

The Warrior Woman's

5 Daily Healthy Habits

e-book



Over 40, Fit & Fabulous

Mastery Program for women

A Message from Karen

Ah yes, it's time to get serious with our life, and that means managing our fitness AND our eating! Sometimes it can be a bit overwhelming, yes?



In today's world of instant information, and in our fitness / healthy eating-crazed society, it's become such a marketing game out there, hasn't it? Every day we are bombarded with a new supplement or weight loss aid promising, well, the world. There are endless programs to help you achieve the coveted '6-pack abs', and everyone seems to want to 'label' how they eat, ..."I'm Paleo / vegan / lacto-vegetarian / pescatorian",..? Huh?

In this booklet, I outline our basic principles here, based on my popular MASTERY program, principles that I know WORK, especially for the female physique, and especially as we age! WE all need a guiding light, so let these be yours.

In all my programs, we focus on GUIDING STEPS, based on daily HABITS, that you can incorporate into your life. Then from there, you grow into them, and get deeper into the lessons, as you spend more time practicing them, AND you come to know your body's individual needs and preferences. These HABITS are re-instated and supported day after day, through repetition. After all, "repetition is the mother of skill," as they say.



Any new lasting HABIT requires the need to take ACTION (forget the 21-day-to-learn-a-new-habit rule...that's FALSE!), consistency, attention and support.

We are excited to support you in your healthy living journey!

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The Warrior Woman's
5 Daily Healthy Habits
to live by!



HABITS repeated day in, day out, create a new LIFESTYLE!

They become a guiding philosophy and a way of living that keeps you on track, moving forward, progressing and excited about the changes happening, excited about LIFE!

As you get deeper into any of my **Warrior Woman Programs**, you will soon find that we have our own philosophies and ways of doing things. We break a wee bit from traditional thoughts, because the 'industry' isn't giving us the real goods (they likely don't know how!), and there is so much trendy info, and marketing hype that it's hard to tell truth from un-truths. But with 35+ years in this business, I have come to know what TRULY works, and what is simply regurgitated nonsense (and there is A LOT of that out there!).

Habit #1: Turn off the Noise!

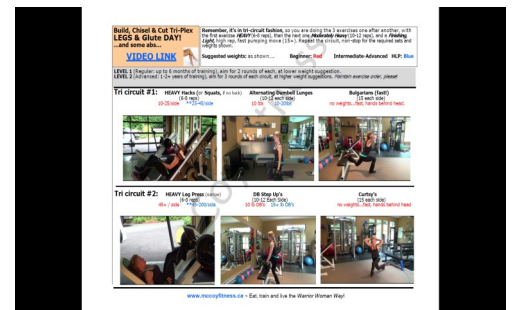
The first thing I ask is that you turn off and away all the noise out there...Google, friends and family that are always giving you fitness and diet advice. It's important that you tune out and tune INTO our lessons! (I don't know it all, but I know a lot, and I need your undivided attention. Focus and critical thinking are being lost on today's generation, so it's important that you maintain a laser focus and commit to the lessons and the process...at least for the next 10 weeks.



Being focused and committed to a single path is paramount to your success, in order to make inroads in changing your habits and creating a new, fresh way!

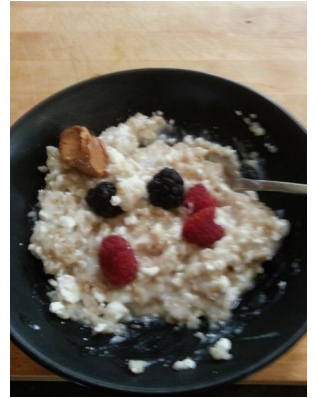
Habit #2: TRAIN!!

Ah yes, we all want to jump to the menu plans, yes? Not us! For us, we start moving our bodies. So schedule in your training! Allow yourself 45+ minutes at each session, 3-5 days a week. So whatever workout program you are on, whether it's with us or you are training with another trainer, move that lovely body of yours! Start NOW! Training also sharpens your eating, because you are less likely to eat poorly if you have put that effort into training. See how this works now?



Habit #3: EAT a protein-rich Breakfast

We call this 'Pinning your day'. There's no two ways about it, **you've gotta fuel up first a.m.** (or within 1 hour of getting out of bed). The science is in, but despite all that, it helps you to increase your metabolism for the rest of the day, and helps to fuel your training, and build shapely, sexy muscle! But **WHAT** you eat is important—it's gotta have the 3 macro's in it: 20+ grams of protein, the same for carbs, and a wee bit of fat (like some peanut butter! Yum!). More on this in the Challenge...



Habit #4: Join our Facebook page!

Let me ask you a few questions: Are you committed to changing your life? Are you ready to show up and be accountable? And are you ready to be supported in your new healthy living Lifestyle? **Do you want to see RESULTS?**

Ninety percent of all LIFESTYLE newcomers do NOT see long lasting results because they don't feel supported (or they pull away from that support). We are HERE for YOU, to support you on your Path, so USE this valuable resource!

Our Community has been going since 2010, and we are ALL women, like you, who had to start at the beginning, and had to learn and grow as Lifestyle Athletes!

Habit #5: Use all available resources to you!

As with any successful online program, an online coaching presence IS important! It should offer Tons OF RESOURCES, and provide a forum for individual and group coaching. We simply cannot learn and grow in isolation, and the momentum through a group-based program is vital to your success! So make sure that is available to you, and that you USE it to its fullest!

Research shows that 90% of all women who partake in a fitness and health program lose momentum within the first 6 months! What is going on? Either they didn't access the resources or they weren't made available to them, so ensure you have, and use, all that is offered to you!

I promise you this: if you use all resources like a Facebook Support Community page, Live Tele-coaching Calls and any coaching sessions offered, you will be leagues ahead of ANYONE else who enters this fitness / weight loss / lifestyle game!

Thank you for taking the time to peruse my little e-book. All change starts within, and if you are ready to see where your body and life transformation starts, book a call me me! I can get you unstuck and moving in the direction of your body and life transformation today!

Here's that link! www.warriorwomanfitness.com/apply



See Your Success! Envision it...!

I like to start my day thinking about what I'm going to train, and what I'm going to eat. I go into this process the start of every day, and I teach all my women to do so. And then we expand our vision and focus on our long term goals...getting LEAN, feeling STRONG, living with food freedom and choice.....whatever it is for you!

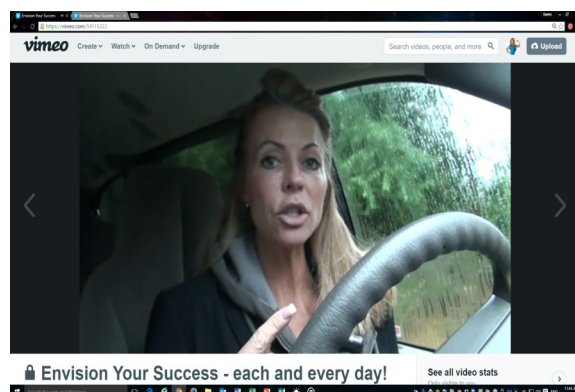
I call it **Envisioning Your Success!** It is a habit that you can easily call on at will, and you don't have to interrupt your day to do so! It becomes a natural skill, with time!

So why didn't I start my list with meditation? Would you really have listened to me, if I started a training and nutrition to-do list with meditation? You would have likely thought I was off my rocker (and likely passed over this step, to get to the 'real' goods of training and eating).

It's really important that you FOCUS on *what you want*, NOT on what you don't want. It's important you know that you simply can't 'remove' a bad habit / thought pattern. Neuro science has shown that you have to *replace* it with a positive habit / thought (nature abhors a vacuum), and FOCUS on that new thought / habit at all costs. If you start to stray or doubt creeps in, just realign, focus back in, and continue on (that's the real key to the Law of Attraction, staying with your desire, so you will have to keep returning to it, 'seeing' it, and letting go of the 'how's or the outcome. It creates that mind to muscle connection! It's about starting with the end in mind!

So, for a few minutes at the start of every day, focus on how your day will unfold. See yourself having a great workout, eating healthy foods, and seeing your body change! 'See' it as you move through the day!

The Warrior Woman works on her Spiritual side like she works on her physical and nutritional side. We know that a healthy mind and spirit are equal parts of who we are. And we nurture and feed that Spirit on a daily basis too, and it feels GREAT! **So Spirit-UP! [CLICK HERE to see how I do it!](#)**



PSST—Does this sound like YOU?

- Have you had a lengthy diet history over the years?
- Do you feel your metabolism has slowed down over the years?
- Do you find that what worked before for weight loss doesn't work anymore?
- Are you doing Keto, Fasting, Weight Watchers but still not seeing results?
- Are you an emotional eater?
- Do you have unresolved or continuous stress in your life?
- Are your biomarkers in peril- blood sugars, blood pressure, thyroid or other?
- Do you feel you've plateaued in your weight loss?
- Are you on a HIIT program or Whole-body program but not seeing results?
- Are you doing lots of cardio to try to lose weight?
- Do you see others losing weight / getting results and wonder why you are not?
- Are you experiencing hormonal ups and downs?
- Do you often feel ashamed about your body, your weight and / or your health?
- Do you often say to yourself *'I know what to do but I'm just not doing it'*?
- Are you ready to Step Out with your best Body and best Life?

If you answered *YES!* to any of the above questions, I have good news for you!

NEWS FLASH –It's NOT your Fault!...and you CAN get unstuck!

Book a **complimentary Body Breakthrough strategy** call with me and let's get you UNSTUCK!

I'd love to support you!

www.warriorwomanfitness.com/apply



A handwritten signature in black ink that reads "Ka". The signature is written in a cursive, flowing style.