



Getting Started Guide



Welcome to the path of the BulaFIT Warrior! The ancient Fijian warriors understood that our bodies are our greatest asset. They increased their strength and agility every day to defend their homes and communities.

While you might not have to physically protect your home as these ancient warriors did, keeping your body strong is still important. Having a healthy and fit body will have the greatest impact on your overall happiness.

The principles of health found in this planner are simple but incredibly powerful tools to help you achieve long-term wellness. As a BulaFIT Warrior, you can use these key principles to take charge of your own health!

Thousands of people have been where you are now, and today they are enjoying the strong body and good health that they have always dreamed of. It is my privilege to lead you on this journey, and don't worry, it's a well-travelled, proven path!

A handwritten signature in black ink, appearing to read "Dwen".



Looking for more details about keto and BulaFIT?

The BulaFIT 3-in-1 Guide contains the Getting Started Guide, Keto Made Easy Guide, and a 13-week Planner to help you achieve your weight loss and fitness goals. The guide can be purchased on its own or as part of our BulaFIT Kickstart Kit.



Your BulaFIT support team, left to right:

***Owen McKibbin:** 30-year fitness veteran, celebrity personal trainer, 17-time Men's Health cover model, and BulaFIT Coach.*

***Dr. Randy Lundell, D.O.:** Wakaya Perfection's health and ketogenic expert.*

***Kristy Kaminski:** fitness competitor, personal trainer, and former Ford model.*

The BulaFIT way to live

“Bula!” is the Fijian greeting to wish a good life and health upon those you meet. With our BulaFIT program you’ll learn the principles that make up a solid foundation for long-term, vibrant health.

The BulaFIT program is an integrative approach to health and wellness that will teach you how to operate your body at its finest. We’ve combined the most powerful health trends (like keto, intermittent fasting, and zone progression training) to create a system that will give you great results as quickly as possible.

You will likely be surprised by how quickly you’ll start to see a change. For most people, the scale will start to drop within the first week. You’ll be even more excited when your clothes start to feel loose, when you begin to feel stronger and more energized, or when your doctor asks you what you have been doing to make such fabulous progress!

Making it your lifestyle

If you’ve tried to get healthy or lose weight in the past, you may have experienced the frustration of yo-yo dieting and yo-yo health. The problem with making temporary changes to your life is that the results will be temporary too!

That is why BulaFIT is designed to target your lifestyle and teach you how to take care of your body long-term. And the earlier you start to live the BulaFIT lifestyle, the better. It’s like making daily deposits into a health account, and it really adds up.

True Warrior health is about having a deep respect for your body and a commitment to provide it what it needs each day. You’ll achieve Warrior health when your body no longer holds you back from living the way you want to live and when you start to experience life with energy, vitality, and ease.

Sound good? Then let’s get started!



“Before starting BulaFIT, I had a poor quality of life and had many health problems. The BulaFIT system has helped me take back my life, and become a more confident, happier version of who I wanted to be!”

—Raymond G.



“I’ll be honest, I lost so quickly at first, I didn’t have to think. It’s taken me longer to lose the last 40 than it did the first 100. I’m so thankful for this proven system.”

—John B.



“This decision could very well be the best decision you make for your health—but you’ll never know if you don’t try!”

—Pam F.

Typical weight loss is 1-2 pounds per week. No individual result should be seen as typical. The experiences mentioned are from Independent Ambassadors who have personally used the BulaFIT program and products. Ambassadors may receive compensation from Wakaya Perfection for sharing and promoting its products and services.

The 6 Pillars of Warrior Health

When you were born, you didn't come with an instruction book. Your parents probably did the best they could to teach you how to take care of your miraculous new body. Were you taught to eat good things and to drink plenty of water? How about to go outside and get moving? To make good friends? To get plenty of sleep?

Now that you are older, how many of these fundamentals do you actually live? Have you let some of them slip? You may be confused about what healthy eating actually consists of or what kind of vitamins and minerals your body really needs. And how does sugar fit in?

The BulaFIT program answers all of these questions by focusing on the six pillars of Warrior health. Don't let their simplicity fool you. When lived correctly, each has a powerful effect on our mind, body, energy, and long term health.



Fortify

Supplying your body with the core nutrients and micronutrients it needs to repair, build, and thrive.



Fuel

Ensuring that your body has the best balance of fat, protein and carbohydrates to give you great energy without packing on additional pounds of unwanted body fat.



Hydrate

Giving your body adequate hydration to help it detoxify, maintain a healthy weight, and reduce inflammation.



Move

Developing your body through daily activity and exercise to help melt off excess body fat, increase muscle mass, and improve mobility.



Connect

Harnessing the knowledge and motivation of others who are living the BulaFIT lifestyle to help you achieve your goals.



Recover

Providing your body the downtime it needs to repair cells, refresh your mind, and rebuild muscles.



Fortify

Fortify your body

Our ancestors realized that our bodies need vitamins and minerals in order to remain healthy and strong. They would eat plenty of nutrient dense fruits and vegetables. But today, most of us primarily eat processed foods.

The problem is that most of the nutrients in food are destroyed when it is processed and packaged. That is why companies started to “fortify” things like cereals by spraying on vitamins. Unfortunately, these foods often come with high sodium, unhealthy fat, and lots of sugar. This kind of fortification doesn’t make them inherently healthy or good for you. Even eating fresh produce can leave you under nourished due to nutrient-poor, over-farmed soils.

What your body needs

Your body requires a complex variety of nutrients in order to avoid disease, repair itself, and to have long term health. Today, doctors have begun prescribing supplements to help when you are sick. But what if you gave your body exactly what it needed before you got sick? It could repair itself or possibly avoid the disease. Now that would be warrior fortification!

Your body can only utilize the nutrients that it can absorb. Cheap supplements often use inexpensive ingredients that have a very low absorption rate. That is why Wakaya created its high-impact GT Wellness line.

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The foundation of great health

Inflammation, poor digestion, accumulation of toxins, and deficiency in essential nutrition are all linked to many of today's chronic illnesses. Some signs of problems in these areas are obvious, like an upset stomach, heartburn, or diarrhea. Other issues can be less obvious, like skin problems and weight gain.

You can help your body regain health by focusing on four core actions:

- Remove Toxins
- Reduce Inflammation
- Repair Digestion
- Receive Essential Nutrition

These core areas of health form a foundation for healthy living. Put simply, they help eliminate the "bad things" (toxins, free radicals, etc.), and help you absorb the "good things" (essential vitamins, minerals, etc).

"With today's poor modern diets, if you are not supplementing with high quality vitamins and minerals, you are already on the path to disease and long term sickness."

—Dr. Randy Lundell, DO

GT Core™ Nutrition

Wakaya's GT Core™ health pack provides a potent combination of essential vitamins, minerals, and rare superfoods that work synergistically to strengthen and support your body. Each GT Core pack includes:

GT Core Essentials: a potent combination of organic Fijian superfoods, multi-vitamins, and Wakaya's innovative EFA RED™ capsules with astaxanthin.

GT Core Fusion: a dynamic duo of delicious hydration products that fight toxins and inflammation while providing natural energy and nutrition.



Additional targeted nutrition

With the GT Core™ pack as the foundation, you can deepen and expand your health based on your individual needs. Wakaya's 100% natural supplements bring together the best of modern science and humanity's ancient health secrets.



Pink Fijian Ginger™



Fijian Turmeric™



Multi Essentials™



Bone & Muscle™



Lax Formula™



Joint Formula™



Protein Booster™



Qele Deep Detox™



Mineral Garden™



Daily Detox™



Fuel

Fueling with keto

Did you know that the ratios of the food you eat can dramatically impact your health and weight loss results? Correctly balancing fats, proteins and carbs can mean the difference between success and failure. Here's why.

CARBS

Carbs, proteins, and fats

Carbohydrates in foods like bread, pastas and cereals are great at providing quick energy. Unfortunately, we often can't burn the all of the energy that our carb and sugar-heavy diets include. That excess energy is stored away as body fat. With BulaFIT, most of your carbohydrates will come from low-carb vegetables that provide valuable fiber and help keep you from sugar over indulgence.

PROTEINS

Protein is your body's building block to repair itself and build muscle. Muscle is a good thing! The more you have, the more easily you can move, the more energy you create, and the more fat your body will burn to power it. Protein also helps you feel less hungry. In BulaFIT you'll eat a medium amount of protein to take advantage of these valuable benefits.

FATS

You may have been taught that fat is bad and unhealthy, however, recent research shows that fat is necessary for overall better health and brain function. Good fat is your best friend! Bad fats include trans fatty acids that can clog arteries, increase the risk of heart disease, and can cause weight gain. In BulaFIT, good fats improve your health and to get you into ketosis.

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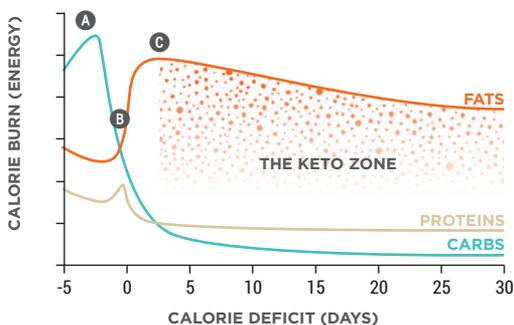
What is ketosis?

Ketosis is a natural state where your body makes fat its primary source of energy instead of glucose (sugar). The ketogenic diet, or 'keto', is a high fat, medium protein, low carb eating plan that eliminates your body's dependency on sugar and helps your body turn ketosis on. Several studies show that keto can help cause dramatic fat loss and much better health.

When you eliminate most of the carbohydrates you eat and significantly increase the healthy fat you eat, your body is forced to burn through its stored sugar (called glycogen). It has about two days' worth. After that, your body needs to find a new source of energy, so it begins to break down fat to create ketones, which are used as a source of energy for your body and your brain. Many people report feeling really great and focused with keto and it has also been shown to support many long-term health benefits like stable blood sugar, improved cholesterol numbers, better mental focus, and steady energy. Of course, any major change in diet should be discussed with your healthcare provider.

Keto has been around for almost 100 years and new research is causing many doctors to prescribe it to help with chronic health and weight issues. Even professional athletes are discovering the benefits. This is why BulaFIT uses the principles of keto to fuel your body.

TRANSITION TO KETOSIS



A Carb Zone Glycogen (sugar) is burned as the primary source of fuel. Energy is high, but glycogen depletes quickly.

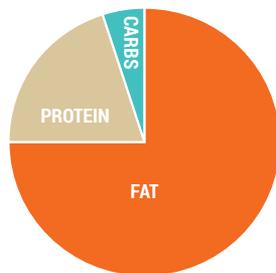
B Keto Transition Possible drop in energy and flu-like symptoms

C Keto Zone Body is optimized to metabolize fat with ketones and energy is high. Ketogenic diet must be maintained to continue in ketosis.

BulaFIT makes keto better

To thrive on keto, approximately 75% of your calories should be from fat, with 20% from proteins, and only 5% from carbohydrates. Keeping these percentages is essential if you want to stay in fat-burning ketosis.

The biggest challenge is trying to maintain these percentages. Many people who start keto fail because they find it difficult to eat ketogenic macro ratios consistently. But with BulaFIT, you don't have to worry—you have all the information you need, as well as specifically-formulated products to help you be successful. *And* you have some secret weapons!



KetoFUEL™

KetoFUEL is a meal replacement shake with perfect keto ratios. It has a delicious creamy flavor that many people say tastes like cake. It also includes our proprietary GT™ Blend to boost your body's ability to absorb and utilize fat. With KetoFUEL, you always have a perfect keto meal that's ready to go. For many, it is the best solution for a simple breakfast and lunch.



BulaFIT BURN™

These beauties help increase your energy, boost your fat burning, and help you avoid cravings for sugar and hunger. BURN also helps to increase your metabolism and ease the transition into ketosis, sometimes called the 'keto flu.' BURN capsules truly are amazing!



Keto Kofi™ ketogenic coffee

This delicious, healthy, premium coffee tastes great, like the premium price of many coffee shops! Best of all, its macros support keto and includes our proprietary GT™ Blend!



KetoFIZZ™ ketogenic accelerator

KetoFIZZ helps to accelerate your transition into ketosis by giving your body exogenous ketones. Each serving helps provide increased energy, heightened focus and better performance. KetoFIZZ also has nutrients from 30 organic fruits and vegetables along with a fizzy taste you'll love.



Make It Keto cookbook by Jennifer Winder

Cooking keto doesn't have to be intimidating and Jennifer Winder makes it easy with her new cookbook. It's a collection of her most popular, and delicious, recipes and is 100% keto! You'll learn how to make meals, side dishes, snacks, fat bombs, and even desserts. You've got to eat, so be sure to make it keto!

“BulaFIT is the most potent and complete ketogenic system I’ve found. It is what I use for my patients who want to feel and look better.”

—Dr. Randy Lundell, DO

What to eat

On keto, you get to enjoy butter, cream, eggs, cheese, bacon, and other guilty pleasures! Your daily eating plan is simple. You'll have breakfast, lunch, and dinner (and a keto snack if needed). BulaFIT uses the principles of intermittent fasting to help optimize fat burn, so there's no need to eat 6-8 meals throughout the day.

Choosing your foods

When evaluating what foods to eat, remember to try to eat natural, organic, and whole foods whenever possible. Stay away from fried, artificial, sugary, or processed foods that will stop your health goals dead in their tracks! And be sure to eat *enough* healthy fats like organic grass-fed butter, cream, nuts, flaxseed, chia seed, coconut oil, avocado, etc.

Daily eating plan:

Breakfast	<input type="radio"/> KetoFUEL or Keto Kofi <input type="radio"/> Burn <input type="radio"/> Pink Fijian Ginger <input type="radio"/> Fijian Turmeric
Lunch	<input type="radio"/> KetoFUEL or <i>Make It Keto</i> meal*
Snacks	<input type="radio"/> KetoFIZZ, Sport & Go, or Keto Kofi <input type="radio"/> <i>Make It Keto</i> fat bomb or snack**
Dinner	<input type="radio"/> <i>Make It Keto</i> meal*

* Basic keto meal:

- 2 good fats
- 1 protein (3 oz.)
- 1 veggie (1-2 cups)

OR

Make It Keto meal
(See *Make It Keto* cookbook for a variety of entrees, salads, and sides.)

** Basic keto snack:

- 1 good fat
- 1 veggie (1-2 cups)

OR

Make It Keto snack
(See *Make It Keto* cookbook for a variety of snacks and fat bomb recipes.)





Hydrate

Hydrate for nutrition

Your body needs water! Every system of your body, including your digestive, musculoskeletal, cardiovascular, and especially your neurological system, requires plenty of water in order to function and thrive. Unfortunately, it's estimated that up to 75% of Americans are chronically dehydrated which can cause fatigue, irritability, foggy memory, constipation, headaches, dry mouth, dizziness, food cravings, and an increase of body fat retention.

The best way to avoid the damage of dehydration is by staying hydrated throughout the day. When you do, you may begin to see:

- Less fatigue
- Better metabolism
- Reduced cravings
- Better blood pressure
- Reduced skin imperfections
- Improved detoxification
- Better cholesterol levels
- Reduced digestive disorders
- Improved heart health
- Better joint repair
- Less body fat
- Better muscle tone

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What you drink matters

Do you turn to sodas, juice, energy drinks or sports drinks to curb your thirst? Unfortunately, most of these beverages have artificial flavorings, artificial colors and chemicals which negate many of hydration's benefits (remember the importance of detoxification?). Those drinks are also often loaded with sugar which may lead to poorer health and, you guessed it, excessive body fat!

Drinking tap water is often better than these unhealthy beverages, but standard municipal water may carry excessive amounts of other chemicals and can taste awful. Be sure you hydrate with filtered or natural spring water.

How much should you drink?

Every day you lose water by breathing, perspiring, and going to the bathroom, so re-hydrating should be a daily goal. Eight 8-ounce glasses of water a day is not adequate if you are trying to get healthy and lose body fat. So try to drink approximately half your weight in ounces. As a side benefit, you'll likely have less cravings since we often mistake thirst for hunger!

Bula bobble™ Nutritional Hydration

The Bula bobble™ is a unique re-usable water bottle that is dishwasher safe, BPA-free, easy to fill, includes a filter, and has an agitator that is great for mixing. You can upgrade what you drink by adding a Bula Booster. Each is delicious and free from artificial flavors, artificial colors, and excessive sugar. Bula Boosters include nutritional ingredients to support many areas of health.

Remember, hydration is a simple, but generally overlooked way to amp up your health and burn fat. Be sure you drink enough every day!



Daily Detox Bula Booster™

Enjoy the delightful taste of natural coconut with a potent blend of detoxifying ingredients like calcium bentonite clay, dandelion root, hawthorn berry and selenium. Daily Detox also includes GT Blend to help remove toxins while supporting your liver, kidneys, heart, and digestive tract.



Sport & Go™

Sport & Go is the best source of healthy energy for the busy mom, employee, student, athlete, or any other go-getter! You'll love the taste of fresh tropical fruit and Pink Fijian Ginger as your go-to energy drink. It's free of sugar, chemicals, and the jitters of traditional energy drinks, and contains vitamins, minerals, BCAAs, and our proprietary GT Blend.



Pink Fijian Ginger and Fijian Turmeric Teas

Ginger tea is one humanity's the oldest medicinal drinks. It's known to aid digestion, open airways, and helps reduce inflammation. With Wakaya's tea, take a moment to relax with what has been called the universal medicine.





Move

Move more often

A government study estimated that nearly 80% of adult Americans do not meet the recommended amounts of exercise. Are you one of them? If so, you're potentially setting yourself up for years of health problems— including obesity.

Exercise helps prevent fat gain by burning off the excess energy we eat or have eaten in the past. Exercise helps improve blood pressure, lower cholesterol, improve brain function and even lowers risk for certain types of cancer. Best of all, exercise promotes a sense of well-being and confidence that can help combat depression, stress, and anxiety. As you live the first 3 pillars of Warrior health, you'll find it much easier to move and even exercise. Remember, the way of the BulaFIT Warrior is the way to long term health!

A habit of movement

Much of the energy your body stores is for muscle movement. The more you move, the more your body burns. Set a goal to increase your movement with at least 15 minutes of active movement or exercise every day. This kind of movement helps to counteract the negative affects of sitting and improves blood circulation.

Cardio vs. strength training

Cardio, short for cardiovascular exercise, includes any movement that increases your heart rate and increases blood circulation. Cardio can help your body burn fat at a heightened rate. Strength training, also known as resistance training, focuses on increasing muscle mass. As your muscle mass increases, your body must increase caloric burn to support it. Both of these types of exercise give important benefits, but it can be difficult to make time for them.

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Exercising with BulaFIT

Rather than focusing on just cardio or strength training, BulaFIT uses the principles of zone progression training to get maximum results in less time. As one muscle group gets tired, a new “fresh” area is focused on without taking long breaks in between. The result is brand new workout series that combines some of the the benefits of cardio and strength training in a fraction of the time!

Keep in mind, the goal in this step of Warrior health is to increase your movement. Be sure to start where you are. You'll find that over time exercise becomes easier as your body becomes leaner and is more capable to walk, run, jump, and maybe even run that marathon!



BulaFIT bobble™ workouts

Owen has also created a line of Bula bobbles™ with simple on-the-go workouts printed on the back. Each focuses on a set of functional movements that can be completed in just a few minutes. Bula Band bobbles™ add the benefits of resistance to these ready-to-go workouts.

The BulaFIT Warrior Workout™

The creator of the BulaFIT Warrior Workout, Owen McKibbin, is a 30-year fitness veteran, 17-time *Men's Health* cover model and personal trainer of celebrities like Blake Lively, Zac Efron, Jessica Simpson and others. Each workout can be done at home without expensive equipment and provides fitness benefits that can rival those obtained from gyms. BulaFIT Warrior Workouts are fun, highly efficient, and are available on DVD.



Connect

Connect with others

As humans, we are social animals! We want to feel supported, valued, and connected with others. Research shows that having good connections can lead to better health, increased happiness, and a longer life. A strong social network is invaluable in helping you achieve your health and fat loss goals. As a participant in BulaFIT, you have access to an incredible community of health-minded individuals who are excited to help!



Get an accountability partner

This is one of the most important things you can do to help assure your success in gaining Warrior health. An accountability partner is someone who supports you in changing your habits and encourages you when it gets tough. Sharing your goals with them will help you feel accountable and keep you on track. Connect to your partner every day, even when you feel like you've failed. You'll find that you bounce back much faster when you do!

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BulaFIT Facebook community

You can access the community via our BulaFIT Facebook Group. There you'll find daily motivational and instructional posts, as well as ongoing community support and encouragement. Search for BulaFIT on Facebook, then ask to join the group.



The BulaFIT Challenge

The BulaFIT Challenge™ is a 60 or 90 day fat loss and fitness program where you can become an official BulaFIT Warrior! Many people have used this fun and social challenge to put the principles of Warrior health into action. We'll talk about this a little later.



Weekly BulaFIT LIVE! episodes

You also have the opportunity to expand your knowledge of the pillars of Warrior Health by watching our weekly BulaFIT LIVE! episodes. Hosted by Owen McKibbin and Kristy Kaminski, each episode provides education about the latest trends in health and fitness.



Recover

Recover with sleep

Go to sleep! Your parents said it, and we all should listen. Getting enough sleep is as important to your health and well-being as diet and exercise. The long term negative effects of getting too little sleep includes increased risk for heart disease, stroke, and even diabetes. If you find that you are moody, gaining weight, appearing tired (puffy eyes), getting drowsy during the day, or if your thinking is unclear or foggy, then you are probably not getting enough sleep. The good news is that the solution is simple: get 7-9 hours of sleep each night.

Did you know that your body is actually hard at work when you sleep? As you dream your body is burning calories to rebuild muscles, restore systems, sort through thoughts, and refresh your mind.

“Believe it or not, your body sheds pounds, repairs muscle, and recovers when you sleep! 7-9 hours is ideal. All the hard work that you put in and the attention to how you eat cannot have the maximum effect unless you get enough sleep!”

—Owen McKibbin

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Recovery from stress

Be sure to give your body time to rebuild itself after daily exercise. Failure to do so can actually reduce your workout's benefits as well as the effectiveness of your next workout! Receiving the proper nutrition and hydration will help, as will the other pillars of Warrior health. Wakaya also provides products that can help with your recovery.



RuRu Relief Cream

Ruru, is the Fijian word for relaxation. RuRu Cream is formulated and clinically proven to help relieve pain, reduce inflammation, and promote the regeneration of healthy tissue. You'll love the gentle tingly sensation as you feel all of your stress, worries, and tightness melt away.



Muscle Recovery Essential Oil

A special combination of Wintergreen, Pine, Camphor, Lemongrass, and Grapeseed Oil offer temporary relief to your muscles and help ease joint pain. Wakaya's Muscle Recovery essential oil is all-natural remedy that can help soothe your body.

The logo features the word "bulaFIT" in a white, lowercase, sans-serif font, with "WARRIOR CHALLENGE" in a smaller, uppercase, sans-serif font below it. The text is enclosed within a white circular graphic consisting of two concentric lines.

bulaFIT™

WARRIOR CHALLENGE

Now that you've learned about all 6 Pillars of Warrior Health, are you ready to lose fat, get fit, and start feeling great? How would you like a tool that has helped hundreds of people actually achieve their health and fitness goals?

The BulaFIT Warrior Challenge™ is a 60 or 90-day program where you'll finally achieve your fat loss or fitness goals. BulaFIT Coaches Owen McKibbin and Kristy Kaminski provide you with great expert coaching as you participate in a motivating community, receive fun recognition, and transform your life!



Owen McKibbin and Kristy Kaminski are celebrity personal trainers, models, and coach the BulaFIT Warrior Challenge.

How it works

Choose to join the Challenge with a focus on fat loss or fitness. Each week you'll submit a simple progress report and receive points for your efforts. At the end of the Challenge your total points will qualify you for prizes as well as the prestigious titles of BulaFIT Warrior, Chieftain, or even Champion.

Challenges are held seasonally (usually Jan.–Mar, May–Aug., and Oct.–Dec.) and are completely optional. You don't have to join the Challenge to use the BulaFIT program or to start receiving its benefits. A recent Challenge generated 23,000+ workouts and 4,000+ lbs. lost! Be sure to join the next Challenge!



Visit www.bulafitchallenge.com for more details or to join the current or next Challenge!

“I’m so grateful for my life today. One decision can change your life!”

—Glenda M.

“Wakaya is everything to me—it’s making me confident and comfortable in my own skin.”

—Brittany R.

Always consult your physician before beginning any weight loss or exercise program. If you experience any pain or difficulty with exercises, stop and contact your doctor. Typical weight loss is 1-2 pounds per week. No individual result should be seen as typical. The experiences mentioned are from Independent Ambassadors who have personally used the BulaFIT Program and products. Ambassadors may receive compensation from Wakaya Perfection for sharing and promoting its products and services.

Getting started

It is now time to act on what you've learned and start your own Warrior transformation! If you received this guide before purchasing a BulaFIT Pack, then your next step is to choose the pack that will best fit your health goals.

What products do I need?

To start, focus on the first 3 pillars of Warrior health:

Fortify your body Every day you will use Wakaya Pink Fijian Ginger and Fijian Turmeric to build a strong health foundation by improving digestion, reducing inflammation, and increasing detoxification. You may add other GT wellness products to support specific areas of health.

Fuel with keto Use KetoFUEL and Burn daily to achieve ketosis and to start burning fat. You can replace your coffee with Keto Kofi to add more of healthy fat you'll need. You can also use KetoFIZZ to accelerate your body's transition into (or back into) ketosis.

Hydrate for nutrition Drink plenty of water every day! Add Sport & Go for healthy energy and heightened focus throughout your day. Add Daily Detox to boost your body's ability rid itself of toxins.

When you support these areas of health, you'll find more energy, focus, and vitality to help you achieve the last 3 pillars.

BulaFIT Packs

Save on what you need to get started with BulaFIT Pack. Each contains Pink Fijian Ginger, Fijian Turmeric, KetoFUEL, and BURN as well as additional BulaFIT products for your Warrior transformation. Create a monthly Autoship order and save even more while you earn rewards for free product!





Frequently asked questions

Should I really be eating that much fat?

If it is healthy fat, then yes! One of the biggest mistakes people make on keto is not getting enough fat and overeating on protein. This is a high-fat, medium-protein plan. Using KetoFUEL, Keto Kofi, and Make It Keto fat bombs can help you increase your daily fat consumption.

Should I be counting calories?

If your goal is to lose body fat, then you need to consume less calories than your body will burn each day. Calorie counting isn't required in the BulaFIT program so long as you follow the meal and snack plan.

What is keto flu?

During your transition to ketosis, you may have low energy or flu-like symptoms. This can occur when your body exhausts its glucose and must switch to burning fat for energy. Not everyone experiences keto flu, but if you do, BURN, KetoFIZZ, and Sport & Go can help keep the symptoms at bay.

What if my weight loss stalls?

Don't check the scale every day, or every week. As you live the principles of Warrior health, your body will slim down and become stronger. But this won't always equate to a certain number of pounds of per day. Focus on how your clothes fit, on how you feel, and your transformation will come!

What foods should I eat, what should I avoid?

Eat natural, organic, and whole foods whenever possible. Stay away from fried, artificial, sugary, or processed foods. Healthy fats include organic grass-fed butter, cream, nuts, flaxseed, chia seed, coconut oil, avocado, etc.

What if I cheat?

We don't have a regular cheat day as part of BulaFIT. Eating too many carbs in any given meal/day can slow or even stop ketosis. However, if you do have a moment of weakness, or a cheat meal, quickly jump back to your meal plan so your body can burn through the excess carbs and get back into ketosis. Using KetoFIZZ can also help accelerate your transition back.

*Looking for more details
about keto and BulaFIT?
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(shown on p. 2) contains
the Getting Started Guide,
Keto Made Easy Guide, and a
13-week Planner to help you
achieve your weight loss and
fitness goals. The guide can be
purchased on its own or as part
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WAKAYA
PERFECTION™

