

ZYDEFIT CERTIFICATION PROGRAM

2022-2023



WELCOME!

WE ARE SO GLAD YOU ARE INTERESTED IN JOINING OUR MISSION TO PROMOTE LOUISIANA CULTURE AND UNIVERSAL HEALTH THROUGH ZYDEFIT!

TRAINING INCLUDES:

- HEALTH, FITNESS, & NUTRITION GUIDELINES/PRACTICES
- ZYDEFIT'S CONNECTION TO LOUISIANA CULTURE
- FOCUSED BUSINESS ADVICE FOR ZYDEFIT COACHES
- LIVE WORKSHOP WITH ZYDEFIT FOUNDER, DR. MORIAH HARGRAVE, INCLUDING A ZYDEFIT WORKOUT SESSION, ZYDECO DANCE LESSON, ONE SONG ZYDEFIT DEMO BY EACH PROSPECTIVE COACH, AND ONE-ON-ONE COACHING TO FINALIZE YOUR ZYDEFIT CLASS

MEET OUR TEAM!



MORIAH HARGRAVE, PHD
ZYDEFIT FOUNDER

Dr. Moriah Hargrave serves her community in the Acadiana region of South Louisiana as a multilingual folklorist, health coach, and professional dancer. She founded the company Fleurish Forever™, directed and produced the documentary film *First Cousins: Cajun and Creole Music in South Louisiana*, and established her own dance business LA Danser™. Moriah created an innovative fitness program called ZydeFit® and operates as a partner with the 50-year old multibillion dollar health and wellness Juice Plus+ Company operating in more than 20 countries. Dr. Hargrave enjoys sharing her passion for health, culture, and dance at home and abroad, especially this special opportunity to expand ZydeFit with YOU!

www.ZydeFit.com

Info@FleurishForever.com

MEET OUR TEAM!



BRANDON HARGRAVE
PERSONAL TRAINER

Brandon Hargrave is a fitness entrepreneur and personal trainer from Lafayette, Louisiana, who has invested decades of research in pursuing, maintaining, and sharing the simplicity and joy of a healthy lifestyle. As a Kinesiology graduate of LSU, Brandon has become the go-to model for many who recognize, respect, and emulate his adherence to the foundational principles of proper nutrition, effective exercise regimens, and crucial rest periods. Brandon has a knack for setting realistic, yet challenging goals that keep people motivated to grow, especially when they see real progress as they learn how to prioritize their health on a daily basis. Brandon will share important tools to keep YOU healthy in order to properly educate, train, and assist others as a ZydeFit Coach!

www.ZydeFit.com

Info@FleurishForever.com

MEET OUR TEAM!



ELISTA ISTRE, PHD
AUTHOR / HISTORIAN

Dr. Elista Istre, a native and lifelong resident of Lafayette, Louisiana, is a historian dedicated to advancing the field of cultural heritage at home and abroad. Through engaging lectures, informative publications, and hands-on history programs, Dr. Istre has shared the beauty of heritage with academic and public audiences for over twenty years. She has published and presented both nationally and internationally on many different topics and has worked as a consultant for several film productions and a number of travel-related programs. She most recently authored the book *Creoles of South Louisiana: Three Centuries Strong*. Dr. Istre will help YOU explore the cultural roots and reasons behind ZydeFit!

www.BelleHeritage.com
Info@BelleHeritage.com

MEET OUR TEAM!



KERRY DAIGLE

ZYDEFIT BOARD PRESIDENT

Kerry Daigle is a veteran Senior Executive, C-Suite Officer, Entrepreneur, Consultant, Featured Speaker, Coach, and Board Member with significant success across sports, entertainment, publishing, nutrition, whole food, athletics, and fitness. His broad areas of expertise include strategic planning; entrepreneurship; business and network marketing strategy; motivational speaking; public relations; sports entertainment; large-scale events and promotions; global networking; lifestyle coaching; personal development; international business; team building; training; and boxing. As a native of Opelousas, Kerry understands the value and worldwide impact of ZydeFit. Kerry will share how YOU can launch, grow, and maintain a thriving business and career as a ZydeFit Coach!

www.KeepPunching.com
KeepPunching1@gmail.com

GUIDELINES

THE ZYDEFIT® CERTIFICATION PROGRAM OFFERS A SPECIALTY CERTIFICATE DESIGNED TO COMPLEMENT A GENERAL GROUP FITNESS CERTIFICATION. PARTICIPANTS ARE RESPONSIBLE FOR REVIEWING GOVERNMENT OR LOCAL GUIDELINES AND WORKOUT FACILITY REQUIREMENTS TO DETERMINE THE CERTIFICATION(S) NECESSARY FOR TEACHING GROUP FITNESS CLASSES IN THEIR REGION OR RESPECTIVE LOCATION.

EACH PARTICIPANT IN THE ZYDEFIT CERTIFICATION PROGRAM MUST ACHIEVE A SATISFACTORY SCORE ON THE PARTICIPANT EVALUATION TO BE ELIGIBLE FOR BECOMING AN OFFICIAL ZYDEFIT COACH. IF PARTICIPANTS DO NOT ACHIEVE A PASSING SCORE CONDUCTED BY CERTIFIED ZYDEFIT TRAINERS ON THIS EVALUATION, THEY WILL NOT BE ELIGIBLE FOR BECOMING A ZYDEFIT COACH AND WILL NOT RECEIVE A REFUND. PARTICIPANTS WHO FAIL TO PASS THEIR EVALUATION MUST ADHERE TO A MAXIMUM OF TWO ATTEMPTS BEFORE LOSING ELIGIBILITY ALTOGETHER TO PARTICIPATE IN THE ZYDEFIT CERTIFICATION PROGRAM.

REQUIREMENTS

STEP 1 - CERTIFICATION FEE

SUBMIT THE FULL PAYMENT OF \$300
DUE 4 WEEKS PRIOR TO THE LIVE WORKSHOP

PAY ONLINE
WWW.ZYDEFIT.COM

OR

MAIL CHECK:
FLEURISH FOREVER, LLC
811 AVENUE A
SCOTT, LA 70583

STEP 2 - RESOURCES PURCHASE

PURCHASE THE FOLLOWING RESOURCES
AT WWW.FLEURISHFOREVER.COM

- ZYDEFIT WORKOUT VIDEO
- FIRST COUSINS FILM
- CREOLES OF SOUTH LOUISIANA BOOK

**ONCE WE RECEIVE NOTICE FROM THE SITE THAT
THESE MATERIALS HAVE BEEN PURCHASED, WE WILL
EMAIL YOU AN OPEN-BOOK QUIZ BASED ON THESE RESOURCES.*

STEP 3 - RESOURCE QUIZ | RECORDING

ACHIEVE A PASSING GRADE ON THE RESOURCE QUIZ

SUBMIT A RECORDED PERFORMANCE
(VIA WHATSAPP) OF YOU FOLLOWING ALONG TO 1
SONG OF YOUR CHOICE FROM THE ZYDEFIT WORKOUT VIDEO

**ONCE WE RECEIVE THESE SUBMISSIONS,
WE WILL EMAIL YOU THE LINK TO OUR ONLINE TRAINING.*

STEP 4 - ONLINE TRAINING NOTES & QUIZ

WATCH THE ONLINE TRAINING AND EMAIL INFO@FLEURISHFOREVER.COM THREE CONCEPTS OR FACTS BY EACH SPEAKER THAT STOOD OUT TO YOU AND WHY

**ONCE WE RECEIVE THIS SUBMISSION, WE WILL EMAIL YOU THE QUIZ BASED ON THE ONLINE TRAINING.*

SUBMIT A PASSING GRADE ON THE QUIZ

**ONCE WE RECEIVE THIS SUBMISSION, WE WILL EMAIL YOU TWO SAMPLE CLASS PLAYLISTS AND AN INVITE TO ATTEND THE LIVE WORKSHOP.*

STEP 5 - CLASS PLAYLISTS | WORKSHOP

CREATE 2 CLASS PLAYLISTS DETERMINING CHOREOGRAPHY AND TRAINING GOALS FOR EACH SONG. BE PREPARED TO SHARE AND DEMONSTRATE IN A GROUP SETTING.

PARTICIPATE IN THE LIVE WORKSHOP

**ONCE YOU HAVE SUCCESSFULLY COMPLETED THESE STEPS, WE WILL CONDUCT THE EVALUATION AND CONTRACT SIGNING FOR ELIGIBLE PARTICIPANTS.*

MAINTAIN CERTIFICATION

AN ACTIVE COACH:

- PAYS \$20 MONTHLY FEE
- HOLDS 1ST CLASS WITHIN 1ST MONTH OF SIGNED CONTRACT
- HOLDS AT LEAST 1 CLASS PER MONTH FOR THE CONTRACT YEAR

ZYDEFIT CLASS:

- MINIMUM 2 PARTICIPANTS
- 30-60 MINUTE EVENT AT AN APPROVED SITE

**FAILURE TO REMAIN ACTIVE WILL RESULT IN BEGINNING THE ENTIRE CERTIFICATION PROCESS ANEW. PLEASE ALSO NOTE THAT FAILURE TO SUBMIT THE FULL PAYMENT ON TIME OR COMPLETE ALL STEPS IN THE CORRECT ORDER WILL RESULT IN DISQUALIFICATION AND NO REFUND.*

MONTHLY FEE FOR ACTIVE COACHES INCLUDES:

- FREE ACCESS TO ALL ZYDEFIT® SPONSORED VIRTUAL AND IN-PERSON WORKOUTS
- AN APPROVED TEMPLATE TO CREATE A FLYER ANNOUNCING YOUR FIRST EVENT OR SERIES OF CLASSES WHICH WILL BE POSTED ON ALL OFFICIAL ZYDEFIT® SOCIAL MEDIA PLATFORMS
- INCLUSION ON THE CONTACT LIST OF ZYDEFIT® COACHES WHO MAY NEED A REPLACEMENT OR EXTRA SUPPORT TO LEAD AND/OR PARTICIPATE IN COMMUNITY-WIDE EVENTS
- INVITE TO EXCLUSIVE, ANNUAL ZYDEFIT RETREAT (ADDITIONAL FEES APPLY)
- PERMISSION TO USE OUR ZYDEFIT® LOGO FOR EVENT ADVERTISING PURPOSES ONLY
(ANY USE OF OUR BRAND OR LOGO ON ANY TYPE OF PRODUCT OR MERCHANDISE THAT COULD BE SOLD IS STRICTLY PROHIBITED. ANY PRODUCT OR MERCHANDISE REQUESTS MUST GO THROUGH OUR ZYDEFIT® BOARD SINCE WE OWN EXCLUSIVE RIGHTS.)



LET'S GET ZYDEFIT!



WE HOPE YOU WHOLEHEARTEDLY ENJOY THIS WONDERFUL OPPORTUNITY TO APPLY YOUR PASSION FOR HEALTH, CULTURE, AND ENTREPRENEURSHIP BY JOINING OUR MISSION TO PROMOTE LOUISIANA CULTURE AND UNIVERSAL HEALTH THROUGH LOUISIANA'S HOTTEST DANCE WORKOUT!



ZYDE FIT



CONTACT US!

**PLEASE FEEL FREE TO REACH OUT TO US AS YOU
PREPARE FOR THE ZYDEFIT CERTIFICATION PROGRAM.**

**PLEASE DIRECT ANY QUESTIONS OR CONCERNS:
INFO@FLEURISHFOREVER.COM**