

5 Steps to Begin Healthy, Long-Term

WEIGHT LOSS

&

ENERGY GAIN

IN JUST 14 DAYS

Congratulations! I'm so pleased that you are ready to take steps to feel good in your own, re-energized body again – or even for the first time!

As you enter your 50s, you may be amazed at how much your body changes. Hormonal changes affect your mental and physical health in ways you might not expect. You may feel like nothing fits, that you're not "yourself" or like an always-tired version of yourself. But if you listen to your body and give it what it needs, you can shed even stubborn weight and begin feeling energized again. I know because I've gone through this!

With this guide, you will not only begin to turn your weight and energy around in one to two weeks, but you will learn skills that keep you rooted in healthier habits for years to come. You will feel more confident in your own skin and have a healthier, guilt-free relationship with food and physical activity!

I encourage you to follow these 5 Steps to Begin Healthy, Long-Term Weight Loss & Energy Gain in Just 14 Days. By practicing more mindfulness with your nutrition and fitness, you will begin to feel more energized, fewer aches and pains and perhaps lose a few pounds!



5 Steps to Begin Healthy, Long-Term

WEIGHT LOSS & ENERGY GAIN

IN JUST 14 DAYS

You have probably heard about mindful eating. Mindful eating means slowing down and becoming more intentional in every aspect of eating – from body cues to food choices to how you eat. You can do the same for fitness! As you practice mindful eating and physical activity, you will naturally begin to offer your body what it truly needs. It's a beautiful exchange and lasting transformation. Your body needs the right nutrients to fuel it with consistent meals throughout the day.

1. Enjoy Consistent Meals

As you discover how many meals works best for your energy level, maintain a consistent routine. This helps stabilize your blood sugar and fuels your body for the high and low energy parts of your day. Also, it's difficult to control your portions when you are starving! Don't skip breakfast!



**It takes about 6 to 8 hours
for food to pass through your
stomach and small intestine.
It takes about 36 hours for
food to move through the
entire colon.**

2. Choose What Your Body Needs

Before you eat, first consider what your body needs. Think thirst first. Have you drunk enough water today? Does your next activity require more energy or heat exposure? Have you already had your share of carbs today? Maybe it's time for more protein or healthy fat.

This is the perfect opportunity to thank your body with a healthy choice instead of empty calories or something processed! Also, if you eat something healthy first, you may even forget about the junk food or sweets.

3. Stop at 80% Full

Do you ever love a food so much that you keep eating it, only to feel miserably full right afterwards? It takes some time for your food to digest. If you stop eating when you feel 80% full, you leave room for foods that may expand in your stomach as you begin to digest and give your body a chance to do its job without feeling overworked.

Also, because you don't feel overstuffed, you'll have more energy for your next activity!


**It can take up to 72 hours
for symptoms to show from a food
you eat...which is why food
tracking is important.**



4. Acknowledge How Foods Make You Feel

Another way to be kinder to your body and feel more energized is to pay attention to how the foods you eat make you feel. Use a notebook or the food journal I've provided on the next page to track the foods you eat and your emotions these next 7 days. You may be surprised to find that even healthy foods can trigger symptoms.

If you notice a food trigger, avoid it the following 7 days and see if your symptoms subside. Remember, as your hormones change, your body may need different foods. This is your chance to honor those needs!



Studies have shown that 10K steps a day are important to facilitate weight loss success.

5. Choose to Walk

Whenever you are within walking distance, choose to walk. The value of taking 10,000 steps a day is not just hype or a trend. Even if you aren't ready or able to start a serious fitness routine, the simple act of walking can support your weight loss and energy gain goals.

Ways to Get Yourself Walking:

- Take the stairs instead of the elevator.
- If you do drive, park at the far end of the lot and walk the rest.
- If you will be toting heavy cargo, bring a foldable pull-cart for your walk back.
- Instead of checking social media on your work breaks, take a walk around the block.
- Get creative with your walks and don't make excuses!

Ways I Will Add Walking Throughout My Day:

FOOD JOURNAL

Day #1

Date:

Time:

of Glasses of Water:

Food:

Drinks:

Symptoms/Mood Changes:

Look For: Difficulty breathing, congestion, allergic reactions, wheezing, inflammation, joint or muscle pain, headaches, skin reactions, digestive issues.

Day #2

Date:

Time:

of Glasses of Water:

Food:

Drinks:

Symptoms/Mood Changes:

Look For: Difficulty breathing, congestion, allergic reactions, wheezing, inflammation, joint or muscle pain, headaches, skin reactions, digestive issues.

Day #3

Date:

Time:

of Glasses of Water:

Food:

Drinks:

Symptoms/Mood Changes:

Look For: Difficulty breathing, congestion, allergic reactions, wheezing, inflammation, joint or muscle pain, headaches, skin reactions, digestive issues.

Day #4

Date:

Time:

of Glasses of Water:

Food:

Drinks:

Symptoms/Mood Changes:

Look For: Difficulty breathing, congestion, allergic reactions, wheezing, inflammation, joint or muscle pain, headaches, skin reactions, digestive issues.

Day #5

Date:

Time:

of Glasses of Water:

Food:

Drinks:

Symptoms/Mood Changes:

Look For: Difficulty breathing, congestion, allergic reactions, wheezing, inflammation, joint or muscle pain, headaches, skin reactions, digestive issues.

Day #6

Date:

Time:

of Glasses of Water:

Food:

Drinks:

Symptoms/Mood Changes:

Look For: Difficulty breathing, congestion, allergic reactions, wheezing, inflammation, joint or muscle pain, headaches, skin reactions, digestive issues.

Day #7

Date:

Time:

of Glasses of Water:


Food:


Drinks:


Symptoms/Mood Changes:

Look For: Difficulty breathing, congestion, allergic reactions, wheezing, inflammation, joint or muscle pain, headaches, skin reactions, digestive issues.



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