

THE COMMUNITY FORUM



What is it?

Our Member Forum is the backbone of how we all stay in touch. This is where we take our collective wisdom and knowledge as fitness professionals and apply it to this user-friendly avenue for resources, discussion, podcasts, and most importantly, **community**. We drive all of our clients to this platform to not only ask any coach a question anytime, but to encourage you to dive deeper into understanding the conversations surrounding fitness, nutrition, mindset, behavior, sleep, and even lifestyle as a whole.

What's it used for?



DISCUSSIONS



RESOURCES



PODCASTS



ACCOUNTABILITY



NUTRITION

How do I use the Forum?

- 1 When you complete your new client orientation, you'll receive your username and login for both our CMS interface as well as the Forum.
- 2 Simply go to www.afs.vanillacommunities.com and use the login credentials to access all Forum content! Or click the "Forum" button in the top right corner of your CMS account.
- 3 Browse content involving different categories or search something specific for yourself! Got something specific on your mind? **Ask away!**

