
SELF CARE IS NOT SELFISH

**A WOMAN'S GUIDE TO
PERSONALIZED HEALTH AND
LASTING HAPPINESS**

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Fitness Publishing

Self Care Is Not Selfish: A Woman's Guide to Personalized Health and Lasting Happiness

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First edition

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INTRODUCTION

YOUR WELLNESS JOURNEY STARTS Now

Welcome to a new chapter in your life, one that embraces wellness, vitality, and the joy of living a balanced, healthy life after 40. This isn't just another health book. It's a companion for your journey towards a more fulfilled, healthier you. This book is here to show you that it's never too late to make positive changes, and they don't have to be monumental to have a transformative impact on your life.

You're at a stage where you understand yourself better than ever before. With that knowledge comes the power to shape your future, to make choices that truly reflect your needs, desires, and unique circumstances. This is especially true when it comes to your health and wellness. After 40, your body begins to change, and so does your lifestyle. These changes are not just challenges but opportunities — opportunities to tailor your health practices to suit you perfectly, ensuring not just longevity but quality of life.

Why Personalized Health Matters After 40?

As women, we often juggle multiple roles—professional, caregiver, partner, friend—all while trying to maintain our own identity and wellbeing. Once we hit 40, this balancing act becomes even more crucial as we start to notice more visible changes in our bodies that require attention and care. Our metabolism may slow down, we might

experience hormonal shifts, and our risk for certain health issues increases. However, this period also brings a wealth of opportunities to realign our health practices with our current needs and goals.

Personalized health is about understanding and respecting these changes, recognizing that the one-size-fits-all approach to diet, exercise, and wellness doesn't work. It's about finding what makes **you** feel energized, what keeps **your** body strong, and what helps **you** maintain a serene and focused mind. It's about making choices that fit your lifestyle, preferences, and the unique needs of your body.

Self-Care Is Not Selfish: Your Guide and Companion

This book, **“Self-Care Is Not Selfish: A Woman’s Guide to Personalized Health and Lasting Wellness,”** is designed to guide you through the process of discovering what wellness means to you. It’s structured to provide you with the knowledge,

tools, and motivation to create a wellness routine that resonates with your individual needs, challenges, and aspirations. Here, you'll find insights into how your body changes after 40, practical advice on nutrition, exercise, and self-care, and strategies for incorporating wellness into your busy life.

But it's not just about the physical aspect of health. We also delve into the mental and emotional facets of wellbeing, understanding that true health is holistic. From navigating stress to fostering connections that enrich your life, this book covers the spectrum of wellness.

Reflecting on Past Habits

As we reach this pivotal moment in our lives, it's essential to take a step back and reflect on the habits and choices that have brought us to where we are today.

Think about the routines you've established, the foods you've been fueling your body with, and the amount of rest and relaxation you've allowed yourself.

Were these choices in alignment with your overall wellness goals?

Maybe there were times when work took precedence over self-care, or stress led to less-than-ideal choices in terms of nutrition and exercise.

Reflect on these moments with compassion and curiosity, recognizing that each decision, whether positive or negative, has brought you to this point of readiness for change.

Remember, it's never too late to make a change and prioritize your well-being.

Embracing Change and Growth

As we reflect on our past habits, it's important to acknowledge where we've been and how far we've

come. Change is not always easy, but it is necessary for growth.

Embracing change means opening ourselves up to new possibilities and opportunities that can lead to a more fulfilling life. It's about being willing to step out of our comfort zones and try something different.

Change can be scary, but it can also be incredibly rewarding. By embracing change and growth, we are able to discover new strengths within ourselves that we may have never known existed.

How to Use This Book

1. **Take It at Your Own Pace:** There's no need to rush. Digest the information in a way that feels comfortable and achievable for you. Skip around to the sections that speak to you most at this moment in your life.
2. **Engage with the Exercises and Reflections:** Throughout the book, you'll

find exercises and prompts designed to help you reflect on your health and make tangible plans for your wellness journey. Engage with these fully—they're here to support your growth and understanding.

3. **Build Your Community:** Wellness is more joyful and sustainable when shared. Consider forming a book club or a wellness group to explore the concepts in this book together. Sharing insights, challenges, and successes can enhance your journey and provide support.
4. **Embrace Flexibility:** As you evolve, so too will your personal definition of wellness. Allow yourself the flexibility to adapt your routines and goals as you discover what works best for you. This book is not a rigid roadmap, but a flexible guide that can accommodate your changing needs and preferences.

5. **Celebrate Your Progress:** Every step you take towards wellness, no matter how small, is a victory. Celebrate your progress and recognize the strength it takes to make these changes. Your journey is unique, and every part of it is worth celebrating.

Setting the Stage for Success

This definitive guide is written by Cassandra “Cassi” Schmigotzki, a vibrant young woman who has experienced the same feelings and frustration that you’re going through. This book is a sneak peek into the lessons, discoveries, and steps she experienced during her own transformational breakthrough that changed her life forever. Her singular goal for this book is to guide and support you on your own path to personalized health and lasting happiness.

As you turn these pages, remember that you are embarking on a journey of discovery and transformation. **“Self-Care Is Not Selfish”** is not

just a book; it's a movement towards a more vibrant, healthy, and fulfilling life. It's a testament to the fact that wellness is not just a state of being but a state of becoming—ever-evolving, just like you.

Welcome to your journey to empowered wellness.

Let's begin.

UNDERSTANDING YOUR BODY AFTER 40

EMBRACING CHANGE: EXPLORING THE PHYSICAL AND EMOTIONAL SHIFTS

Physical changes can manifest in various ways as we journey through life after 40. From changes in metabolism and muscle mass to shifts in skin elasticity and hair texture, our bodies undergo a multitude of transformations. These changes can sometimes be challenging to navigate, but they also offer us the opportunity to embrace and celebrate the natural progression of life.

Hormones play a significant role in dictating our health and wellness, especially as we age. Changes in hormone levels can impact everything from our mood and energy levels to our overall physical well-being. Understanding how hormones affect our bodies can help us better address any imbalances and prioritize our self-care practices.

Embracing our body's needs at this stage of life means listening attentively to what it is telling us. It means honoring our body's signals and responding with compassion and care.

Whether this means adjusting our exercise routine, reevaluating our nutritional choices, or simply learning to rest when needed, embracing our body's needs allows us to support our overall health and well-being in a holistic and sustainable way.

Finding Your Strength: Prioritizing Fitness and Nutrition for Longevity

Let's talk about taking care of your body in a way that sets you up for a vibrant and healthy life. When it comes to staying strong and energized, fitness and nutrition play a huge role.

It's not about following the latest fad diet or pushing yourself to extremes in the gym. It's about finding a balance that works for you, that supports your overall well-being and helps you feel your best.

Fitness isn't just about sweating it out at the gym or running marathons. It's about finding activities that you enjoy and that make you feel good. Whether it's taking a daily walk, practicing yoga, dancing around your living room, or lifting weights, the key is to move your body in a way that feels right for you.

Consistency is more important than intensity. Find something you love and stick with it.

In my quest to make this journey as easy as possible, let's take a look at a simple, effective exercise program that you can perform anywhere, focusing on at-home exercises using bodyweight, light dumbbells, and resistance bands, which is a fantastic way to support your goals.

This is a balanced workout program that targets all major muscle groups, enhances flexibility, and builds endurance. It is designed to be approachable for beginners but can be adjusted in intensity to suit more experienced individuals.

4-Week At-Home Workout Program

Frequency: Aim for 3-4 workouts per week, with a rest or light activity day in between.

Equipment Needed: Bodyweight, light dumbbells (5-15 lbs, depending on fitness level), and resistance bands.

Workout Structure:

- **Warm-Up:** 5-10 minutes of dynamic stretching or light cardio (e.g., marching in place, arm circles)
- **Main Workout:** A mix of strength, endurance, and flexibility exercises
- **Cool Down:** 5-10 minutes of static stretching focusing on major muscle groups

Week 1-4 Structure**Day 1: Full Body Strength**

- Squats with Dumbbells: 3 sets of 12 reps
- Push-Ups (knees or toes): 3 sets of 8-12 reps
- Bent-Over Rows with Dumbbells: 3 sets of 12 reps per side
- Plank: 3 sets of 30-60 seconds
- Glute Bridges: 3 sets of 15 reps

Day 2: Cardio & Core

- Jumping Jacks: 3 sets of 30 seconds
- Resistance Band Pull-Aparts: 3 sets of 15 reps
- Mountain Climbers: 3 sets of 30 seconds
- Russian Twists with a Dumbbell: 3 sets of 20 reps (10 per side)
- Leg Raises: 3 sets of 12 reps

Day 3: Rest or Light Activity

- Options include walking, yoga, or light stretching to promote recovery

Day 4: Lower Body & Flexibility

- Lunges with Dumbbells: 3 sets of 12 reps per leg
- Deadlifts with Dumbbells: 3 sets of 12 reps
- Calf Raises: 3 sets of 15 reps

- Resistance Band Leg Press: 3 sets of 12 reps
- Cool Down Stretching: Focus on legs and lower back

Day 5: Upper Body & Core

- Shoulder Press with Dumbbells: 3 sets of 12 reps
- Tricep Dips: 3 sets of 10 reps
- Bicep Curls with Bands: 3 sets of 12 reps
- Side Plank: 3 sets of 30 seconds per side
- Bicycle Crunches: 3 sets of 20 reps

Day 6 & 7: Rest or Light Activity

Notes:

- **Progression:** Increase the difficulty by adding more reps, sets, or using heavier weights/bands as you progress.

- **Adaptations:** Exercises can be modified to increase or decrease intensity or to accommodate any physical limitations.
- **Consistency is Key:** It's important to stick with the program and make adjustments, as needed, to fit your individual needs and lifestyle.

This program offers a comprehensive approach to fitness that can be adjusted according to your progression. It's also designed to be repeated or built upon after the initial four weeks.

Note: If you're not sure how to perform any of the exercises above, or might want to consider an easier or modified version of any movement, feel free to reach out to me at <https://wix.to/7H7Ao32>, and I'll be more than happy to help you make adjustments for your fitness level and circumstances.

Nutrition is another important piece of the puzzle.

It's not about restriction or deprivation, but about nourishing your body with wholesome, nutrient-dense foods. Focus on eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.

Listen to your body's hunger cues and eat mindfully.

Remember, it's not about being perfect, but about making small, sustainable changes that add up over time.

Now, if I'm going to provide you with a simple workout program, it's only right that I do the same with nutrition and provide a meal plan that is based only on making healthier food choices. I don't want to overwhelm you with the number of calories to eat, macronutrient ratios, fad diets, and all the other complicated facets of nutrition.

I want to make this as simple as possible for you, while providing you with something that is guaranteed to get you the results you're looking for.

This plan will focus on balance, variety, and moderation, providing flexibility to cater to personal preferences and dietary needs.

Simple Meal Plan for Healthier Choices

General Guidelines:

- **Breakfast:** Opt for whole grains, lean protein, and fruits.
- **Lunch:** Focus on lean protein, whole grains, and a variety of vegetables.
- **Dinner:** Emphasize vegetables, lean protein, and healthy fats.
- **Snacks:** Choose fruits, vegetables, nuts, or seeds for energy and satiety.

3-Day Meal Plan Example

Day 1

- **Breakfast:** Greek yogurt with mixed berries and a sprinkle of granola.
- **Lunch:** Turkey and avocado wrap with whole wheat tortilla, mixed greens, and tomato.
- **Dinner:** Grilled chicken breast with quinoa and steamed broccoli.
- **Snacks:** Sliced apple with almond butter; a handful of almonds.

Day 2

- **Breakfast:** Smoothie with spinach, banana, almond milk, and a scoop of protein powder.
- **Lunch:** Lentil soup with a side of whole-grain bread and a mixed green salad.

- **Dinner:** Baked cod with roasted asparagus and a sweet potato.
- **Snacks:** Greek yogurt; carrot and cucumber sticks with hummus.

Day 3

- **Breakfast:** Scrambled eggs with spinach, mushrooms, and whole-grain toast.
- **Lunch:** Quinoa bowl with black beans, corn, avocado, cherry tomatoes, and cilantro.
- **Dinner:** Stir-fried tofu with a variety of vegetables (i.e. bell peppers, snap peas, carrots) over brown rice.
- **Snacks:** A small bowl of mixed berries; a few slices of turkey breast.

This simple meal plan and the following healthier alternatives offer a practical approach to eating well without feeling restricted. Each day combines a

balance of macronutrients to support overall health, energy levels, and weight management, catering to the needs and tastes of a wide range of individuals.

It also encourages making mindful choices while enjoying a variety of delicious, nutritious foods.

Healthier Alternatives to Common Unhealthy Foods

- Instead of white bread, use: Whole grain or sourdough bread.
- Instead of sugary cereals, try: Oats, granola with no added sugar, or whole grain cereals with minimal ingredients.
- Instead of potato chips, choose: Air-popped popcorn, kale chips, or roasted chickpeas.
- Instead of soda, drink: Sparkling water with a splash of fruit juice, herbal teas, or infused water.

- Instead of ice cream, enjoy: Frozen yogurt, fruit sorbet, or blended frozen bananas for a natural ice-cream alternative.
- Instead of fast-food burgers, opt for: Grilled chicken or veggie burgers on whole-grain buns with lots of fresh veggies.
- Instead of store-bought salad dressings, make your own with: Olive oil, vinegar or lemon juice, mustard, and herbs for flavor without the added sugars and preservatives.

Tips for Making Healthier Choices

- **Cook at Home:** This gives you control over ingredients and portion sizes.
- **Plan Your Meals:** Helps avoid the temptation of fast food or processed snacks.
- **Read Labels:** Be aware of added sugars, sodium, and unhealthy fats in packaged

foods.

- **Stay Hydrated:** Sometimes thirst is confused with hunger. Drinking water can help control appetite and support metabolism.

When you prioritize fitness and nutrition, you're not just taking care of your physical health; you're also supporting your mental and emotional well-being.

Exercise has been shown to boost mood, reduce stress, and improve sleep.

Eating a balanced diet can give you more energy, improve your focus, and help prevent chronic diseases. It's all connected – your body, mind, and spirit work together in harmony.

So, take a moment to think about how you can prioritize fitness and nutrition in your life.

What small changes can you make today that will help you feel stronger and more energized tomorrow?

Remember, it's about progress, not perfection.

Find what works for you, listen to your body, and make choices that support your overall well-being.

You deserve to feel your best, inside and out.

Holistic Health Approach: Integrating Mind-Body-Spirit Connections

Exploring the mind-body-spirit connection is like embarking on a journey to uncover the deepest layers of yourself. It's about understanding how your thoughts, emotions, and physical well-being are all interconnected, working in harmony to create overall wellness.

When you prioritize this holistic approach to health, you honor the full spectrum of your being, nurturing not just your body but also your mind and spirit.

Mindfulness practices, such as meditation and deep breathing exercises, can help you cultivate a greater

sense of self-awareness and inner peace. By tuning into your thoughts and emotions, you can better manage stress, anxiety, and negative mental patterns that may be impacting your well-being.

These practices not only calm the mind but also have a profound impact on your physical health, reducing inflammation, lowering blood pressure, and bolstering your immune system.

Incorporating holistic therapies like acupuncture, yoga, or energy healing modalities can further enhance your mind-body-spirit connection.

These practices work on a deeper level, balancing your energy, improving circulation, and promoting relaxation.

Through these ancient healing traditions, you can unlock your body's innate ability to heal itself, tapping into a wellspring of vitality and resilience.

Remember, your well-being is not just about the absence of illness, but about thriving in all aspects of your life.

By embracing a holistic approach to health, you empower yourself to live with vitality, joy, and purpose.

Nurture your mind, body, and spirit, and watch as your entire being radiates with wellness and vitality.

THE PILLARS OF PERSONALIZED WELLNESS AND SELF-CARE

Welcome to your blueprint for a balanced life. As we journey into the realm of personalized wellness and self-care, we'll explore the fundamental elements that make up a sustainable health regimen. This chapter will guide you through understanding and implementing personalized nutrition, exercise routines tailored to your lifestyle, effective stress management, and the holistic aspects that tie it all

together. Let's dive into these pillars, designed to nourish not just your body but also your soul.

Nutrition Tailored to Your Life

Nutrition is not one-size-fits-all. What works for one person might not work for another, and that's perfectly okay. Tailoring your diet to fit your unique needs, preferences, and lifestyle is key to maintaining a healthy relationship with food. Here's how to make nutrition work for you:

- **Listen to Your Body:** Start by tuning into your body's cues. What foods make you feel energized? Which ones leave you feeling sluggish? Use this information to make informed choices about what to eat.
- **Plan Your Meals:** Take some time each week to plan your meals. This doesn't mean you need rigid schedules, but having a rough idea helps avoid the last-minute rush that often

leads to unhealthy choices.

- **Balance Your Plate:** Aim for a well-rounded diet that includes a variety of nutrients. Incorporate plenty of vegetables, lean proteins, whole grains, and healthy fats into each meal.
- **Consider Supplements:** While a balanced diet should provide most of the nutrients you need, sometimes you might need a little extra help. Consult with a healthcare provider to determine if supplements like vitamin D, omega-3s, or probiotics could benefit you.

Exercise That Fits Your Schedule and Abilities

Exercise is about more than just losing weight; it's about celebrating what your body can do and caring for it. Creating a routine that fits your life and respects your body's abilities is essential:

- **Find Activities You Enjoy:** Whether it's yoga, walking, dancing, or weight training, finding an activity you love is crucial for long-term consistency.
- **Set Realistic Goals:** Assess your current fitness level and set achievable goals. Gradually increase the intensity and duration as your strength and stamina improve.
- **Incorporate Variety:** Keep your routine interesting by mixing different types of activities. This not only keeps boredom at bay but also ensures a well-rounded fitness regimen.
- **Listen to Your Body:** Always be mindful of how your body feels during and after workouts. Adjust as necessary to avoid injury and promote recovery.

The Critical Role of Sleep, Stress Management, and Mental Wellness

Your mental health is just as important as your physical health. Here's how to nurture it:

- **Prioritize Sleep:** Aim for 7-9 hours of quality sleep per night. Create a soothing bedtime routine and optimize your bedroom environment to promote restful sleep.
- **Manage Stress:** Identify stress triggers and develop coping strategies. Techniques such as meditation, deep breathing exercises, and mindfulness can be incredibly effective.
- **Seek Joy:** Make time for activities that bring you joy and relaxation. Whether it's reading, gardening, or crafting, these moments are vital for mental wellness.

Emphasizing Hydration, Supplements, and the Holistic Aspects of Self-Care

Hydration and the right supplements can play a significant role in your overall health. Moreover, embracing the holistic aspects of self-care can elevate your wellness journey:

- **Stay Hydrated:** Water is crucial for every cell in your body. Aim to drink at least eight 8-ounce glasses of water a day, more if you are active or live in a hot climate.
- **Supplements for Support:** As mentioned, supplements can support your diet where needed. Be mindful of your body's signals and the advice of professionals when incorporating supplements.
- **Holistic Self-Care:** Incorporate practices that address all facets of your well-being. This can include aromatherapy, massage,

acupuncture, or spiritual practices like prayer or meditation.

The pillars of personalized wellness and self-care are about more than just following guidelines; they are about understanding and respecting your unique journey. By customizing each aspect to fit your personal needs and lifestyle, you're not just living; you're thriving. Let's embrace these pillars with enthusiasm and commitment, knowing that each step we take is a step towards a healthier, happier you.

CREATING YOUR WELLNESS ROUTINE

DISCOVERING YOUR UNIQUE NEEDS

Setting achievable goals is an essential starting point in discovering your unique needs. By identifying areas where you can make positive changes and breaking them down into actionable steps, you set yourself up for success.

Building a routine that not only sticks but also honors your need for self-care is key.

This means finding activities that resonate with you, whether it's morning yoga, a midday walk, or an evening meditation session.

By incorporating wellness and self-care practices into your daily life, you prioritize your well-being and make it a non-negotiable part of your routine.

Remember, **self-care looks different for everyone**, so it's important to customize your routine to meet your individual needs. As you evolve and grow, so will your needs and desires.

Be open to adjusting your routine as necessary, always staying attuned to what serves you best in each moment.

Embrace flexibility and listen to your body and mind as you continue on your wellness journey.

Designing Your Daily Rituals

Establishing a morning routine can really set the tone for your day. Maybe it's starting with a warm cup

of tea, some gentle stretching, or a few minutes of meditation to center yourself.

Find what works for you and creates a sense of calm and focus to begin your day.

Movement is key to physical wellness, but it doesn't have to mean intense workouts. It could be a walk in nature, a yoga session, or even just dancing around your living room. Whatever gets your body moving and feeling good is perfect.

Mindfulness practices like deep breathing exercises, journaling, or gratitude reflections can help cultivate a sense of presence and peace throughout your day. Take a few moments to check in with yourself and see how you're feeling.

Nourishment goes beyond just food - it's about feeding your soul too. Engage in activities that bring you joy, whether it's cooking a delicious meal, reading a good book, or spending time with loved ones.

Creating a bedtime routine can signal to your body that it's time to wind down. Maybe it's a warm bath, some soothing music, or a few pages of a book. Find what helps you relax and prepare for a restful night's sleep.

Consistency is key in your wellness journey. By establishing daily rituals that nourish your mind, body, and spirit, you can sustain your well-being and continue to thrive. Keep listening to your body, adjusting as needed, and showing yourself the care and compassion you deserve.

Sustaining Your Wellness Journey

Tracking your progress along your wellness journey is like mapping out a road trip. You need to have a sense of where you are, where you're headed, and how you plan to get there.

Keeping tabs on how you're doing helps you stay on course and make any necessary adjustments along the way.

Whether it's jotting down your daily habits in a journal or using a wellness app to monitor your activities, finding a system that works for you is key.

When you hit a bump in the road or veer off course, don't be too hard on yourself.

Remember, this is a journey, not a race.

Take a moment to reflect on what might have triggered this detour and think about how you can get back on track. Maybe it's a matter of revisiting your goals and priorities or seeking support from a friend or mentor.

Staying motivated throughout your wellness journey can be a challenge at times.

That's where accountability comes into play.

Share your progress, setbacks, and victories with someone you trust—a friend, family member, or wellness coach. Having someone to cheer you on and hold you accountable can make all the difference.

Above all, remember that sustaining your wellness journey is not just about the destination—it's about the experience along the way. Embrace the ups and downs, celebrate your victories, and learn from your setbacks.

Cultivating a mindset of self-care and self-compassion will help you navigate this path with grace and resilience.

THE POWER OF COMMUNITY AND SUPPORT

EMBRACING CONNECTIONS

Dealing with lack of time and motivation can be a common challenge when it comes to nurturing connections and building a supportive network.

It's understandable that with the demands of daily life, finding the time and energy to invest in relationships can feel overwhelming.

However, it's important to remember that supporting and being supported by others can actually help alleviate some of the stress and burdens you may be experiencing.

Navigating health information overload with a self-care mindset is crucial in today's world, where we are bombarded with advice and opinions on what is best for our well-being.

By approaching this abundance of information with a self-care mindset, you can filter out what aligns with your values and needs, allowing you to make informed decisions without feeling overwhelmed or anxious.

Rebounding from setbacks while maintaining self-compassion is a key aspect of embracing connections. Building relationships and seeking support from others can provide a sense of comfort and encouragement during challenging times.

Remember to be gentle with yourself and practice self-compassion as you navigate obstacles and setbacks on your wellness journey.

Trust that your support network is there to uplift you and guide you through difficult moments.

Strength in Unity

Collaborative support systems are the backbone of our journey towards wellness. When we come together with others who share our goals and dreams, incredible things can happen.

It's like having a team of cheerleaders in your corner, rooting for you every step of the way.

And when the going gets tough, they'll be there to offer a helping hand or a listening ear.

Encouragement and motivation from others can be a powerful force in pushing us to be the best version of ourselves.

Whether it's a friend celebrating your small wins or a mentor guiding you through challenges, having that external support can make all the difference. Remember, we don't have to do this alone – strength comes in unity.

Collective empowerment and growth are the fruits of a supportive community. When we lift each other up, we all rise together. By sharing our experiences, knowledge, and resources, we create a ripple effect of positivity and progress.

Together, we can achieve so much more than we ever could on our own.

So let's join hands, stand tall, and conquer our wellness goals as a united front.

Nurturing Relationships

Cultivating positive connections is like tending to a garden - it requires care, attention, and nurturing. By investing time and energy into your relationships, you

can create a thriving network of support that sustains you through life's ups and downs.

Offering support to others is just as important as receiving it. When you open yourself up to being there for those around you, you not only strengthen your bonds, but also create a reciprocal flow of encouragement and care.

Building a circle of trust and understanding involves being vulnerable and authentic with those in your network. By sharing your joys, struggles, and aspirations, you create a space for genuine connection and empathy to blossom.

Remember, relationships are like plants - they need regular watering and sunlight to flourish. Take the time to nurture your connections, and watch as they grow stronger and more resilient with each passing day.

OVERCOMING OBSTACLES AND SETBACKS

We all face hurdles on our journey to wellness—unexpected challenges, lapses in motivation, and the overwhelming flood of health information online. It's easy to feel like you're losing ground, but it's in these moments that the principles of self-care and self-compassion become crucial. Let's explore practical strategies for navigating these common obstacles with grace and resilience.

In your journey to health and wellness, you'll undoubtedly encounter obstacles and setbacks.

Whether it's a sudden loss of motivation, the overwhelming flood of health information, or a physical setback, these challenges can seem daunting. However, with the right mindset and strategies, you can navigate these hurdles with resilience and grace. This chapter will help you understand how to deal with common obstacles, maintaining a mindset of self-care and compassion throughout your journey.

Dealing with Lack of Time and Motivation

Time Management Strategies:

Finding time for wellness can be challenging, especially with a packed schedule. Consider these strategies to make wellness a feasible part of your day:

- **Evaluate and Prioritize:** Assess your daily tasks and responsibilities. What are essential, and what can be delegated or eliminated? Prioritizing activities can free up time for

your health and wellness.

- **Incorporate Activity Bursts:** If scheduling longer activity sessions is difficult, try integrating short, intense bursts of exercise throughout your day. A 10-minute high-intensity workout in the morning, a brisk walk after lunch, and some stretching in the evening can collectively contribute to your fitness.
- **Use Technology:** Leverage apps that help manage your time or set reminders to move, drink water, or take mental breaks. Technology can be a great ally in keeping you on track.

Boosting Motivation:

Motivation waxes and wanes. Here's how to keep it going:

- **Set Clear, Achievable Goals:** Start with small, manageable goals that you can build upon. Achieving these can boost your confidence and motivate you to set bigger challenges.
- **Find Your Why:** Remind yourself of the reasons you started on this wellness journey. Whether it's to feel better, improve health, or be active with your kids, keeping these reasons front and center can help you stay motivated.
- **Reward Yourself:** Set up a reward system for reaching your wellness milestones. Whether it's a spa day, a new book, or a special meal, rewards can provide additional motivation to reach your goals.

Navigating Health Information Overload with a Self-Care Mindset

The amount of health and wellness information available can be overwhelming. Here's how to manage it:

- **Be Selective:** Identify a few trusted sources and stick to them. This could be a healthcare professional, accredited health websites, or well-reviewed books and publications.
- **Schedule Your Research:** Allocate specific times for health research to prevent it from overtaking your life. Perhaps set aside an hour each week to update yourself on new findings or explore interests.
- **Practice Mindful Consumption:** Approach health information with mindfulness. Ask yourself whether the information serves your goals or creates

unnecessary stress. If it's the latter, it's okay to step back and focus on what truly benefits you.

Rebounding from Setbacks While Maintaining Self-Compassion

Recognizing and Addressing Setbacks:

When faced with a setback, the first step is to recognize it without judgment. Here's how to proceed:

- **Reflect and Learn:** Take time to reflect on what led to the setback. Understanding its causes can help you plan to avoid similar situations in the future.
- **Adapt Your Plans:** Sometimes, setbacks require us to rethink our strategies. Maybe you need a different approach to exercise due to an injury, or perhaps adjusting your diet to better fit your lifestyle. Flexibility is key to maintaining progress.

- **Seek Support:** Don't hesitate to reach out for help. Whether it's professional advice from a coach or therapist, or simply talking through your challenges with friends or family, support is vital.

Fostering Self-Compassion

Self-compassion is essential, especially when facing setbacks. Here's how to cultivate it:

- **Be Kind to Yourself:** Speak to yourself like you would to a friend in a similar situation. Offer words of encouragement rather than criticism.
- **Celebrate Small Victories:** Every small step forward is progress. Celebrate these, as they accumulate into significant changes over time.
- **Allow Time for Recovery:** Whether it's bouncing back from an injury or regaining

mental health, give yourself the grace to recover at your own pace. There's no rush in the journey to wellness.

Overcoming obstacles and setbacks is part of everyone's wellness journey. By managing time and motivation effectively, navigating information with a critical yet open mind, and treating yourself with compassion, you can sustain your health and wellness goals. Remember, each challenge is an opportunity to learn more about yourself and to refine your approach to health. Embrace these lessons, and let them guide you to a more mindful, healthful life.

TRANSFORMATION STORIES

***REAL-LIFE INSPIRATION: HEAR
FROM INDIVIDUALS WHO
HAVE UNDERGONE SIGNIFICANT
TRANSFORMATIONS IN THEIR LIVES***

Jenny's Journey to Wellness and Self-Care

Jenny, a 45-year-old mother of two, shares her story of transformation after prioritizing her own wellness and self-care. Overcoming years of neglecting

her health, Jenny found inspiration in small daily habits such as meditation and gentle exercise.

Through consistency and self-compassion, Jenny learned the importance of putting herself first and the positive impact it had on her overall well-being.

Lessons Learned:

- Self-care is not selfish but essential for a fulfilling life.
- By taking small steps towards prioritizing her wellness, Jenny experienced increased energy, mental clarity, and emotional resilience.
- Self-love is the foundation for any meaningful transformation and that even the smallest acts of self-care can lead to significant changes over time.

Tips for Your Journey:

- Start with simple self-care practices that

resonate with you personally. Whether it's a daily walk in nature, a nourishing meal, or a few minutes of mindfulness, finding what brings you joy and peace is key.

- Surround yourself with supportive individuals who uplift and encourage your wellness journey, and remember that progress is a process - celebrate each small victory along the way.

Maria's Journey to Mindful Eating

Maria, a 52-year-old school teacher, struggled with yo-yo dieting for decades. After turning 50, she decided to shift her focus from dieting to mindful eating.

She started listening to her body, eating slowly, and choosing foods that nourished her body and soul.

Lessons Learned:

- Listen to your body. Maria learned that her body gave her cues about hunger and fullness, which she had ignored for years.
- Quality over quantity. Focusing on the quality of food rather than calorie counting led Maria to enjoy her meals more and feel satisfied.

Tips For Your Journey:

- Start small. Begin with one meal a day where you eat mindfully, without distractions.
- Be Patient With Yourself: Change takes time, and it's okay to have days where things don't go as planned.

Lisa's Home Fitness Transformation

Lisa, a 47-year-old graphic designer and mother of two, found herself at her heaviest after years of

neglecting her own health. With a busy schedule, she felt she couldn't make time for the gym.

She decided to start a 15-minute bodyweight workout at home. Over time, she increased her workout duration and intensity and incorporated resistance bands and light dumbbells.

Lessons Learned:

- Consistency is key. Even short workouts can lead to significant changes when done consistently.
- Find what you enjoy. Lisa discovered that she loved the flexibility of home workouts and experimenting with different types of exercises.

Tips For Your Journey:

- Schedule your workouts. Treat them like any other important appointment.

- Involve your family or friends:
Accountability and support can significantly boost your motivation and commitment.

Elaine's Wellness Community

At 55, Elaine felt isolated in her wellness journey. She started a local walking group by posting on community boards.

What began as a small group of women walking together turned into a supportive community sharing recipes, workouts, and self-care tips.

Lessons Learned:

- Community matters. Having a support system can make a huge difference in maintaining motivation and accountability.
- Taking the first step. Sometimes, you need to be the one to initiate the change you wish to see in your life.

Tips For Your Journey:

- Look for communities. If you can't find a group that fits your needs, consider starting one. Social media and community boards are great places to start.
- Be Open. Share your goals and struggles. You'll be surprised how many are willing to support you.

**Sara's Approach to Overcoming
Information Overload**

Sara, 48, felt overwhelmed by the conflicting health information she found online. She decided to focus on foundational health principles: eating whole foods, moving daily, and ensuring plenty of rest.

She learned to filter information and trust reputable sources.

Lessons Learned:

- Simplicity works. Simplifying her approach helped Sara focus on what truly mattered for her health.
- Trust reputable sources. She learned to seek information from credible, science-backed sources to guide her decisions.

Tips For Your Journey:

- Focus on the basics. Nutrition, movement, and rest are the core pillars of health. Start there and build up.
- Find trusted experts. Look for professionals with credentials and a history of providing sound, evidence-based advice.

These transformation stories showcase the power of small, consistent changes, the importance of community, and the value of focusing on foundational health principles.

Each journey is unique, but the lessons learned and tips shared can inspire and guide anyone looking to embark on their own path to wellness.

Finding Your Own Journey: *Discover how these transformation stories can resonate with your own experiences and inspire you to take steps towards your personal growth and fulfillment*

Transformation stories are not just tales from someone else's life—**they carry the power to resonate deeply with our own experiences and aspirations.**

As you immerse yourself in these narratives of growth and change, you may find echoes of your own journey reflected back at you.

You might see glimpses of your struggles, your victories, and the wisdom you've gained along the

way. These stories serve as beacons of inspiration, guiding us towards our own paths of transformation.

By embracing the lessons and insights shared by others, you can ignite a spark within yourself to embark on your own journey of self-discovery and fulfillment.

Embracing Change: Explore The Power of Embracing Change and Committing to Your Own Transformation Journey

Change can be scary.

It can push us out of our comfort zones, make us question our choices, and force us to confront our deepest fears. But change is also the gateway to growth, transformation, and a more fulfilling life.

By embracing change and committing to your own transformation journey, you open yourself up to a world of possibilities.

Obstacles will undoubtedly arise along the way. It's natural to face resistance, doubt, and setbacks as you embark on a journey of change.

But remember, every obstacle is an opportunity for growth. Instead of letting obstacles hold you back, see them as challenges to overcome and learn from.

Setting goals is crucial in navigating your transformation journey. Clearly define what you want to achieve and break down your goals into manageable steps. Celebrate each small win along the way to keep yourself motivated and inspired.

Staying motivated throughout your transformative process requires perseverance and self-compassion. Be kind to yourself, acknowledge your progress, and stay focused on the bigger picture.

Surround yourself with supportive individuals who understand your journey and can cheer you on when times get tough.

Remember, change is a process, not a destination. Embrace the journey with an open heart and a curious mind. Stay committed to your growth, embrace the challenges that come your way, and watch as you transform into the best version of yourself.

YOUR NEXT STEPS

REFLECTING ON YOUR PROGRESS

As you continue your wellness journey, remember to approach it with confidence and self-care at the forefront.

Take a moment to look back on how far you've come and celebrate the progress you've made.

Whether you've made small changes or big transformations, every step forward is worth recognizing and honoring.

In this phase of reflection, consider the resources available to you for further learning, support, and self-care practices.

There are countless books, podcasts, online communities, and wellness experts ready to guide you along your path.

Embrace these resources and leverage them to deepen your understanding of your own journey and discover new ways to nurture your well-being.

Your story of wellness and self-care has the power to inspire and empower others. By sharing your experiences, struggles, and victories, you not only validate your own growth but also offer hope and guidance to those who may be on a similar path.

Your openness and honesty can create connections with others and build a community of support and encouragement.

Reflect on how your wellness journey has shaped you, guided you, and empowered you. Embrace

the progress you've made and look forward to the continued growth and transformation that lies ahead.

By reflecting on your progress, you affirm your commitment to self-care and validate your ability to create a life filled with well-being and fulfillment.

Setting New Goals and Intentions

Now that you've taken the time to reflect on how far you've come in your wellness journey, it's time to look ahead and set new goals and intentions for yourself.

This is an exciting opportunity to define what you want to achieve and focus on moving forward with purpose and determination.

Think about the areas of your life where you feel there is room for improvement or growth. Consider your physical health, mental well-being, relationships, career, and any other aspects that are important to you.

What are your aspirations and dreams for each of these areas?

Once you have identified your focus areas, it's time to establish clear, actionable goals that align with your vision for a fulfilling and healthy life.

Break down your goals into manageable steps and set realistic timelines for achieving them. Remember, small, consistent actions can lead to significant results over time.

In addition to setting specific goals, define your intentions for the coming months.

Intentions are like guiding principles that help you stay aligned with your values and desires. They can serve as a compass, directing your thoughts and actions towards your desired outcomes.

As you set your new goals and intentions, consider the importance of balance and self-compassion.

Be kind to yourself as you strive for growth and progress.

Celebrate your achievements along the way, no matter how small, and be gentle with yourself when faced with challenges or setbacks.

By setting new goals and intentions, you are creating a roadmap for your future well-being and happiness. Stay focused, stay committed, and trust in your ability to create the life you desire.

Your journey to wellness is an ongoing process, and every step you take brings you closer to a more vibrant and fulfilling life.

Implementing Practical Strategies

Explore different wellness practices and self-care techniques that resonate with you. Consider activities that bring you joy, peace, and a sense of well-being.

This could be anything from yoga and meditation to journaling, spending time in nature, or engaging in a creative hobby.

Experiment with different strategies and see what works best for you.

Create a personalized action plan that fits seamlessly into your daily routine. Schedule time for self-care activities just like you would any other important commitment.

Whether it's carving out 20 minutes for a morning meditation session or setting aside an hour for a relaxing bath in the evening, prioritize your well-being and make it a non-negotiable part of your day.

Commit to taking concrete steps towards achieving your goals and living your best life. Start small and build momentum as you progress.

Remember that self-care is not selfish - it's essential for your overall health and happiness. Keep track of your progress, celebrate your successes, and be gentle with

yourself on days when things don't go as planned.

Your wellness journey is a marathon, not a sprint.

CREATIVITY AND PLAY

SPARKING JOY AND EXPLORATION IN MIDLIFE

Embracing Your Inner Child

Remember when you were a kid and everything seemed magical?

The world was full of wonder and imagination, and every day was an adventure waiting to be had.

That sense of joy and playfulness doesn't have to disappear just because you're an adult. In fact, embracing your inner child can be a powerful way

to reconnect with your creativity and find renewed passion in life.

Take a moment to think about the things that brought you joy as a child. Maybe it was painting, playing make-believe, or building forts out of blankets and pillows.

Whatever it was, try to bring some of that childlike wonder into your daily life.

Give yourself permission to play, explore, and have fun without worrying about being "*grown-up*" or "*serious*."

Engaging in playful activities can not only bring a sense of joy and lightness to your days, but can also help reduce stress, boost creativity, and improve your overall well-being.

So go ahead, pick up that paintbrush, dig out your old Lego set, or spend an afternoon cloud-watching.

Embrace your inner child and let your imagination run wild.

Exploring New Passions

Life is too short to only stick with what you know and miss out on all the exciting possibilities waiting to be explored. It's time to shake things up, break free from routine, and dive into the world of new passions.

Think of it as your personal treasure hunt, where you get to uncover hidden gems that light up your soul and bring a whole new level of excitement to your life.

Whether it's learning a new skill, picking up a new hobby, or delving into a passion you've always been curious about, this is your time to let go of inhibitions and embrace the thrill of discovery.

Stepping into the realm of new passions is like opening a door to a world of endless opportunities.

It's about giving yourself permission to explore, experiment, and engage in activities that not only

challenge you but also bring you immense joy and fulfillment.

Remember, it's never too late to ignite that spark within you and embark on a journey of self-discovery through new experiences.

The beauty of exploring new passions lies in the sense of wonder and excitement that each new venture brings. It's a chance to tap into your creativity, unveil hidden talents, and uncover parts of yourself that you never knew existed. So, don't be afraid to take that leap of faith and immerse yourself in something entirely different, whether it's painting, pottery, photography, or even skydiving - the choice is yours!

As you venture into the realm of new passions, be open to the unknown and embrace the process of learning and growth.

Allow yourself to make mistakes, take risks, and enjoy the thrill of diving into uncharted territory.

Remember, it's not about being perfect or mastering a new skill overnight; it's about the journey, the experiences, and the joy that comes from trying something new and expanding your horizons.

So, go ahead, follow your curiosity, listen to your heart, and set out on a journey of exploration and self-discovery.

Who knows what wonders you may uncover, what passions you may ignite, and what dreams you may unleash?

Imagine what excitement could come from those new discoveries!

The only way to find out is to take that first step and dive headfirst into the world of new passions.

Cultivating a Creative Mindset

Fostering a creative mindset involves breaking free from self-imposed limitations and allowing yourself the freedom to explore new possibilities.

It's about embracing curiosity, taking risks, and learning to see the world through fresh eyes.

When you cultivate a creative mindset, you open yourself up to a world of inspiration and innovation. It's about recognizing that creativity is not just for artists or writers - it's a fundamental part of being human.

By approaching life with a sense of wonder and openness, you can tap into your innate creativity and discover new passions and interests.

So, don't be afraid to experiment, make mistakes, and let your imagination soar.

Remember, the most creative minds are those that are willing to embrace the unknown and see where it leads them.

CONCLUSION: YOUR PERSONALIZED PATH TO LASTING HAPPINESS

REFLECTING ON YOUR JOURNEY

Looking Forward To A Lifetime Of Health, Happiness, And Self-Compassion

As you take a moment to reflect on your journey through this book, consider the progress you've made and the achievements you've celebrated.

Think about the moments of clarity and insight that have illuminated your path towards wellness.

Remember the breakthroughs that have shifted your perspective and allowed you to embrace new possibilities.

Through self-reflection, you've recognized the importance of taking care of yourself. You've learned that self-care is not a luxury but a necessity for maintaining balance and well-being.

It's about honoring your needs, setting boundaries, and prioritizing your emotional, mental, and physical health.

As you look back on your journey, remember that this is just the beginning.

You have the power to shape your future and create a lifetime of health, happiness, and self-compassion.

By continuing to set intentions for your well-being and committing to actionable steps and goals, you pave the way for a fulfilling and joyful existence.

Embrace the lessons learned, carry them forward with gratitude, and step confidently into a future filled with boundless possibilities.

Setting Intentions For The Future: Creating Actionable Steps And Goals To Continue Their Path Towards Lasting Happiness

As you look back on your journey so far, take a moment to acknowledge how far you've come and the progress you've made.

- Reflect on the key insights and breakthrough moments that have shaped your wellness journey.
- Now, it's time to shift your focus towards the

future and set intentions that will guide you towards lasting happiness.

- Think about what you truly desire in your life and how you can align your actions with your goals.
- Consider what brings you joy and fulfillment, and how you can incorporate more of those aspects into your daily routine.
- Setting intentions is not just about goal-setting; it's about creating a roadmap for how you want to live your life moving forward.

Self-reflection plays a crucial role in this process. Take the time to assess what is working well for you and what areas could use improvement.

By understanding yourself on a deeper level, you can set intentions that are authentic to who you are and what you value.

When setting intentions, think about both short-term and long-term goals. Break down your objectives into actionable steps that you can start implementing today.

These steps should be realistic and achievable, yet also push you out of your comfort zone to promote growth and transformation.

Remember that self-care is a fundamental component of maintaining a positive and fulfilling lifestyle.

Prioritize your well-being and incorporate self-care practices into your daily routine. This can include activities such as meditation, exercise, journaling, or spending time in nature.

As you set your intentions for the future, embrace the joy of personalized wellness.

Celebrate your uniqueness and individuality, and recognize that your path to lasting happiness is a personal journey.

By aligning your intentions with your values and desires, you can create a roadmap that will lead you towards a fulfilling and joyful life.

Embracing The Joy: Celebrating Your Uniqueness And Individuality In Your Wellness Journey

In your wellness journey, it's essential to remember that you are unique. Embrace your individuality and celebrate the qualities that make you who you are.

Self-acceptance is key to long-term happiness and well-being.

By acknowledging and appreciating yourself, you can cultivate a positive mindset and create a strong foundation for your overall wellness.

Self-care practices play a crucial role in sustaining your happiness. Taking time for yourself, whether it's through meditation, exercise, or simply indulging in

activities you enjoy, is a powerful way to nurture your mind, body, and soul.

Prioritize self-care as a non-negotiable part of your routine and notice how it uplifts your spirits and enhances your well-being.

Remember that personalized wellness is not a one-size-fits-all approach. It's about finding what works best for you and tailoring your habits and routines to suit your unique needs and preferences.

Listen to your body, honor your instincts, and make choices that align with your values and goals.

By embracing the joy of personalized wellness, you can create a lifestyle that not only supports your health but also brings you fulfillment and happiness.

WHY YOU MIGHT WANT TO HIRE A COACH

Coaching, in its modern format, has been around since the late 1990s. People still think of it as something new, but in reality, coaching has been around for millennia. There has never been a period in the history of humanity where coaches did not exist.

Sure, it might have looked a little different, but coaching is as old as the hills. Modern day coaching may be more refined and a lot more commercially viable, but the principles remain the same.

What Does a Coach Do?

Coaches have the skills and knowledge to advise, support, and encourage their clients.

They help them to:

- Make sound decisions
- Take effective actions
- Resolve their challenges in the most efficient way possible
- Learn from the process, so they can repeat it whenever they want
- A coach also has the ability to remain detached from the issues at hand.

Consider the wise words of Albert Einstein:

“We cannot solve our problems with the same thinking we used when we created them.”

Time Is Money

In the modern era, in life and business, time is money. There's an ever-increasing amount of cooperation and collaboration going on both in businesses and in people's private lives. We need to figure things out almost on the fly these days while dealing with different time zones and cultures.

Everyone has their own unique issues to handle alongside everything else that needs to be accommodated, and then there's the technology we all use to connect with everybody and everything.

Life is definitely more complex today, and it certainly seems to speed up every time you turn around. It doesn't take long before we begin to have thoughts of overwhelm and burnout on our minds.

The question we need to ask ourselves is this: "How long can I justify spending time and money on this issue trying to figure it out for myself, knowing what Albert Einstein said about problem solving?"

If having a coach could save you time and money, it would be ridiculous NOT to hire one, wouldn't it?

Throughout history, every King has had an Advisor (Coach) in every culture. Every military leader has had a Strategist (Coach), every World Class Athlete has had a trainer (Coach), and every Entertainer has had a Manager (Coach).

Who Hires a Coach?

The only conclusion we can draw from the history of coaching is that **the people who hire a coach fall into two camps:**

- People who are at the top of their game and want to stay there, or
- People who aspire to be at the top of their game and want to get there as fast as they can

Many people will say that they want to change themselves, their life, their job, or their circumstances, but in real terms, they are fearful of change. They delay, procrastinate, and make excuses. They lack self-confidence and the drive to follow through. It's human nature. It's what ordinary people always do.

People who hire a Coach are not ordinary people.

They are inspired and have vision. They embrace change and are prepared to get fully engaged in making positive changes in their life. Plus, they don't want it to take forever!

They have a sense of urgency, and they want someone they can lean on, confide in, use as a sounding board, and rely on to help them make the inevitable tough decisions that they can see on the horizon.

People hiring their first coach are often racked with pessimism. They think, "*What if I waste my money?*"

Consider that, before you hire a coach, you're already wasting time, which is the same as money, and you

lack the resources to resolve the issues at hand. **It would cost you less to hire a coach** and find out first-hand and NOW how unbelievably useful a coach can be.

People who are hiring their second or subsequent coach have no pessimism. What they are looking for is the perfect fit for them and the circumstances they find themselves in.

Within reason, money is not the issue and they never think about the possibility of wasting it.

Their main concern is finding the RIGHT coach and then hoping that the coach they choose has a spot left open where they can be accommodated, and if they can start today.

Is Hiring a Coach Right For You?

Maybe. Maybe not.

- Are you at a point where NOT taking action is costing you time and money?

- Do you feel stuck in your struggles?
- Could you use encouragement and sage advice in moving forward?

If you answered “yes” to any of these questions, perhaps a coach can get you moving in the right direction to help you create the life you desire - and sooner rather than later.

If hiring a coach seems right for you, or you're not sure if hiring a coach is the best path for you, feel free to **schedule a free call with me** at <https://wix.to/7H7Ao32>. I'll help you determine if it's the right decision for you. No risk, no obligation. Just me helping you determine your best course of action.

WHAT TO DO NOW...

***HERE'S HOW TO GET STARTED ON
THAT HEALTHY AND EMPOWERED
LIFE YOU'VE ALWAYS DREAMED OF...***

WE'VE REACHED THE END of our time together, my friend. I sincerely hope that you've benefited from reading my book in more ways than one.

The next step for you is simple:

Get started!

Taking action is your immediate step.

Nothing happens until you make it happen. You now have everything you need to add health and fitness into your life.

Still not sure of where to start, or exactly what to do?

I'm more than happy to help you get everything in place, and get you that health and fit body.

If you'd like me to help, reach out to me by scheduling a free call with me at <https://wix.to/7H7Ao32>.

If you enjoyed this book, you'll do even better with me leading the way.

I'm good at what I do, just like you're good at what you do.

Instead of trying to figure everything out yourself, let me help you dial in your new health and nutrition program. I help folks just like you find the time to add health and fitness into their lives. And stick to it.

Step 1: We spend time together outlining and developing your exercise program, nutrition, and

overall strategy to fully dial in the perfect solution for you and the time you have.

Step 2: We begin integrating your new and healthier habits into your busy schedule.

Step 3: We dial everything in from your workouts, to your nutrition, to making adding more healthy habits into your busy life a walk in the park.

Step 4: Once we have your habits down pat, we monitor everything to ensure everything is working seamlessly to get you the greatest results in the shortest time.

Most women think it takes years of hard work and countless hours of meal prep to get or stay healthy and fit.

Truth is, my done-with-you program is designed to make it an easy and stress-free transition for you, so we give you everything you need to ensure your success in the shortest possible time.

If you're ready to add a wellness program into your life that gets twice the results in half the time, let's get on the phone for a short phone call with me by going to <https://wix.to/7H7Ao32>.

ABOUT THE AUTHOR

WHO IS CASSANDRA "CASSI" SCHMIGOTZKI?

In a world brimming with wellness gurus, self-help books, and advice columns, few are as distinctively valuable as Cassandra “Cassi” Schmigotzki’s contribution. A wellness coach based in Titusville, FL, Cassi is a beacon of hope for women navigating their midlife, grappling with health, time, and happiness management.



Cassi's philosophy is remarkably simple yet radical: self-care isn't selfish; it is essential, and it is personalized. It's a message that challenges societal attitudes that often label self-care as indulgence or narcissism. She presents self-care as an essential act of survival, self-love, and a prerequisite for success in other life aspects.

Cassi is the driving force behind "Brand New Me Wellness," a wellness coaching initiative for women. Her programs, including the game-changing "The 60-Day Self-Care Revolution," introduce a structured journey towards a healthier, happier, and more fulfilling life.

The principles and concepts shared by Cassi are not mere theories. They are a testament to her commitment to transforming the lives of women who, like her, aspire to lead a balanced and fulfilling life. She understands the challenges women over 40 face, making her a trustworthy guide for those seeking life transformation.

In her journey, Cassi has repeatedly proven that age is no barrier to radical change. Her book, her life, and her programs are testimonials of her belief in the transformative power of self-care.

Let Cassi guide you. She will help you traverse the uncharted waters of midlife, enabling you to thrive in your personal and professional life. After all, it's high time we understood, accepted, and preached that self-care is not selfish; it is an act of self-love.