

Sloane Davis, Mom and Trainer, transformed her own body at 40 years old. Something so many women feel is impossible to do...she's done it! And she's here to help others do it, too!

Sloane wasn't always a personal trainer and certified nutritionist. She was a mom of 2 taking on the corporate world on Wall Street, with Estee Lauder, and BMG Music Group. She always had a drive to be physically fit and look her best, but was left literally spinning her wheels for hours focusing on cardio to meet her body goals. "Skinny fat" is how Sloane would describe her body...until she finally experienced the benefits of weight training and flexible dieting.

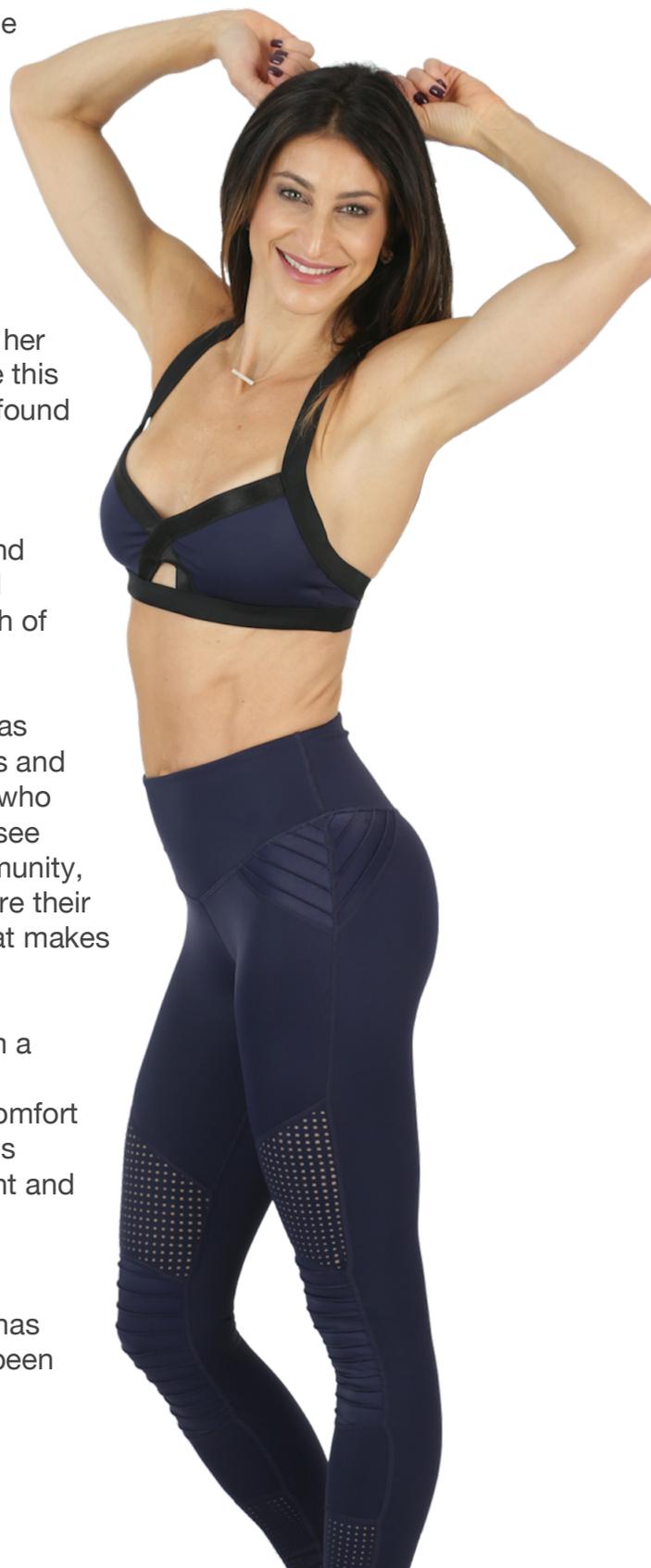
Since she began weight training and implementing a flexible diet, she has totally transformed her body and her life! When friends and those around her started to see this transformation, they wanted to know the secret. She found that she loved being able to share her experience and help others to make the same changes that she did.

Sloane went on to get certified as a personal trainer and nutritionist. She began formulating workout plans and nutrition plans that are customized specifically for each of her clients in order to meet their goals.

The results of her clients came rolling in and Sloane was inspired to create **Pancakes and Pushups**. Pancakes and Pushups has become an online community of people who share the same goals and are working with Sloane to see results. As a part of the Pancakes and Pushups community, members are able to connect with each other and share their experiences and results, which becomes a part of what makes them successful.

Sloane's clients love that her regimens easily turn from a regimen into a lifestyle. This is because she provides workout plans that can be done in the gym or in the comfort of home and because her macros based nutrition plans don't restrict, but rather allow you to eat what you want and build a healthy relationship with food!

Word of mouth is catching on and the momentum surrounding Pancakes and Pushups by Sloane Davis has continued to build. Her story and her regimens have been featured by prominent outlets such as Self Magazine, People, Women's Fitness, and more.



Eat Up To Slim Down: Pancakes and Push Ups is the first soon to be published book by Sloane Davis. Her written work encompasses all aspects of her best-selling fitness plans from Pancakes and Push Ups. This includes two 12-week workout plans for at the gym and at home. Readers will learn about the importance of tracking macros, how to calculate macros and how to count them. Also included are over 50 recipes with a macros breakdown for each recipe in order to help kick start readers into their new flexible diet.

Jumping into a macros based diet can be easy when you have the tools and instructions right in front of you, which is exactly the purpose of this book. By including a macros breakdown for each of the over 50 recipes, readers have the ability to follow those recipes and use them as a guideline to becoming macros experts. Again, making it even easier for Sloane's regimens to become a lifestyle for her clients!

FAQ's with Sloane...

Flexible dieting? How does flexible dieting work?

When you follow flexible dieting, you are given a certain number of macros (proteins, fats and carbs) to eat based on your body and your weight loss goals. Your daily calories are comprised of these macros. Flexible dieting is a great tool to learn how to eat in moderation. As long as it fits within your daily macros, you can eat what you want. That means you don't have to say no to your favorites. That's what makes this diet flexible! As a mom, that was such a huge plus for me first starting out. When my kids wanted pizza for dinner and I really didn't care to cook, I could indulge with them as long as it fit within my macros for the day!

How do you motivate your clients to stick to your plans?

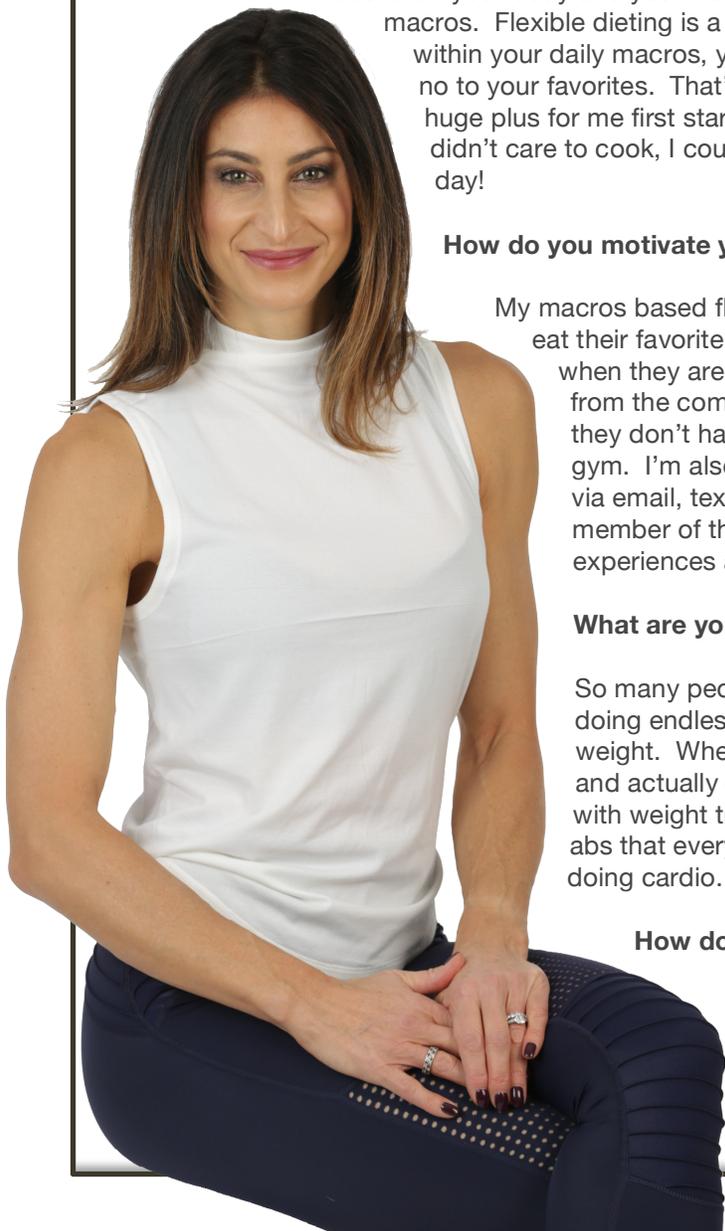
My macros based flexible diet plans are anything but restrictive. My clients can still eat their favorite food and they love that. It makes it easier to stick to their plan when they are not feeling restricted. Providing workouts that can be done from the comfort of home also helps keep my clients motivated because they don't have to feel like they've gotten off track if they can't make it to the gym. I'm also constantly sharing tips and motivation via SM and one-on-one via email, text and video chat. My clients also receive motivation from other member of the Pancakes and Pushups community. They share their experiences and meet goals together. It's great to see that!

What are your best weight loss tips?

So many people, including myself for a long time, are lead to believe that doing endless amounts of cardio and under eating is the best way to lose weight. When in fact, weight training with proper nutrition shapes your body and actually changes your overall physique. Not only can you lose weight with weight training, but you can also gain the booty, the toned arms and the abs that everyone desires. You'll never get that while under eating and doing cardio.

How do you stay motivated?

Seeing how this lifestyle has benefitted my body, my health and my mind is most of the motivation I need. And like my clients learn to realize, its not a fad diet, it takes hard work, but it does become a lifestyle, and the rewards are so worth it!



Sample recipe from **Eat Up to Slim Down: Pancakes and Push Ups** *Go ahead, try it for yourself!*

SLOW COOKER BBQ PULLED CHICKEN

Trying to stay on your diet but want a really satisfying meal? Try my BBQ pulled chicken! The sauce is homemade so it is going to be a lot less sugar than a jar of barbecue sauce (but feel free to use a bottled sauce if you want (I like Stubbs).

Ingredients:

- 4-5 boneless chicken breasts
- 3/4 cup ketchup (I use reduced sugar by Heinz)
- 1/2 tbsp apple cider vinegar
- 1 1/2 tbsp Lea & Perrins worcestershire sauce
- 1 tbsp mustard
- 3/4 tsp garlic powder
- 1/2 tsp chili powder
- 1/2 tsp hot sauce

Instructions:

1. 4-5 boneless chicken breasts in the crockpot.
2. Mix remaining ingredients together in a bowl.
3. Pour the sauce over the chicken breasts.
4. Cook on high for 4 hours.
5. Pull chicken apart with fork when done.

Serve as a sandwich, as lettuce wraps, in a quesadilla or over a salad!
All are excellent choices!

Servings: 8

Macros per serving:

135 calories, 2g carbs, 1g fat, 26g protein



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Sloane's Clients Say it Best!

"If you want a sustainable diet approach with workouts that produce, Sloane's plans are just that! Until I began flexible dieting, I struggled with a vicious restricting carbs and binge eating weekend cycle. I have learned so much on this journey and am continuing to everyday! Eating foods I love while sporting muscle definition:) Sloane knows her stuff and will motivate you to keep on pushing- small changes daily add up."

"Here's the truth: MOST diets fail because of one simple problem—they are not REALISTIC! It's nearly impossible to commit to an extreme

plan that doesn't account for real life moments...Like PIZZA AND PEPPERIDGE FARM GOLDFISH. If you completely deprive yourself of these things for long periods of time, you will either end up going insane OR in a cycle of binging. The answer...Contact Sloane. You really can reach your fitness goals without starving! YES! It's time to shift our beliefs in dieting."

"Sloane is very knowledgeable and helpful at every step of your journey. I have had great success with the kickstarter plan and am ready to start the next step in the process of building muscle and having a healthy relationship with food. Her programs are truly life changing. Thank you, Sloane I can't wait to see what changes are made in Phase II!"

