

# KAELIN TUELL POULIN

FITNESS PRO • WEIGHT LOSS EXPERT • BEST SELLING AUTHOR

LadyBoss

## ABOUT HER

Kaelin is the founder and inspiration behind the LadyBoss movement and has personally helped over 50,000 women lose weight & love themselves.. At age of 23, Kaelin set a world record for earning the Fastest IFBB Pro Card. Kaelin went from being 180 pounds at 5'2", struggling with depression & a food addiction to losing 65 pounds in 7 months and gaining love for herself & confidence. Kaelin uses her transparency through her life's struggles; being bullied in high school, losing her father at 16, and coping with depression - to relate to & encourage women who need to find hope again.

Millions of women worldwide have been encouraged by Kaelin's journey to a healthy lifestyle via social media. Her transparent and "hard truth" approach to a healthy lifestyle has gained massive following on the internet.

## ABOUT LADYBOSS WEIGHT LOSS

LadyBoss Weight Loss was established in November 2014, with its sole focus being to help women lose weight & love themselves again. Over 50,000 women have taken the step to become a LadyBoss and take back control of their health and their life. LadyBoss is based on a foundation of inspiring a tribe of women to band together to create a collaborative culture to "Spread Sparkle" to each other through their health & weight loss journey.

## LADYBOSS SERVICES

LadyBoss Lifestyle Trainer  
LadyBoss Ultimate Transformation Academy  
LadyBoss Partners Program  
LadyBoss Live Event Dallas, TX



## HER NEW BOOK, BIG FAT LIES EARNED

**Barnes and Noble**

#1 Best Seller

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#1 Best Seller

Women's Health

#1 Best Seller in

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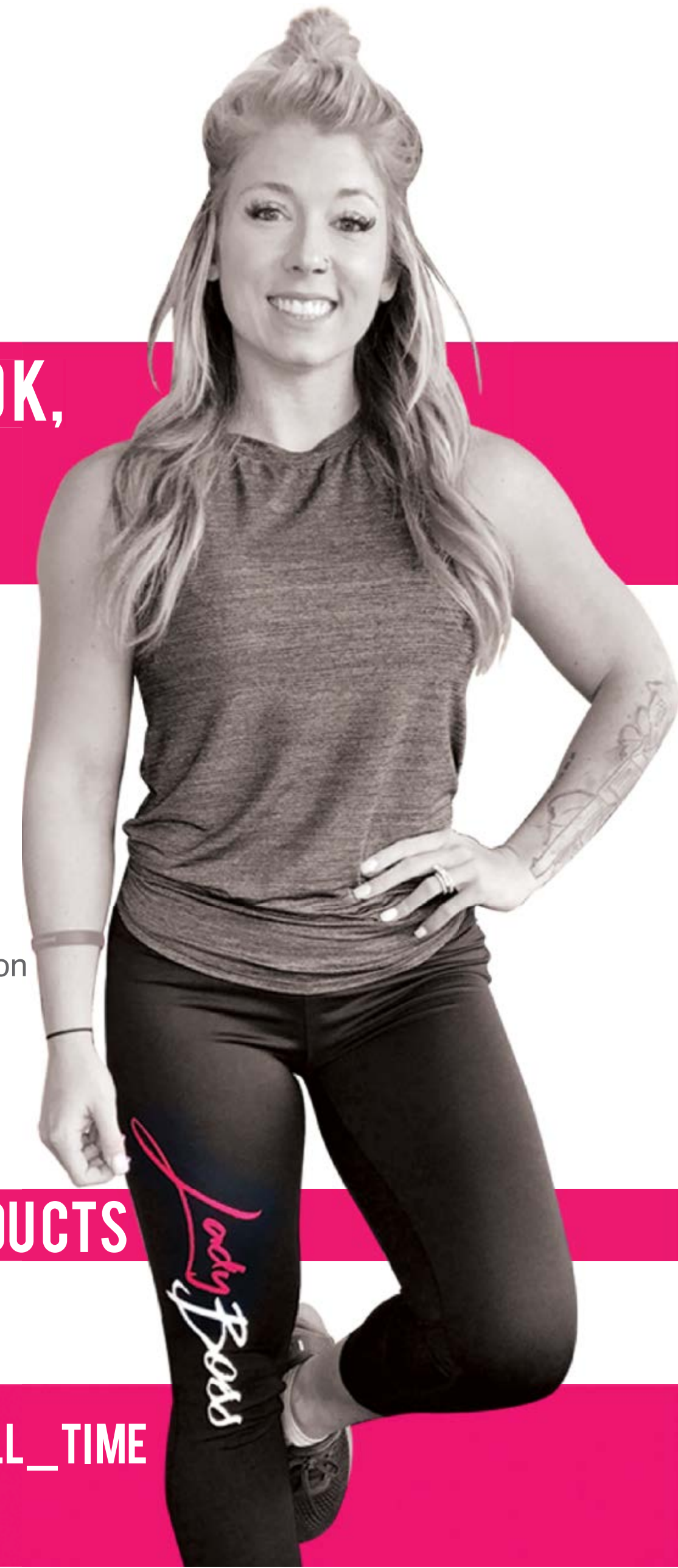
Women's Health

#1 Movers & Shakers

## LADYBOSS PRODUCTS

SWAG Merchandise

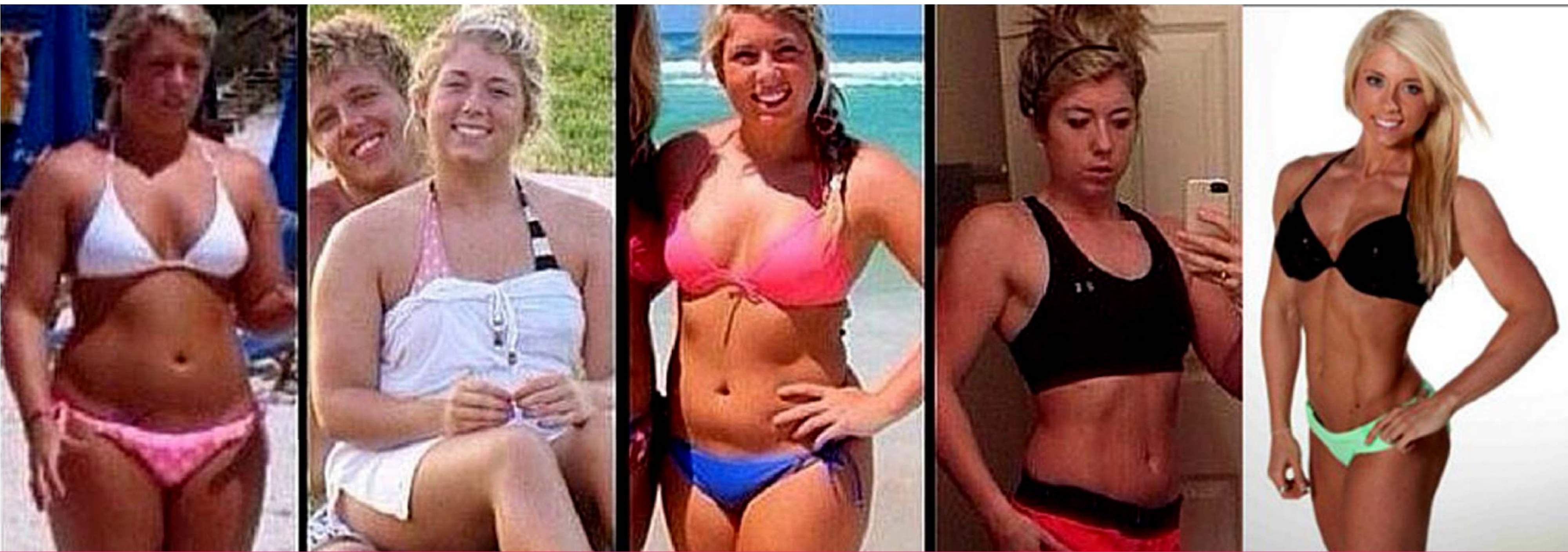
LadyBoss Supplements





# KAELIN TUELL POULIN

Kaelin Tuell Poulin has lost 65 pounds and has earned her IFBB Pro Card in Figure within World Record time of only 2 shows. She has inspired thousands of people along the way and believes her transformation was so calling to help others. She grew up in a small town outside of Louisville, Kentucky and currently resides in Albuquerque, New Mexico.



*LadyBoss*





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Big Fat Lies (04/02/2017)

by Kaelin Tuell Poulin

★★★★★

Format

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Kaelin Tuell Poulin

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Big Fat Lies

Paperback – April 2, 2017

by Kaelin Tuell Poulin (Author)

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This book is not for those looking for some Hollywood headline diet program with endless promises of "magic pills" and "quick fixes".

This book is not for those who want to continue in the energy draining cycle of losing weight only to gain it back again.

This book is for those who want the TRUTH.

Everything You've Been Told about Weight Loss is A Big Fat Lie! Seriously, it really is.

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Big Fat Lies

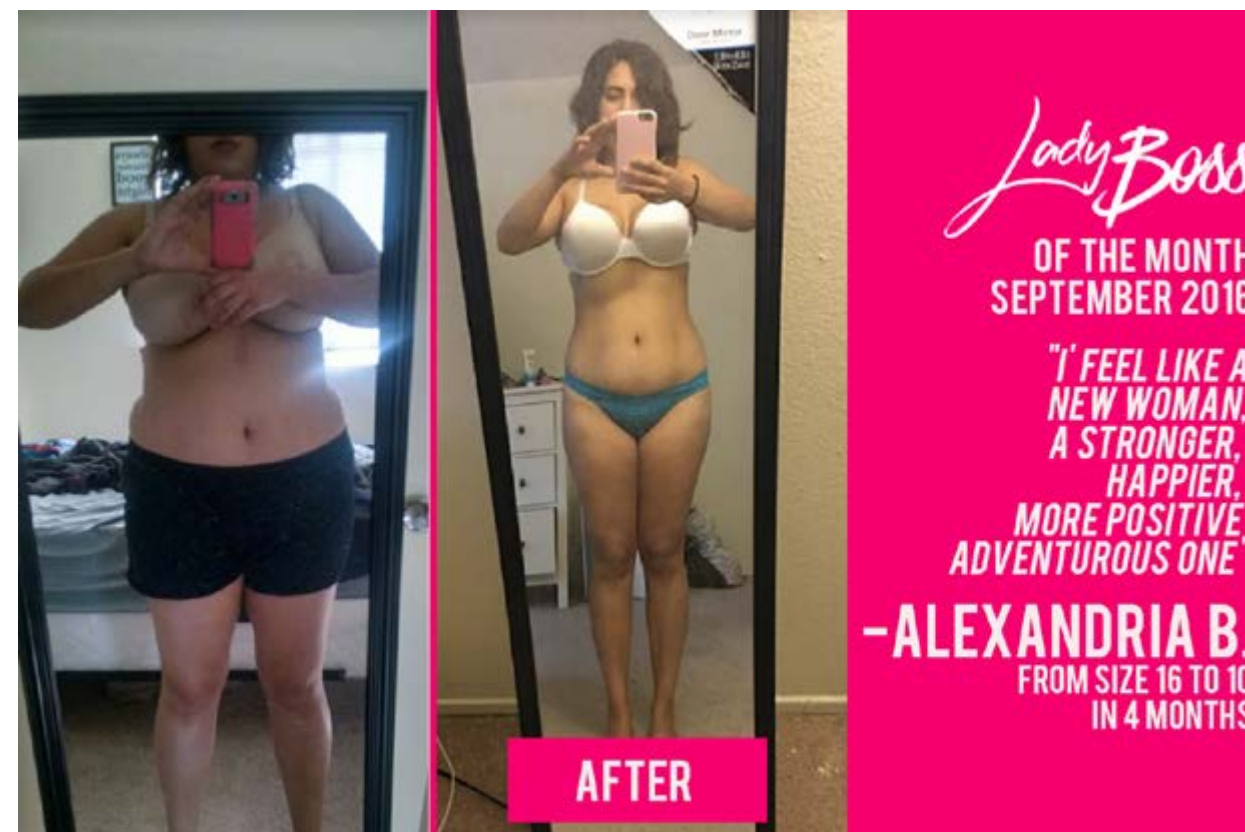
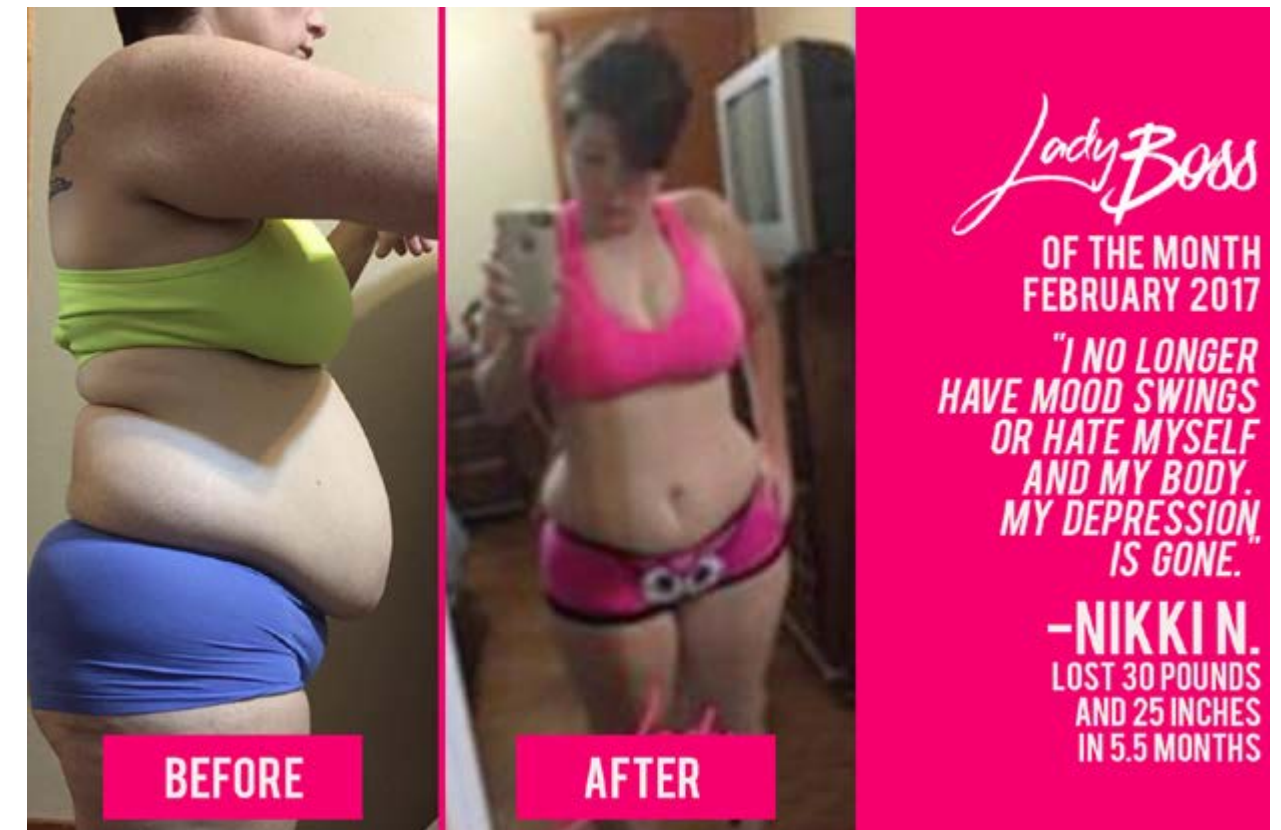
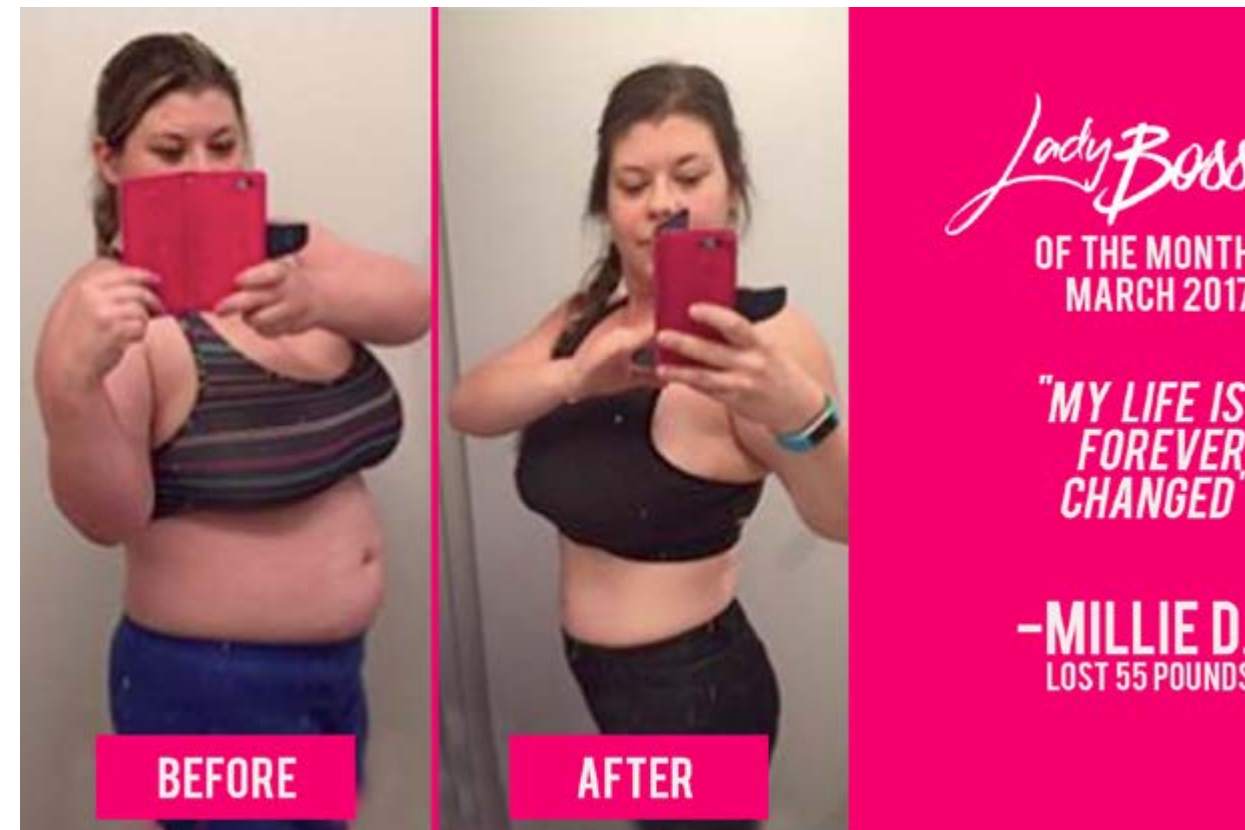
Kaelin Tuell Poulin

Paperback

LadyBoss



# THOUSANDS OF TRANSFORMATIONS



**LadyBoss**



# LADYBOSS

Noun. [lay-de boss]

## DEFINITION:

**A MENTALITY** that you **CHOOSE** to step into. It's your confident alter ego. Becoming a LadyBoss means putting aside all your doubts, all your fears, all of your excuses and every reason you think you can't do it.

A LadyBoss is in control of her destiny, her situation, her health, her body, and in turn, her **LIFE**.

A LadyBoss is a no BS, take action, get it done, no compromise woman who values her integrity, confidence, self worth, and doesn't change who they are for anybody but simply strives to be the best version of herself she can be.

# MANIFESTO

**A LADYBOSS IS THE COURAGEOUS WOMAN** inside of us who takes responsibility for where she's at. She isn't a victim of her circumstances. **SHE DOESN'T MAKE EXCUSES** or complain about what she can't change. She spends more energy **DOING SOMETHING** about it instead of telling everybody why she "can't".

**A LADYBOSS CAN HAVE IT ALL** and do it all without having to compromise who she is or her integrity. **A LADYBOSS** realises that **SHE SHINES** the most when she is authentic and true to herself.

**A LADYBOSS** isn't about just talk, but **GETTING IT DONE**. She recognises that if she want results and success, she has to **PUT IN THE WORK**. **A LADYBOSS** doesn't aim to please others expectations, but rather aims to be **THE BEST VERSION OF HERSELF** she can be.

**A LADYBOSS** doesn't listen to all the negative haters around her who are afraid she will succeed. **A LADYBOSS FOCUSES ON WHAT SHE WANTS** instead of focusing on why she "can't".

A LADYBOSS is a **NO BS, TAKE ACTION, GET IT DONE, NO COMPROMISE WOMAN WHO VALUES HER INTEGRITY, CONFIDENCE, SELF WORTH, AND DOESN'T CHANGE WHO SHE IS** for anybody.

**A LADYBOSS IS IN CONTROL** of her destiny, her situation, her health, her body, and in truth, her life. **LADYBOSS** is a mentality that you choose to step into. It's your confident alter ego. It means putting aside all your doubts, all your fears, all of your excuses, and every reason you think you can't do it. **BECAUSE YOU CAN DO IT...**

*LadyBoss*



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