

Casee Jo's Get Fit Glow Up Guide



I'm proof you can do anything you set your mind too and I'm here to cheer for you every step of the way!



Glow Up Era



Casee's Ultimate Glow up Tips!

Prioritize Sleep

Set a consistent bedtime schedule, even on weekends, and aim for 6-8 hours per night.

Stretch Before or After Bed

Incorporate a 5-10 minute stretch for an energized day or relaxed sleep.

Don't Hit Snooze

When your alarm goes off, GET up right then. There is science behind how snoozing will make you more tired during the day.

Don't Skip Breakfast

A light breakfast is better than none and Don't drink coffee on an empty stomach

Drink Your Water Girl

Drink half your bodyweight in water each day. Grab an electrolyte packet daily too!

Avoid Sugary Drinks

Swap out soda for water, flavored sparkling water, no-sugar iced tea, or kombucha. Cut out the crap!

Get a Bomb Skincare Routine

Anything on your skin is better than nothing on your skin. Invest in quality skincare products depending on your skin type and use it, morning and night!

Have a Lip Care routine

Have a solid lip care routine, get that dry skin off your lips girl and invest in a glow up scrub and lip gloss that makes you feel great.

Eat Protein

At least 100 grams of protein a day plus 2-3 fruit per day and 2-3 veggies in your diet.

Casee's Fav Skincare, Lip care and Makeup Here:



Glow Up Era

Casee's Ultimate Glow up Tips!

Move your Body Every Day

Move your body daily! Any activity is better than no activity, On rest days, try yoga or stretching. Just keep moving

10,000 Steps a day baby

Aim to walk 10,000 steps per day—track it on a smartwatch or phone.

Lift Some Weights

Start adding in bodyweight/strength training at least 3X a week-to build muscle & strong bones.

NEED the Ultimate Fitness & Nutrition PLANNER? CLICK HERE:



Do it for you

Sleep in your workout clothes, lay them on your night stand, in front of your door.

Tidy Up Your Space

Make your bed every morning and pick up your house before bed.

Keep on Learning

Read a book, study, or listen to a podcast each day.

Stay Positive & love yourself

Enjoy each day and make time for things you love. you're on a journey, love yourself, speak kindly to yourself in the mirror.

Get alone with yourself

Get your bible out girl, pray meditate, get grateful. Make a grateful list daily!



Break Up Eva

Break up with the bad guys

Break up with Alcohol!

If you do have it, stick to a few special occasions and grab low sugar options.

Break up with Refined Sugar!

Sugar is a hormone disruptor and just not good for you period. Swap for better options like stevia

Break up with Eating Crap!

Would you feed your kids the junk you eat knowing it is terrible for them? No! So stop feeding it to yourself!

Break up with not knowing how much you're eating!

When you start seeing the foods you're eating and what nutritional value they contain, it is eye opening!

Get an app and start keeping track of what you eat. Learn your macro #'s= Protein, Carbs and Fats. I offer extensive macro coaching with an app to help.

Break up with Hormones that don't produce!

Find a functional medicine doctor and get your hormones checked! Get a full female panel: Thyroid, Testosterone, Progesterone & Estrogen! See if HRT is for you! I will share my contact.

Text HRT to me at (325) 305-0296.

Break up with inflammation for good!

Peptide therapy helps calm your system from the inside out—reducing pain, boosting recovery, and reigniting your body's natural healing power.

I can refer you to peptide therapy here:

[Click here for](#)
[Macro coaching with Casee!](#)

"DO THE DEAL DAILY"



Checklist

☐

Moved my booty today
of steps _____

☐

Drank 1/2 my body weight
in ounces of water

☐

Wrote 3 things I am
grateful for +

Read 10 pages/
listen to 10 mins of
something positive
& uplifting!

☐

Removed that "one thing" that has a hold
on me & I kept the promise to myself!

☐

Tracked food for the day

☐

Didn't Eat after 8pm

*Your
Mindset
Matters*

Make as many copies of this page as you need or save a
copy on your phone to check each day.



Fuel & Burn

PRE WORKOUT NUTRITION



Fat
Doesn't have much effect on performance, but it does help maintain blood glucose and insulin levels

Carbs
Preserves muscle and liver glycogen, carbs tell the brain to maintain blood glucose and insulin sending this nutrient to aid in muscle recovery

Protein
Can help maintain/increase muscle size

When eating 45–60 minutes prior to your workout, choose foods that are simple to digest and contain mainly carbs and some protein.

****When these two are combined, they improve protein synthesis and prevents protein breakdown**

A good rule of thumb is to eat a mixture of carbs and protein prior to exercise

**Looking for
Energy & Performance
Supplements?!**



POST WORKOUT NUTRITION

Fats
Is an essential nutrient, and it doesn't seem to affect post workout nutrition.

Carbs
Strive for minimally processed carbs, in addition to fruits, which might lead to better next day performance

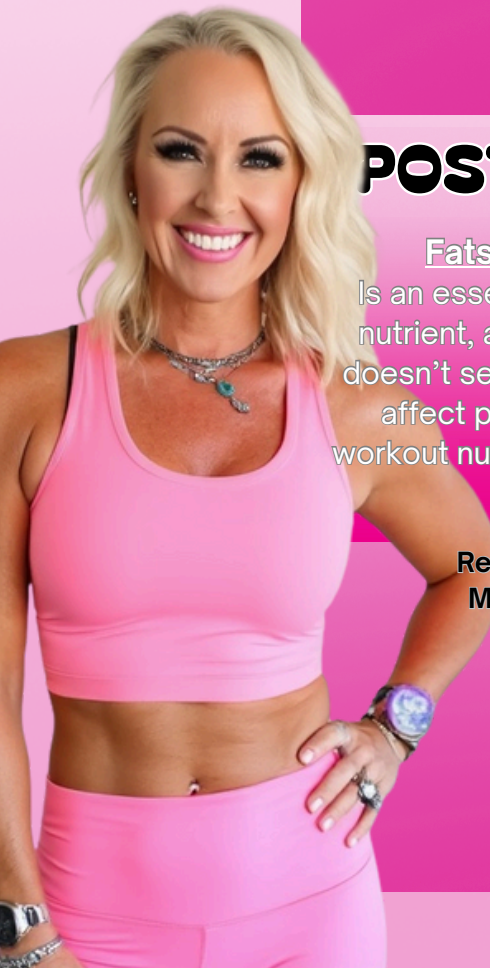
Proteins
Prevents breakdown & stimulates protein synthesis, maintaining and /or increasing muscle mass

Within 45 min AFTER Exercise

Replenishing 45 min after exercise has major benefits. Most people can't eat immediately after so a protein shake with a piece of fruit is a great option.

Eating foods containing carbs and protein may help support your muscles after exercise. Experts recommend eating shortly after your workout for the most benefit.

Good Vibes Only



Sample Pre-Workout Meals and Snacks

If your workout starts within 2 hours

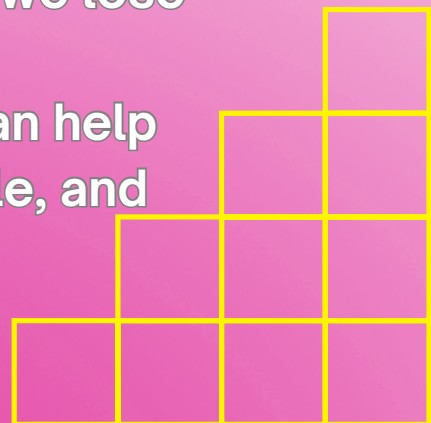
- Protein smoothie made with unsweetened nut milk, protein powder, banana, and mixed berries
- Whole-grain cereal
- Cup of oatmeal topped with banana and sliced almonds
- Natural almond butter and fruit preserve sandwich on whole-grain bread

If your workout starts within an hour or less

- Greek yogurt and fruit
- Nutrition bar with protein
- A piece of fruit, such as a banana, orange, or apple

Most important goal during your workout is to stay hydrated & replace electrolytes we lose through sweat.

In addition, post workout nutrition can help boost performance, preserve muscle, and improve muscle recovery.



Sample Post-Workout Meals and Snacks

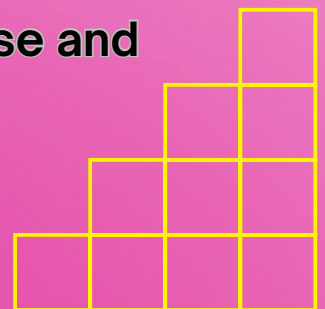
Make sure to eat within 1-2 Hours after exercise

After drinking your shake within 45 mins of your workout you'll still need to replenish with whole foods.

****If you don't drink a shake after, you can eat a meal anytime 45min to 2 hours after with these guidelines

Which includes: A Carb, A Fat & A Protein

- Grilled chicken with roasted vegetables and rice
- Egg omelet with avocado spread on whole-grain toast
- Salmon with sweet potato
- Tuna salad sandwich on whole grain bread
- Tuna and crackers
- Cottage cheese and fruits
- Pita and hummus
- Rice crackers and peanut butter
- Whole-grain toast and almond butter
- Cereal with dairy or soy milk
- Greek yogurt, berries, and granola
- Protein Shake and banana
- Quinoa bowl with sweet potatoes, berries, and pecans
- Whole grain crackers with string cheese and fruit



Get Fit Era

WARMUP before and stretch after:

- Always warm up before each workout, not stretch!
- This is key for getting the blood flowing and avoiding injury. Just 5-10 minutes walking on the is perfect! This is amazing for decreasing muscle density and recovery.
- Standard warm up for upper & lower could include things like:
- Arm circles, Band pull apart in front, Bent over banded rows, Hand release or knee pushups, Glute bridges, Bodyweight squats.
- Engage your core during all movements
- If no equipment, used canned goods or household items, you may also do bodyweight- squeezing as if you were holding weight.



Get Fit @ Home Movements:

Upper Body

Pushups (standard, incline, or knee modification)

Incline Pushups (hands on couch/chair)

Tricep Dips (using sturdy chair/step)

Wall Angels (stand against wall, raise/lower arms in goalpost shape)

Arm Circles (forward + backward, 20-30 sec)

Plank Shoulder Taps (tap opposite shoulder while holding plank)

Modified Pike Pushups (hips up, focus on shoulders)

Lower Body

Squats (air squats, sit-to-stand from chair if needed)

Lunges (forward, reverse, or stationary)

Glute Bridges (on back, lift hips, squeeze glutes)

Step-Ups (onto a sturdy chair, bench, or stair)

Wall Sit (hold 20-60 sec)

Calf Raises (off floor or step)

Side Step Squats (step out wide, squat, then back in)

Core

Plank Hold (20-60 sec, from knees or toes)

Side Plank (each side, knees or toes)

Dead Bugs (on back, extend opposite arm/leg)

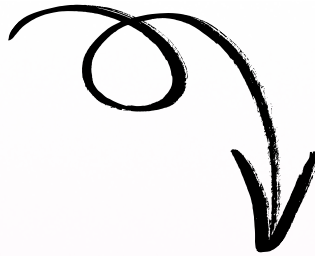
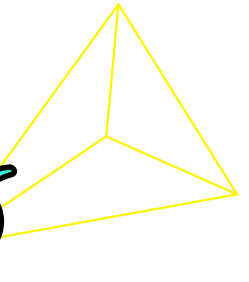
Bird Dogs (on all fours, extend opposite arm/leg)

Bicycle Crunches (slow + controlled)

Seated Knee Tucks (sit on floor or chair, pull knees to chest, extend out)



Exercise Videos



- **WORKOUT DEMO HERE:**
- **BOOTY BURNER:**

Watch
Now



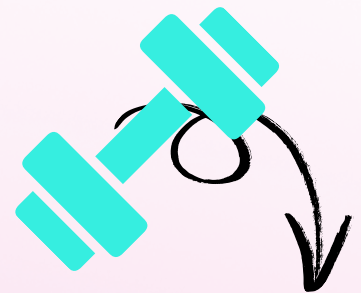
Let's Move that body bestie!



Day 1

1. Pushups 8-12 reps- Modified= on knees
2. Seated Shoulder Press- used light weights or canned goods 8-12 reps
3. Plank Shoulder Taps- 8-12 reps
4. Lat Front Raises- used light weights (3-5lbs) or canned goods 8-12 reps
5. Curl to Press- used light weights or canned goods 8-12 reps
6. Plank- 20 secs

3-4 rounds



Day 2

1. Goblet or bodyweight Squats-8-12 reps
2. Split Squats- 10-15 sec each leg
3. Glute Bridges- 8-12 reps
4. Plie Squats
5. Walking lunges (each side)- 8-12 reps
6. Single Leg Glute Bridge-8-12 each leg

3-4 rounds



Let's Move that body bestie!



Day 3

1. Pushups- 8-12 reps
2. Slow single arm row- 8-12 reps each arm
3. Mountain Climbers-20 each leg, 40 total
4. Bent over rows- used light weights or canned goods 8-12 reps
5. Bicep Curls- used light weights or canned goods 8-12 reps
6. Plank- 20-30 sec

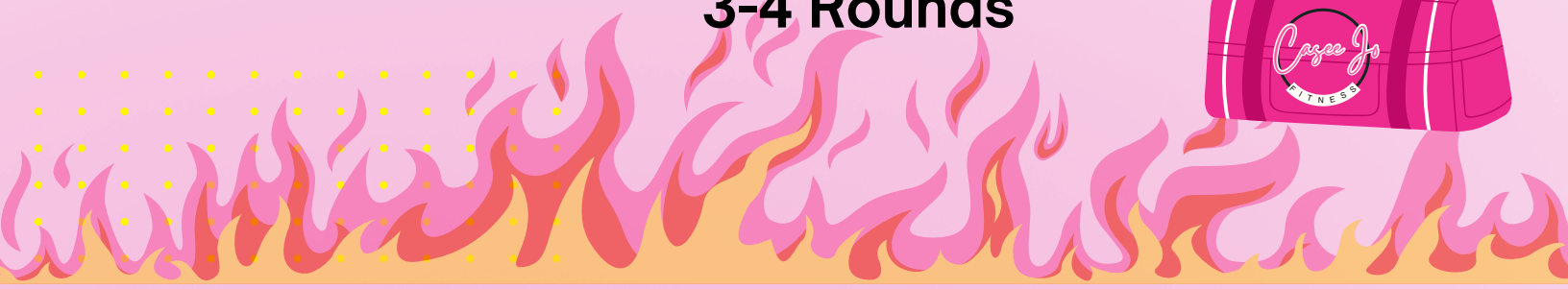
3-4 rounds



Day 4

1. Wide Sumo Squats- 8-12 reps
2. Curtsy lunges-8-12 reps
3. Glute Bridges-8-12 reps
4. Wall Sit 20-30 sec
5. Single Leg Glute Bridge- 8-12 each leg
6. Donkey Kicks-12 each leg
7. Fire Hydrants-12 each leg

3-4 Rounds



Let's Move that body bestie!

Day 5

1. High Knees in place-20 secs- Modified-knee taps

2. Jump Squats- 20 secs

3. Jumping Jacks- 20 secs

4. Mountain climbers- 20 secs

5. Bicycle crunches- 20 secs

6. Plank Hip Taps- 20 secs

3-4 rounds

Big Bootay Energy

Sit your BIG Bootay With Us

Every "Booty's" Dream AKA Booty Burner
Do before leg days for max Bootay activation!

- Banded Squat Pulses – 12 reps
 - Banded Clamshell Pulses – 12 reps per leg
 - Seated Banded Hip Adduction Pulses – 12 reps per leg
 - Standing Banded Straight leg Kickbacks – 12 reps per leg
 - Kneeling Donkey Kicks– 12 reps per leg
 - Kneeling Straight Leg Glute Pulses- 12 per leg
 - Fire Hydrants- 12 reps per side
- 2-3 Rounds

Watch Booty
Demo Here:



PLAY NOW

Day 6 & 7
Rest day & Booty Burner



Shake & Protein Drink Ideas



💋 8 oz of water or unsweetened non-dairy milk

(almond or coconut milk)

2 scoops chocolate protein powder

2 tbs pb fit powder

Blend or shake well & enjoy



💋 8 oz of water or unsweetened non-dairy milk

(almond or coconut milk)

2 scoops vanilla protein powder

1 tbs unsweetened cocoa powder

Blend or shake well & enjoy

💋 8 oz of water or unsweetened non-dairy milk

(almond or coconut milk)

2 scoops chocolate protein powder

2 tbs pb fit powder

Blend or shake well & enjoy

💋 8 oz of water or unsweetened non-dairy milk

(almond or coconut milk)

2 scoops of your vanilla protein powder

1 tsp cinnamon

Blend or shake well & enjoy

💋 CLEAR PROTEIN CAN BE USED ALL
THROUGHOUT THE DAY TO HIT YOUR PROTEIN
GOALS!



Rotate them out so you don't get bored drinking the same thing

[Click here to buy my fav protein powder](#)

[Click here to buy my fav CLEAR protein](#)



Glow Up Sample Meal Plan

Simplistic + Realistic + Enjoyable



The meal plans provided are simply examples of how you can layout your daily and weekly meals, please adjust amounts + modify to fit your macros & your family's needs. If you don't like something, switch it out with something you do like!

Want 6 weeks of meal plans, over 70 recipes and 12 weeks of fitness?

Grab my Burn Book with everything that helped me lose 55 pounds

Here:



Glow Up Sample Meal Plan

Here is a 7-day sample meal plan with daily fit bestie foods designed to help you shed fat, boost energy, and glow up without feeling restricted. You'll also get see how I incorporate some of my favorite biohacking products to accelerate weight loss results, including products from our "X Factor Pack + Xyng for weight loss, energy, digestion & skin.

Day 1

Breakfast:

Protein Shake (with unsweetened coconut milk) or ➡ Gut Glow Drink with Clear Protein added, 1 slice sourdough or Ezekiel bread & 1 slice cheddar cheese melted on top with ½ orange or 1 cutie ➡ Take Accelerate

Morning Snack:

½ orange, 1 string cheese & bag of quest chips

Lunch:

4 oz ground meat, 1 cup broccoli, ¼ cup cooked rice, 1-2 tsp coconut aminos ➡ Xyng or Trimstix

Afternoon Snack:

1 cup sugar snap peas & 12 turkey pepperonis ➡ Trimstix optional

Dinner:

4 oz chicken, 1 cup veggies, ¼ avocado

Before Bed: ➡ NAD Dreams in 4 oz water



Day 2

Breakfast:

Protein Shake (with unsweetened coconut milk) or ➡ Gut Glow Drink with Clear Protein added, 1 mini bagel with 1 Tbsp whipped cream cheese & a cup of blueberries ➡ Take Accelerate

Morning Snack:

1 cup cucumber slices, 2 Tbsp ranch

Lunch: Chicken Salad=

4 oz shredded chicken, 1 cup celery, ½ cup red grapes, 1 Tbsp mayo with 12 tortilla chips + Xyng or Trimstix

Afternoon Snack:

1 apple, 1 string cheese & 12 turkey pepperonis ➡ Trimstix optional

Dinner: Burger in a Bowl =

4 oz beef patty, 1 slice cheese, ¼ avocado, Mustard, dill pickles, tomato

Before Bed: NAD Dreams in 4 oz water

Day 3

Breakfast:

Protein Shake (with unsweetened coconut milk) or ➡ Gut Glow Drink with Clear Protein

1 slice sourdough or Ezekiel bread, 1 slice cheddar cheese melted on top with ½ orange or 1 cutie ➡ Take Accelerate

Morning Snack:

12 turkey pepperonis, 1 string cheese bag of quest chips

Lunch:

4 oz shredded chicken, 1 cup broccoli, ¼ cup brown rice, with ¼ cup shredded cheese melted on top ➡ Xyng or Trimstix

Afternoon Snack:

1 cup of blueberries & ¼ cup unsalted mixed nuts ➡ Trimstix optional

Dinner:

4 oz shredded chicken tossed in Frank's wing sauce, 1 cup leafy greens (wrap or salad style)

Before Bed: NAD Dreams in 4 oz water

Day 4

Breakfast:

Protein Shake (with unsweetened coconut milk) or ➡ Gut Glow Drink with Clear Protein

1 mini bagel with 1 Tbsp whipped cream cheese & an apple ➡ Take Accelerate

Morning Snack:

1 orange, 1 string cheese & 10 whole grain crackers ➡ Xyng or Trimstix

Lunch: Taco Salad =

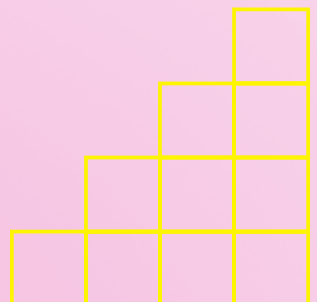
4 oz ground meat, 1 cup lettuce, ½ cup diced tomato, 2 Tbsp salsa & 12 corn chips + Xyng

Afternoon Snack: 1 cup blueberries & ¼ cup unsalted mixed nuts ➡ Trimstix optional

Dinner: Burger in a Bowl

4 oz beef patty, ¼ cup shredded cheese, ¼ avocado, Mustard, dill pickles, tomato

Before Bed: NAD Dreams in 4 oz water



Glow Up Sample Meal Plan



Day 5

Breakfast:

Protein Shake (with unsweetened coconut milk) or ➡ Gut Glow Drink with Clear Protein

1 slice sourdough or Ezekiel bread, 1 slice cheddar cheese, ½ orange or cutie ➡ Take

Accelerate

Morning Snack:

2–4 oz turkey sausage, 2 eggs

Lunch: Taco Salad=

4 oz taco meat, 1 cup lettuce, 2 Tbsp salsa, ¼ avocado, ¼ cup shredded cheese, 12 tortilla chips ➡ Xyng or Trimstix

Afternoon Snack:

1 orange, ¼ cup unsalted mixed nuts & 1 string cheese ➡ Trimstix optional

Dinner:

4 oz chicken, 1 cup veggies sautéed in 1 Tbsp olive oil

Before Bed: ➡ NAD Dreams in 4 oz water



Day 6

Breakfast:

Protein Shake (with unsweetened coconut milk) or ➡ Gut Glow Drink with Clear Protein

1 mini bagel with 1 Tbsp whipped cream cheese ➡ Take Accelerate

Morning Snack:

1 apple with 12 turkey pepperonis

Lunch: Chicken Nachos=

4 oz shredded chicken, ¼ cup shredded cheese, 12 tortilla chips, 2 Tbsp salsa, ¼ avocado

➡ Xyng or Trimstix

Afternoon Snack:

½ cup grapes, 1 string cheese with 12 pretzels ➡ Trimstix optional

Dinner:

Tuna or chicken Salad (4 oz tuna/chicken+ 1 Tbsp light mayo, relish served on leafy lettuce

Before Bed: ➡ NAD Dreams in 4 oz water

Day 7

Breakfast:

Protein Shake (with unsweetened coconut milk) or ➡ Gut Glow Drink with Clear Protein

1 cup strawberries, ½ cup sugar-free Greek yogurt, 2 Tbsp unsalted mixed nuts chopped inside ➡ Take Accelerate

Morning Snack:

1 cup celery sticks or 1 apple, 2 Tbsp almond or peanut butter

Lunch: Tuna or chicken Salad

4 oz tuna + 1 Tbsp mayo, relish (however you like it) 12 tortilla chips ➡ Xyng or Trimstix

Afternoon Snack:

1 cup sugar snap peas with 2 Tbsp ranch dip ➡ Trimstix optional

Dinner: Burger in a Bowl

4 oz beef patty, ¼ cup shredded cheese, 1 cup lettuce, Pickles, tomato, mustard

Before Bed: ➡ NAD Dreams in 4 oz water



What's Sup!

Get an extra "Glow Up" with these products



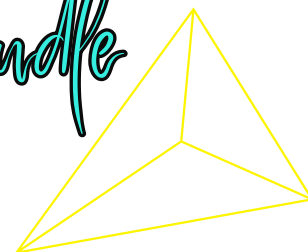
Product	Key Benefits	Best Way to Take It
Complete Probiotic	Gut health, immune support, mood balance	1 capsule daily, anytime
Complete Prebiotic	Feeds healthy gut bacteria, enhances probiotic action	Mix into water or a smoothie, with meals
Complete Collagen	Skin, joints, digestion, muscle recovery	Mix 1 scoop into any drink or smoothie
Xyng (Pre-Workout)	Energy ↑, workout support	Take 20–30 mins before training
Clear Protein	Light, hydrating protein boost	Mix in cold water as a refreshing sip
Lean Protein	Meal-level protein support	Mix with water or plant milk as a shake
NAD Dreams	Restful sleep, cellular repair, anti-aging support	Take in the evening before bed
GLP-X	Appetite control, cravings + blood sugar balance	Take with meals, especially higher-carb meals

GRAB YOUR GUT GLOW UP HERE:

GRAB YOUR TRIM DOWN TRIO HERE:

All my Glow Up Favs Here:

X Factor Fit Bestie Bundle



Grab X Factor + Xyng here:

6 of my fav powerhouse products— These foundational products give you the fundamentals of weight loss & wellness—with the basics of gut health, metabolism, energy and beauty.

Product	Best For	How to Use	Suggested Timing
Trimstix	Controls cravings, balances blood sugar, supports weight loss	Mix 1 stick with 8–12 oz water.	Mid-morning or mid-afternoon (when sugar cravings hit)
Clear Protein	Lean muscle support, metabolism boost, satiety	Mix 1 scoop with water or add to smoothies.	Post-workout or as a light meal replacement
Complete Collagen	Skin, hair, nails, joint support, gut health	Mix 1 scoop into water, shakes, or smoothies.	Morning (with breakfast) or evening
Probiotic	Gut health, digestion, immune system support	Take 1 capsule with water.	Morning with breakfast
NAD Dreams	Restful sleep, relaxation, cellular repair	Mix packet with water before bed.	Evening, 30–60 min before sleep
Xyng Capsules	Energy, metabolism, mood support, appetite control	Take 1 capsule with water (don't exceed recommended dose).	Morning or early afternoon (avoid late use to prevent sleep)
Shaker Bottle	Easy mixing for shakes/drinks	Use to blend protein, Trimstix, collagen, etc.	Anytime on-the-go

Glow Juice with 29g protein & 6g fiber

- Gut Glow Drink (Complete Collagen + Prebiotic + Trimstix): Best taken with breakfast or lunch to support digestion, collagen production, and curb cravings.
 - Gut Glow + Clear Protein Recipe: Mix one scoop of Complete Collagen with warm water, add cold water, then stir in one packet of Complete Prebiotic and one packet of Trimstix—best consumed with water or over ice.
- 3 Week reset meal plan provided with \$199 purchase**



CASEE'S 7 DAY RESULTS YOU CAN SEE RESULTS TOO!



Use code
CASEEJOHARWELL @ checkout for \$10 off.

Buy Now

✨ Become a Brand Partner with Xyngular aka an Affiliate ✨

Share products & peptides you love with others and earn an income while doing it! As an affiliate, you'll share, recommend & refer to products you believe in, help people feel their best, and get rewarded with commissions, bonuses, and even travel incentives.

+ It's simple, fun, and totally flexible—whether you want a little extra income or to build something bigger.

Learn More Here:

WHAT SETS US APART

- ✕ FIRST COMPANY TO OFFER COMPLETE SUPPORT STACKS PARTNERED WITH TELEHEALTH
- ✕ COMPETITIVELY PRICED PEPTIDES
- ✕ EARN 30% ON ALL YOUR XMD WELLNESS REFERRALS
- ✕ EARN 30% ON ALL REORDERS FROM YOUR XMD WELLNESS REFERRALS
- ✕ 20K CERTIFIED PROVIDERS
- ✕ UNRIVALED NCQA-CERTIFIED LICENSING & 503A LICENSED PHARMACIES
- ✕ SERVING PATIENTS IN ALL 50 STATES
- ✕ ABILITY TO EARN 11 TRIPS AROUND THE WORLD



Become an Affiliate Here:



NUTRACEUTICALS + PHARMACEUTICALS

The next evolution of *precision wellness*



XMD Wellness is officially the first medically backed nutraceutical company to launch clinically dosed peptides.

What makes Xyngular different is that we're not just offering peptides alone we combine them with nutraceuticals that support gut health, hormones, metabolism, and energy so people get lasting results.

Grab your free peptide 101 guide here:



Peptides 101
What you need to know & why before, during Peptide Therapy

Casee Jo's Comprehensive Guide to Understanding Peptide Therapy
How to Optimize Results, Support Your Body, and Maximize Wellness

By Casee Jo Harwell
Founder of Casee Jo Fitness

- Personal Trainer
- Nutrition Coach
- Wellness Educator
- Your Biohacking Bestie

<https://caseeoharwell.com>



Curious...
IS PEPTIDE THERAPY FOR YOU?
LET'S BREAK IT DOWN...

- WEIGHT THAT WON'T BUDGE
- STUBBORN BELLY FAT
- PERIMENOPAUSE SHIFTS
- MCAS, MTHFR, POTS
- MITOCHONDRIAL REPAIR
- AUTOIMMUNE SUPPORT
- BLOAT / FOOD SENSITIVITIES
- ENERGY CRASHES
- RESTLESS SLEEP
- BLOOD SUGAR INSTABILITY
- BRAIN FOG
- STRESS SNACKING
- HISTAMINE INTOLERANCE
- HORMONE BALANCE
- HEALTHY INFLAMMATORY LEVELS
- CALMS MAST CELL CHAOS
- ELEVATES LONGEVITY

THESE PRODUCTS ARE DIETARY SUPPLEMENTS. THEY ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. COMPOUNDED PEPTIDE THERAPIES ARE AVAILABLE ONLY BY PRESCRIPTION THROUGH A LICENSED PROVIDER AND PREPARED BY LICENSED PHARMACIES. THESE COMPOUNDED VERSIONS ARE NOT FDA-APPROVED. ALL MEDICAL GUIDANCE COMES FROM HEALTHCARE PROFESSIONALS, NOT XYNGULAR OR ITS DISTRIBUTORS.

Learn more about XMD Wellness Here:

Casee Jo's Favorite Things



10% off Clean Organic Minerals for your body! Essentially Salv-ee



Fav Workout Clothing + Get Free Gifts!

\$30 FREE with Greenlight money card app for kids and teens where we can send our kids money instantly, assign chores & more!



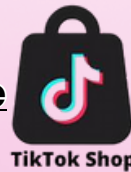
Casee Jo's Fav Skin & Beauty Products!

15% off Ultimate Rolling Tote the Hulken Bag-



20% Off all fun Consuela colorful bags/totes

Casee Jo's Fitness Favs in TikTok showcase



**Premade meals-
get up to \$150 off your first box.**

Biohacking Weight loss & Gut sups here



Learn to Make Money Online with Digital Marketing & AI Marketing Here!

Casee's Favorite Things Here:

Fitness & Nutrition Coaching With Casee Jo!

My coaching programs offer you a simple effective approach to weight loss and fitness.

We will create you a plan that is simple, sustainable, realistic and maintainable!

I will teach you complete lifestyle integrations so you feel capable of keeping your results forever.

No more yo-yo dieting or tons of cardio,
Only long lasting results!

Want more?!

Let's GO!



Ready for the Ultimate Glow Up Plan?

The Fit Bestie Burn Book is for you!

Grab it here!



Train with me

All Casee Jo Fitness Programs here:

Contact Casee to get started Today!

Text Fit to me at (325) 305-0296

Website Here:

Casee's Favs Here:

Message me here:

Book your FREE Discovery Zoom Call Here:

Email: casee@caseeharwell.com

Join my Bestie FB community here:

Biohacking Bestie Chat here:

