journey.

See you in 'the Nation'

MY STORY	MY KIDS' LEGACY
❖ Grew Up a sweet tooth	Never been to the hospital for any health challenge (beyond a fall)
❖ 'Lost' 10 teeth	Consider 'fruits' as snacks
❖ Gained 40kg with my first pregnancy	Take only water to school as drink
❖ Traumatic birth story due to a macrosomic baby (over 4kg)	Very controlled consumption of chocolates, biscuits and other 'treats'
❖ Lost 30kg post-partum in about 4months and launched my business	Limited to less than 10% cereal as part of their meals, if any
❖ Helped many women lose weight and bring healthy back	90% Plant-based milk over cow's milk
❖ Gained less than 12kg in my second pregnancy, and exercised till the end	Enjoy working out (their fave being skipping for now)
❖ Had a beautiful elective Cesarean section experience	Don't eat white rice, pasta, noodles, sausages and the likes at home
❖ Went back to working out, on my Doctor's orders, in 4 weeks	Love and consume their fruits and vegetables daily
❖ Helped Pregnant women rock out their bump with discipline	Little to zero fizzy or sugary drinks
❖ Help #JesusGirls overhaul and upgrade their lifestyle to one of WHOLENESS	Don't have the privilege of being 'picky eaters'
❖ Help women find healing through food	Are confident enough to stand out even when other kids are eating different.
❖ Help Moms like YOU leave a BETTER LEGACY for their children	Love and consume books over screen time

To the **BEST LEGACY** ever,   
 Eziaha  
 President, Jesus Girls' Nation

October, 2021