



A Guide to Getting Fit Over Forty



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Section 1:

Working out for Results

Throughout my 20 plus years in the fitness industry if only I had a dollar for each time I get asked one of these questions...I'd be rich!

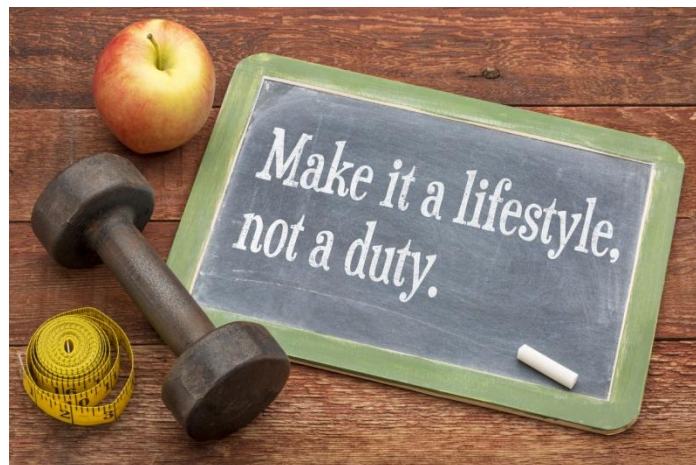
- *How do I lose my belly fat?*
- *How come I'm not losing weight and I'm working out every day!*
- *How do I speed up my metabolism?*
- *I want a flat stomach, I'm doing sit ups every day, why isn't it working?*
- *I've cut my calories to less than 1200 and I'm still not losing weight, how come?*

Those are just a sample of the questions I get asked on a regular basis.

As women we are busy with careers, family and all the while trying to look and feel our best.

It gets more challenging as we get older but there are strategies you can implement to get fit faster and more effectively!

I'm going to share with you how I get my clients results in this section. If you do what I outline, you WILL get results. Hard work = results, period.



6 Key Strategies to Implement TODAY

1. SET SMART SLIM GOALS
2. TAKE BENCHMARK MEASUREMENTS
3. SCHEDULE TIME INTO YOUR DAY
4. TRAIN USING INTERVALS
5. DON'T BE AFRAID TO LIFT WEIGHTS
6. HIIT TRAINING TO MAXIMIZE METABOLISM



STRATEGY #1

SET ~~SMART~~ SLIM GOALS



Without goals you are essentially in a race with no finish line! Obviously if you're reading this you've likely been on this planet for more than 40 years, so you've likely heard the acronym S.M.A.R.T. goals. However I'd like to create a new acronym called S.L.I.M. where the focus is more on creating a long term LIFESTYLE shift towards healthy living.

Setting **S** (specific) **L** (long term) **I** (intentional) **M** (measurable) goals will give you a much greater chance of achieving them!

Whatever your goal, it's important to be clear and decide on whether or not accomplishing this goal is realistic for you.

SPECIFIC

This means that **every goal should be clearly defined**. For example, saying "I want to lose weight" is too vague. Instead, try "I want to lose 20 pounds total, in increments of one to two pounds per week."

LONG TERM

This program is not designed to get you ready for an upcoming vacation or reunion. It is to set you up for life where you live and breathe a healthy fit lifestyle so at any given time of the year you feel more than ready for that event because you always will be!

INTENTIONAL

When we set intentions and put them out into the universe we are asking the universe to be on our side and help us get into the flow of achieving what it is we want. This is where mindset work comes in which is something we will get into more detail about later on.

MEASURABLE

This means that you should be able to clearly measure your progress. Saying "*I want to get in shape*" gives you no clear way to assess your progress. Ensure you take benchmark measurements to compare yourself to as you move along.

Set a firm date for when you will check in with your progress, and then establish mini-action steps between now and your pre-determined date!



You've got this!

GOAL WORKSHEET

List 2-3 of your smart goals below with your desired target dates.
Make sure you make your goals **SMART!**

MY SMART GOAL	TARGET DATE TO REACH

ACTION STEPS

A Goal without Action will not produce the desired outcome!

Your action strategy will list the steps you need to take to reach your goal.

Ex. Go for a 30 minute walk every morning

	RECORD ACTION STEPS YOU WILL TAKE
GOAL #1	
GOAL #2	
GOAL #3	

STRATEGY #2

SET BENCHMARK MEASUREMENTS

The following measurements are a handful of ones that I would recommend performing and recording prior to getting going on your fitness adventure!

Tracking some or all of these measurements will provide you with concrete evidence that you are getting fitter and healthier!

My recommendation would be to check-in every 6 to 8 weeks to see how you are progressing and record your new score.

*Using a certified personal trainer, *Doctor or nurse to help you with attaining accurate measurements is highly recommended. *Your Doctor may list other items to track such as blood sugar counts etc.

1. Weight
2. Body Fat % -(try Omron hand held)
3. Blood pressure
4. Resting heart rate (first thing in the AM before getting out of bed)
5. Waist circumference (in cm or inches)
6. BMI –body mass index (amount of weight/ height in metres squared-kg/m2)
7. Maximum number of consecutive push-ups from your knees
8. Length of time you can hold plank position (total seconds)
9. Run/walk one mile as fast as you can (total minutes and seconds)
10. *Optional blood work for special situations: fasting blood sugar, hemoglobin A1c, triglycerides, cholesterol (total, HDL, LDL)

I've included a handy chart for your recordings!

Dates			Measurement	Recordings		
1 st	2 nd	3 rd		1 st	2 nd	3 rd
6.30.16			Weight	137 lbs		

STRATEGY #3

SCHEDULE TIME INTO YOUR DAY

We all know the number one excuse for not exercising is LACK OF TIME.

Ironically, we all operate on the same 24 hour clock yet some of us can't seem to schedule in time for exercise.

My belief is that you will make time for what is a priority for you in your life.

Your well being should always be your **top priority** as without a healthy body you aren't any good to anyone! You will be sick, missing work, not able to take care of children, grandchildren or aging parents. Your quality of life into your later years will be diminished with all kinds of mobility and varying health issues that will keep you from enjoying your retirement.

I always like to think about what they remind us of on airplanes before the flight takes off...

“Put on your oxygen mask FIRST before you help anyone else”.

So forget about all the looming deadlines, they will always be there. At your funeral they won't be talking about how hard you worked, you will be remembered for the time you created memories with the people in your life.

Starting today, I want you to commit to putting yourself and your health FIRST.

“I _____ (insert your name) commit to scheduling time for physical fitness a minimum of 3-5 days per week for at least 30 minutes. Today is _____ (insert date) and I will begin today.

X _____ (have a witness sign here...someone you can be accountable to)

Finding a time that works for you is your first challenge.

Perhaps you are in meetings throughout the day and you have best intentions to head to the gym on your lunch break but the day gets away on you. Your gym bag sits in the corner of your office collecting dust and you look at it daily and sigh with frustration.

A solution might be to get yourself out of bed one hour earlier and do your workout before your hectic work day begins. You may say “but I’m not a morning person”. You have trained yourself to believe that. It will be a bit uncomfortable at first....but with each passing day it will become easier and easier until you are waking up at the new time without an alarm clock.

Another option could be scheduling time in the evening. Maybe when you get home from work you throw on your running shoes and head out for a stroll or jog before you even start dinner.

Get a dog. You will then have the benefit of lowering your stress by loving this amazing creature who always is excited to see you AND you will need to walk him/her daily! WIN-WIN.

I can almost hear “*but I’m too tired after work*”. You’re tired because you aren’t exercising. Exercise gives you energy!

So I want you to pick a time that you are going to COMMIT and HONOR your workout time 3-5 days a week and SCHEDULE them as appointments into your calendar. **RIGHT. NOW. BEFORE. YOU. TURN. THIS. PAGE.**



STRATEGY #4

TRAIN USING INTERVALS



One of the most time efficient, effective, results driven workouts you can do by far. This strategy is fantastic as you don't need to spend hours working out to see great benefits!

So what is Interval Training you ask?

Defined by Wikipedia:

Interval training is a type of physical training that involves a series of low-to high-intensity exercise workouts interspersed with rest or relief periods. The high-intensity periods are typically at or close to anaerobic exercise, while the recovery periods involve activity of lower intensity. Varying the intensity of effort exercises the heart muscle, providing a cardiovascular workout, improving aerobic capacity and permitting the person to exercise for longer and/or more intense levels.

Interval training can refer to organization of any cardiovascular workout (e.g., cycling, running, rowing, etc.), and is prominent in training routines for many sports. It is a technique particularly employed by runners, but athletes in many disciplines use this type of training.

The sky's the limit with putting together interval workouts! Here are some sample workouts for you to get started.

Interval Training Workout #1

20 minute walk/run

Walk for 4 minute, jog or run for 1 minute....keep repeating. As you get fitter you are going to decrease the walk time and increase the run time! Example... walk 4 minutes, run 2 minutes and so on.

Interval Training Workout #2

20 minute jog/run

Jog for 2 minutes, sprint all out for 30 seconds. As you get fitter shorten your recovery time to a 1 minute jog. Repeat for 20 minutes.

Interval Training Workout #3

4 minute Stationary Bike workout

Complete a 2-5 minute warm up on the bike. You will then cycle as fast as you can (on a challenging resistance level) for 20 seconds, followed up with a 10 second slow cycle. Trust me, after 4 minutes you will be pooped! You can double up to 8, 12 minutes as you increase your fitness level.

Interval Training Workout #4

Strength and Cardio

30 seconds of strength/ 1 minute of cardio

Some strength examples: *push ups, tricep kickbacks, chest press, overhead shoulder press, bicep curls, reverse flyes, side raises, lat pulldowns, ball leg curls, v-sit, woodchoppers, kettle bell swings and more!*

Some cardio examples: *skipping rope, high knees, suicide runs, skaters, jog, butt kicks, mountain climbers, cycle, incline power walk, elliptical and more!*

Play around with the time variable ... change it up from 30 seconds of hard work to 45 or 60!

STRATEGY #5

DON'T BE AFRAID TO LIFT WEIGHTS

Over my 20 plus years in the fitness industry running fitness centres, teaching group fitness classes and personal training I have found women to be so reluctant to want to pick up weights.

MYTH #1: "I DON'T WANT TO BULK UP"

Women simply do not have enough testosterone running through their bodies to warrant getting massive muscles. Muscle is compact, it's body fat that takes up way more space!

MYTH #2: YOU CAN SPOT REDUCE FAT

If you have flabby arms or a fat belly doing thousands of situps or tricep dips are not going to get rid of the body fat covering those muscles! Sure you will be toning the underlying musculature but until you clean up your diet you aren't going to see the results of your hard work.

MYTH #3: YOU NEED CARDIO TO LOSE WEIGHT

Women are generally cardio addicts and can often do the same low impact style fitness class, walk on the treadmill or bust it out on an elliptical for years on end while simply maintaining or even gaining more body fat. Strength training will produce a more efficient way to get lean then hours of cardio.

MYTH #4: ONE PLAN WILL WORK FOR EVERYONE

Fitness planning is not a one stop shop. There are many variables that certified personal trainers consider when comprising a program for their client. There are many things that factor in; goals, genetics, career, time available to commit. Women all have differing environments, support systems, resources, body types etc. so make sure you are seeing a trainer who will set up an individualize program for your specific needs! You are as unique as a snowflake!

Why is it Critical for Women Over 40 to Strength Train if their Goal is Weight Loss?



BECAUSE MUSCLE BURNS FAT!!

- Essentially the more lean muscle you have the better calorie burner you are while at rest, and after your workouts!
- You will burn more calories all day long! This coupled with a clean diet will get you the results you desire = look great naked 😊
- At our age weights also build our bone density that is decreased with hormonal changes and this reduces our risk of Osteoporosis!

STRATEGY #6

HIIT TRAINING TO INCREASE METABOLISM

I'm going to let you in on a little secret.

There is a four letter acronym that involves a lot of scientific jargon at the cellular level that gives us some bonus calorie burning effect 1.5-24 hours post HIIT training!

EPOC = POST EXERCISE ENERGY CONSUMPTION

In HIIT, a person consumes more oxygen which can increase post-exercise metabolism. Therefore you get all the benefits of steady state long term exercise but don't have to exercise as long!



So what exactly is HIIT you ask?

HIIT= High- Intensity –Interval- Training.

Scientific research has shown that combining maximum effort to achieve muscle fatigue and maximum oxygen use in a quick burst of exercise is going to be the most effective fat-burning method to use.

Getting our bodies to use consume a large amount of oxygen while exercising creates this *afterburn* effect or EPOC.

HIIT programs are not all the same. There are different ratios of time you can use and also different levels of intensity. You can play around with it and do 20 seconds of hard work with only 10 second of rest (the popular Tabata method), or 30 seconds work with 15 seconds rest, 1 minute work with 5 seconds rest and so on and so forth.

Below is a sample class I teach called Metabolic Mixer. Here you work for 30 seconds all out and then allow a 5 second transition to the next exercise. You go through all 6 exercises but the catch is each time you complete one you go back to the first one and keep adding on until you complete the full 6. Then, you work in reverse from exercise 6 and add on one each round until you get to completing the full 6! A challenging quick 30 minute workout which includes a bit of a warm up and a stretch!

SAMPLE 30 MINUTE HIIT WORKOUT

2-5 MINUTE WARM UP- MARCH, JOG, SKIPPING, JUMPING JACKS

EXERCISE 1- SQUATS

EXERCISE 2 – SKATERS

EXERCISE 3- BICEP CURLS

EXERCISE 4- FORWARD LUNGES

EXERCISE 5- MOUNTAIN CLIMBERS

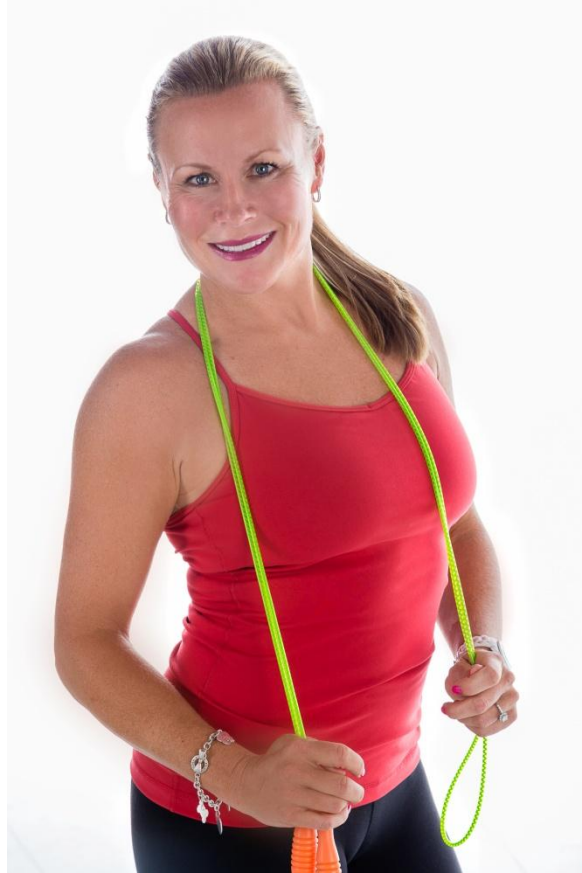
EXERCISE 6- PLANK HOLD

5 MINUTE STRETCH – HAMSTRINGS, QUADRICEPS, CHEST

This is just one of MANY workouts I have created to share with you!

Bonus Tip! There are great apps you can download to customize and time your intervals for you!

BONUS VIDEOS!!



**GRAB MY QUICK 6 MINUTE AND 10 MINUTE
VIDEOS HERE!**

<https://www.youtube.com/watch?v=Sc-tZo1Bz58>

<https://www.youtube.com/watch?v=G7WHMzmsl20>

Section 2:

Eating for Hormonal Balance

Women over 40 can be overwhelmed with feelings of hormonal imbalance from irregular periods, to heavy periods, to weight gain (the dreaded muffin top), to mood swings, night sweats, crazy rage (you know, when you are driving and someone cuts in front of you....or your kids are acting up...that **crazy** feeling inside?...*please tell me I'm not alone!*), binge eating, depression, anxiety and more!

Such a great time of our lives isn't it?

In many ways it can be if we can find a way to obtain some normalcy when our hormones are fluctuating so much!

So what's going on in our bodies during middle age?

- As we age our ovaries start to slow the production of estrogen. When estrogen declines, cortisol and insulin production increase resulting in an increase in body fat particularly around the mid-section ☹
- From approximately age 35 onward our bodies start to decrease in lean muscle mass which also decreases our bone density and slows our metabolism. Thankfully we can counter this with strength training!
- Sleep deprivation also occurs at this time in our lives ...difficulty falling asleep, staying asleep and even insomnia! This contributes to high levels of cortisol in our bodies which again drives up body fat !

We talked about how exercise can help in our battle to stay lean and fit in our 40's let's now look at some nutrition strategies we can employ!



The Straight Goods

Women over 40 crave sugar calories to increase levels of serotonin (the “feel good hormone”) which decrease naturally with age. Serotonin is a chemical messenger that moderates our moods, appetite and cravings.



We have strong cravings for carbohydrates as they ultimately break down to sugar at their simplest form in our bodies. Carbohydrates are actually Sugar which ultimately gets stored as fat when our insulin levels spike.

So we should just stop eating Carbohydrates then?

If we completely avoid sugar altogether we will experience:

- Negative emotions
- Weight gain
- Sugar cravings
- Bingeing
- Fatigue
- Lack of focus



Clearly that won't work.

INTRODUCING 3 STEPS TO HAPPY HORMONES!

STEP #1 - EAT REAL FOODS



Eliminating processed foods from your diet and eating REAL foods will set you up for success!

Processed foods contain chemicals and artificial substances and are made solely from refined ingredients.

Real foods are whole, single ingredient foods free from additives or other artificial substances. Essentially, food in it's most natural state!

Here's what you need to focus on and what you need to be avoiding!

AVOID:

- Bacon
- Granola Bars
- Margarine
- Microwave popcorn
- Fruit snacks
- Instant ramen noodles
- White bread
- White rice
- Breakfast cereals
- Potato chips
- Tinned vegetables

FOCUS ON:

- Vegetables
- Fruits
- Unpolished grains
- Local meats humanely raised
- Dairy products
- Seafood
- Water, milk, all natural juices, coffee, tea, (wine, beer)
- Nuts, seeds, popcorn as snacks
- All natural sweeteners eg. organic agave syrup

STEP #2- CUT SUGAR CALORIES FOR 2 DAYS



This strategy will help to reset your hormones, maximize fat burning and minimize fat storing.

Each week, **cut out sugar calories** for 2 days.

If we cut out sugar for longer we would decrease our “happy” feel good hormone (serotonin) so we need to ensure in our weight loss strategy we have carbohydrate (sugar) days too!

We want to balance our happy days with our lean days 😊



For two days shift your thinking:

BREAD=LOAF OF SUGAR

APPLE=CANDY BAR

ENERGY BARS= SUGAR

FREEBIE FOODS: Proteins, healthy fats, low-sugar veggies

If you want to stay slim long term the key is to keep your insulin levels down!

Insulin= *hormone in your body that tells your fat cells to hold on to fat, simulates the creation of fat and prevents fat from being used as energy. Carbohydrate meals stimulate insulin which tells your body to burn carbs, and transform and store fat and protein into fat in your fat cells and liver*

STEP #3- INTERMITTENT FASTING

To increase insulin sensitivity we are going to want to cut calories 2 days/week.

"IT'S THE QUALITY OF FOOD NOT THE QUANTITY THAT MATTERS"

The **5:2 Diet** is a popular option to try and is based on scientific evidence which is always important!

So essentially you are going to choose 2 NON-CONSECUTIVE days during the week where you will cut your caloric intake to 500-600 calories for the day. So plan for 3 small meals of quality foods such as veggies and lean proteins.

The other 5 days you eat **normally**....obviously normally is not meant to include binge eating or junk food.

The 5:2 diet has been shown to help reduce insulin resistance and promote overall weight loss.



Section 3:

Lifestyle Strategies for Stressing Less

Chances are if you are over 40 you've had your share of stressors in your life. By this time you have more than likely experienced more than one of the following:

- Death of loved ones
- Divorce
- Raising children (teenagers!)
- Juggling a career and home life
- Financial
- Health issues
- Dating after divorce
- Blended families
- Kids expressing different gender preferences
- Caring for aging parents
- ...and many, many more

Stress can play such a harmful role on our health.

- Increased levels of cortisol
- Weight gain
- Insomnia
- Cancers
- Inability to focus
- Headaches
- Depression and anxiety
- Relationship issues
- Binge eating

So in a world filled with technology where we have access to information 24/7 how to we establish healthy limits so as not to feel constantly overwhelmed and overloaded with this barrage of information coming at us? How on earth to we nurture ourselves and prioritize what's important?

LET'S GET REAL



Identify the TOP 3 stressors in your life right now:

1. _____

2. _____

3. _____

Now that you've recognized the stressors that are present in your life let's look at some strategies that you can employ to get you back on track to a healthy body and mind.

Here are the **6 STRESS BUSTING STRATEGIES** that have worked for me to combat my stress over the years:

#1: MEDITATION- I have never been great at slowing down. Just recently I have understood the mental and physical benefits of committing to a regular meditation practice. Spending time just *being* and *breathing* letting any thoughts that try and enter your mind to drift away...this allows your intuition to present itself and answers to questions you may have be answered. We all have the answers inside of ourselves but never allow ourselves the time to get quiet and listen. There are fantastic short and long meditations available on youtube or through various apps that you can download and listen to daily. I recommend a good set of noise cancelling headphones.



#2: LIMIT TIME ON SOCIAL MEDIA, TELEVISION AND EMAIL –decide on an hour a day when you will commit to checking email and social media accounts. Being off and on social media throughout the day can be an incredible time waster not to mention a time where you can get caught up in other people's drama and not get your own things done around the house which puts more stress on you. Television is often filled with drama and negativity as this makes people feel good about their own lives in some sick way. It's best to not watch, read or listen to the news. If something is going to affect your life you can be rest assured it will find its way to you.

#3: SELF-CARE- do one thing EVERY day that makes you feel good. Put lotion all over after a hot bath, get a manicure, pedicure, facial, massage, spend an hour reading a good book, watch a documentary/movie or do a yoga class. Choose something that relaxes you and makes you feel as though you are nourishing your body from the inside out.



#4: EXERCISE- without a doubt exercise is what saved me going through many stressful periods in my life. The endorphins released during exercise are feel good hormones that make you feel happier naturally! Ensuring you are moving your body each and every single day will greatly reduce your stress and help you have more quality sleep at night.



#5: CHOOSE YOUR CIRCLE OF FRIENDS WISELY- did you know you become the average of the top 5 people you spend your time with? Makes sense right? If you're in a circle of friends that are negative and love drama then guess what? You likely love drama and negativity yourself. If you want to move forward into a healthy place that limits stress you need to assess who it is you are primarily spending your time with. Are they moving into greatness and living your potential or are they holding you back?



#6: PRIORITIZE- it is critical for you to know what is most important to you and if your values are aligned with how you are spending your time. For instance if you are a mom that values her children greatly and being there for them at their sporting events etc. then would you say you are in alignment if you are working a 9 to 5 full-time job with many hours of overtime? NO. Clearly you are living out of alignment with your core values and this alone would cause major stress.



Section 4:

Living with Intention



What does it mean to live with intent?

When you take a look at all of the areas of your life you will most certainly notice some to be more out of balance than others.

SPIRITUALITY & SENSE OF PURPOSE

CAREER & FINANCES

FAMILY/FRIENDS

EXERCISE AND NUTRITION

CREATIVITY AND PLAY

INTELLECTUAL STIMULATION

SLEEP

COMMUNITY INVOLVEMENT

Once you've identified areas you need to focus on, you can set intentions to make change.

Your Roadmap to Living with Intention



Step 1: QUIET your mind

Step 2: Notice your thoughts

Step 3: JOURNAL what gives your life meaning and purpose. *What comes up in your thoughts when you listen quietly to that inner voice? What is it that your heart desires? Are you living authentically? What are your dreams, hopes, desires?*

Step 4: Set intentions based on areas that you want to see change in. WRITE THEM DOWN. SAY THEM TO OTHERS. SAY THEM OUT LOUD.

Step 5: FEEL what it would really feel like to live with these profound changes in your life. Picture the freedom your soul will feel and really put yourself there on every level and fiber of your being.

Step 6: TRUST. Have non wavering confidence in your inner knowing. Take mini action steps every day that are going to move you towards your intentions.

Step 7: CHECK IN daily by getting quiet and repeating steps above.

Living your life with intent and purpose will fulfill you. Life is short, make the most of it and live YOUR BEST LIFE.

TAKE ACTION

When I sit quietly my inner voice tells me:

I need to spend more time.....

I'm not feeling fulfilled in.....

I feel like I'm completely myself when I...

My job feels

My friends are....

When I'm around my family I feel...

I wish I could have more time to....

My current weight is...

Money makes me feel...



Getting and staying fit and healthy in all areas of our life after 40 doesn't have to be difficult.

If you implement some or all of the suggestions within this guide you will be well on your way to becoming the best version of YOU possible!

Thank you so much for taking the time to read this guide and I sincerely hope that you prioritize yourself and make your goals and dreams a REALITY.

In Health and Happiness always,

Kathryn

