



POWERFUL PROTEIN!

- The Magic Bullet! -



McCoy Fitness & Health
© 2022 All rights reserved

www.warriorwomanfitness.com

Our Macronutrients

Powerful Protein – The Magic Bullet!

The first thing we always concentrate on with our clients is their protein levels. Unfortunately, protein is usually underrated, often misunderstood, and always under-consumed. It's always interesting to see people's reactions when we tell them they need to increase their protein intake, as most people think they're taking in enough protein. But nothing could be further from the truth.



We're not getting enough Protein!

Studies show that we need minimum of 40 grams a day just to maintain normal functioning of our vital organs (even people in coma require 40 grams just to sustain healthy organ function). Yet sadly, the average woman is getting around 30 grams (men are higher, but not by much!) No wonder we have such high rates of osteoporosis, breast cancer, colon cancer, and prostate cancer which are directly related to too little protein!

Protein is critical for so many things, including proper thyroid function, healthy bones (our bones are 25% protein), balancing hormones, and steadying our sugar levels in the body, which will reduce our risk of diabetes and other insulin-dependent diseases. And protein builds the immune system, builds healthy blood, and maintains healthy muscle, ligaments, tendons and joints.

A Word about Meat

Meat (especially red meat) has been given a bad rap over the years, but in our haste to get healthy, we've thrown out the baby with the bathwater. While many health specialists tout the dangers of red meat, the problem is not in the meat itself, but the type of meat.

In commercial farming, our cattle are fed a cocktail of hormones and antibiotics their entire life. As well, most of their feed is grain and corn, which is not their natural food, and which are the largest genetically modified crops. What ends up on our plates are meats that have an unusually high saturated fat content (approximately 75%), and a low Omega 3 content (healthy fats, which are around 25%).

In traditional farming, animals are allowed to roam and to they eat their native grasses. They're not force-fed antibiotics or hormones. The result – a meat with a totally different profile. The saturated fat content is down around 23%, and the healthy Omega's are upwards of 70%. Clean, healthy, energizing. So the issue is not red meat, but what *type* of red meat we're consuming.

PROTEIN - Quick Facts



What is Protein?

Protein consists of 20 amino acids (building blocks) and it makes up 50% of our body. It's the building blocks of hormones, enzymes, muscles, ligaments, tendons, bones, organ, glands, hair skin and nails.

While the liver produces most of our body's protein, we need to get 20% from our diets. Twelve amino acids we make, but we need to get the other eight from our foods.

Why is it important?

Protein is critical for building healthy bones, immune system, organs, skin, hair , nails, and hormones, to name just a few of its remarkable properties. But it is also critical for other reasons:

- 1) **It increases your metabolism:** given its structure and thermogenic effect (rate of burn), your body has to use energy (calories) to digest it. So it's a viable weight loss food.
- 2) **It cuts the sugar cravings** by leveling out insulin and glucagon, those hormones responsible for blood sugars and cravings. So it's a great tool for weight management.
- 3) **It keeps you feeling fuller longer.** Again, another bonus in the weight loss arena.
- 4) **It makes you look good!** The first place protein deficiency shows up is on our face (wrinkles), hair (brittle) and nails (weak). With protein, it's not just about building and performance, it's about aesthetics too. It's the classic anti-ageing food!

I'm not training in the gym, so do I really need protein?

Everyone needs protein, not just those who exercise. If we don't get enough (at least 60 grams/day minimum), we experience fatigue, fogginess, weak nails, thin hair and skin, poor muscle tone, osteoporosis and increased risk for cancers and immune dysfunctions.

How much protein do I need?

There's some debate about how much protein people need, based on gender, activity, age and size. So we're just going to keep it simple for you.

For now, we want to ensure you're getting at least **80 grams a day**. This will serve most people quite nicely, regardless of age and activity level. But in reality, it's 1-1.5 gms/bodyweight pound.

When is the best time to eat protein?

First thing in the morning and after exercise. Try for a minimum of 20 grams for breakfast.

Can I eat all my protein at once?

No. The body can only absorb 20-30 grams at a time, so we need to eat it 3 to 5 times a day. And protein can't be stored in the body, so we need a constant circulating supply. We also want to eat it more often because it keeps our sugars and cravings in check. Remember, we're only as hormonally good as our last meal, so every 2-3 hours we need to replenish the protein stores.

What are the best sources of protein?

Animal sources still yield the highest biological value of any protein source, meaning, all the amino acids are in high amounts and are readily absorbable and utilized by the body.

This isn't the case with grain, legumes or vegetable protein sources. In fact, they rank quite low on the Biological Value scale which measures the quality and absorbability is low. Grains and beans rank 69 or lower (out of a total of 100), eggs are 100, milk is 91, beef is 80, beans are a distant 49. Whey is the highest at 104. Soy is 79.

Protein Chart: Aim for 80-100 grams throughout the day, to start...

Salmon (fresh/frozen) 3 oz - 17 grams	Whey Protein 1 scoop – 20-25 gms
Sockeye salmon 1 can - 17 grams	1 egg white 7 grams
Cod 3 oz – 15 grams	Skim milk 1 Cup – 12 grams
Can of tuna 170 gram can – 25 grams	Cottage cheese, lowfat (2%) 1 Cup - 31 grams
Chicken breast 4 oz – 25 grams	Cheddar, swiss, mozzarella, brick 1 oz - 8 grams
Steak 4 oz – 28 grams	Cottage cheese 1 Cup – 25 grams
Almonds, cashews, pistachios 1/4 Cup (app. 20 nuts) –7 grams	Yogurt 1 Cup – 13 grams
Sunflower seeds 1 Cup – 34 grams	Soy Milk 1 Cup – 7 grams
Peanut Butter 1 TBSP – 4 grams	Soybeans 1 Cup – 34 grams

WHAT DOES 25 GRAMS OF PROTEIN LOOK LIKE?

Food Item	Amt to make 25 gms	Calories
Whey Protein	1 scoop	100
Egg whites	5 - 7 whites	115
Low fat yogurt	2 cups / 480 ml	220
Low fat cottage cheese	1 cup / 240 ml	115
Whey protein powder	¾ cup / 80 ml	165
Soy Protein powder	1 ounce / 28 gm	112
Tofu	1 cup / 240 ml	360
Skinless turkey breast	5 ounces / 140 gm	225
Skinless chicken breast	5 ounces / 140 gm	232
Salmon	5 ounces / 140 gm	166
Tuna	5 ounces / 140 gm	155
Bison	5 ounces / 140 gm	123
Lean beef tenderloin	4 ounces / 112 gm	183
Quinoa	2 cups cooked / 480 ml	234
Almonds or pine nuts	¾ cup / 180 ml	621
Ezekiel 4:9 cereal	1 ½ cups / 360 ml	600
Soybeans / edamame	1 cup / 240 ml	254
Natural peanut butter	6 Tbsp / 90 ml	600
Almond butter	6 Tbsp / 90 ml	570
Lentils	1 ½ cups / 360 ml	265

Getting the Scoop on Protein Powders!

When you exercise, you are challenging muscle and breaking it down, and hence they are forced to make themselves a bit stronger (aka toning). This necessary repair process requires a deluge of things – vitamins, minerals, enzymes, and most of all, protein.

Because this repair process is on-going, we need a constant supply of protein circulating in our body at all times, so it's available for when our body needs it. (This is one of the reasons we recommend 3 to 5 smaller protein meals throughout the day). Protein powders are a quick and easily digestible, and they detoxify our body at the same time.

As mentioned, protein is also important for various bodily functions including maintaining strong hair, teeth and skin. Protein maintains blood, organs, and tendons, and it balances hormones (women, take note!). So protein is important for everyone - not just for athletes.

But what kind of protein powder is best? The two most popular are **whey** and **soy**, because they have a high BV (biological value - the percentage of nitrogen absorbed), which refers to your body's ability to absorb and use the protein.

Whey protein remains the most popular choice, with a biological value (BV) of 104. It also scores highest on the Protein Digestibility Corrected Amino Acid Score and the second highest (behind whole eggs) on the Protein Efficiency Ratio, industry measurements put out by the USDA.

Along with whey's superior amino acid profile, whey raises glutathione levels (a powerful antioxidant that wards off cancer, infection and viruses). Make sure the whey you choose is an 'isolate', not a concentrate form. Isolates are the highest quality, and are suitable for even the most lactose-intolerant individuals.

Soy protein is the second most popular choice in protein powders, although it has a lower biological value. This is partly due to the isoflavones (found in isolate form only) which are estrogenic and help ease PMS. Isoflavones also help to increase bone density in perimenopausal and menopausal women.

Hemp also shares the limelight as a high quality, complete vegetarian source of all amino acids, essential fatty acids (in particular Omega 3's) natural antioxidants, fiber and chlorophyll. *Edestin*, found only in hemp, is considered the backbone of our cell's DNA, which is why out of all the vegetable kingdom, hemp protein has the closest resemblance to our human protein profile.

Rice is the lowest on the bioavailability scale, and we usually recommend this lower form of protein in extreme cases of allergies or digestive issues.

What about Nuts and Seeds?

As a source of minerals and antioxidants, they rock! But they are a poor source of protein. In fact, 1 TBSP of most nut butters offers approximately 4-5 grams per serving, with lots of fat. As a snack, they're great, in limited quantities, but if you're trying to up your protein and lower your waistline, don't go nuts with the nuts.



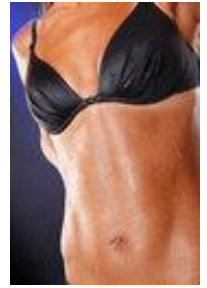
Nut / Seed / Bean / Legume	Fat %	Protein %	Carb %
Almonds	78	11	11
Cashews	73	11	16
Coconut (seed)	86	4	10
Pumpkin seed	76	18	4
Sesame seed	76	12	12
Peanuts (legume)	76	16	8
Soy (legume)	47	38	15
Garbanzo bean	11	22	67
Kidney bean	1	26	73
Lima bean	1	24	75
Split pea	1	26	73

I'm a vegetarian – Can I get my protein needs met easily?

Vegetarians often have a tough time getting a minimum of 80 grams of protein in their diet. Often they eat a lot of dairy, cheese and the like, which can be heavy in fat too! Grains, beans and vegetables are poor sources of protein as their amino acids profile is weak, so they rank quite low on the Biological Value scale (a distant 69). Vegetarians are best served by drinking one to two protein shakes a day, to ensure they're getting adequate protein.

Power Breakfasts

- *under 500 calories, ready in 15 minutes!*



Remember, the most important meal of your day is breakfast, so it's vitally important you build it properly. This includes ample protein, quality carbs and healthy fats. With these three ingredients, in the right amounts, you'll start the day with level blood sugars, increased metabolism, you'll feel full longer, you won't experience a 'dip' in your energy, and you'll be on the road to burning fat and building shapely muscle.

“I'm just not hungry in the morning. How can I eat breakfast?”

- 1) Stop over-indulging at night (by eating too much or too late - if you try going to bed with your tank half empty, you'll wake up feeling hungry).
- 2) Wait a bit before you eat (if you don't eat until an hour after getting up, that's fine. But remember not to drink your coffee until you eat, or you'll start the 'rollercoaster' of irregular blood sugars and fat storage).

All recipes have minimum **15 grams of protein**, a must in any healthy meal, and are under 500 calories. And they fit into the healthy eating goals of the **222 Clean Diet Plan**, with the proper ratio of proteins-to-carbs-to-fats. The protein is of the highest quality, the carbs are complex, live carbs and the fats are healthy mono and polyunsaturated fats, with plenty of Omega 3s and 6s.

Bon Appétit!

POWERED-UP PROTEIN SHAKE:

- 1 scoop whey protein isolate (natural sweeteners only – try Sisu, Natural Factors, PVL) – 90 cal
- 1 cup fresh or frozen blueberries – 80 cal
- ½ cup yogurt (Fraser Meadows, Saugeen or Astro) – 90 cal
- 1 cup almond breeze – 40 cal
- 1 cup water
- 1 TBSP flax oil – 125 cal
- 2 TBSB ground flax seed (can purchase pre-ground at health food stores) – 55 cal



Calories: 480

Protein: 15-20 g

Carbs: 21 g

Healthy Fats: 19 g

OATMEAL DELIGHT:

Oatmeal is one of the best fat busters as it levels out your body's sugars, helps decrease weight, lowers cholesterol, and is loaded with fiber and vitamins! Note: instant oatmeal is no match for this near-perfect food. The instant version impacts sugar levels in the body, because it's over-processed (not to mention often filled with sugar).

- ½ cup slow cooking oatmeal (dry measure) – 138
- ¾ cup water
- ½ cup fresh or frozen blueberries - 40
- ½ cup yogurt (try Fraser Meadows, Saugeen or Astro organic yogurts) - 90
- 1 TBSP almond or cashew butter - 120
- ½ banana - 45
- ½ scoop protein powder – 50



Cook oatmeal in boiling water, let cool for a few minutes, then stir in nut butter. Mix protein powder & berries into yogurt. Fold yogurt into oatmeal blend.

Calories: 483

Protein: 15 g

Carbs: 23

Healthy Fats: 12

LIGHT N' EASY EGGS:

Eggs have got a bad rap over the years, but science shows eggs are one of the most perfect proteins around. If you're worried about too many yolks, then just throw the extra ones away (or give them to your dog!)

- 2 eggs (1 yolk, 2 egg whites) – 90 cal
- 1 cup finely chopped veggies – 80 cal
- 1 oz feta cheese (it's less allergenic and fatty than regular cheese)- 75 cal
- 2 Wasa Hearty Rye crackers - 90
- ½ avocado – 140 cal



Sautee chopped veggies for 1-2 minutes, lower heat, add in mixed eggs. Just before taking off heat, fold in feta. Don't over-mix. Serve over crackers with avocado on top or on side.

Calories: 475

Protein: 17 g

Carbs: 29 g

Healthy Fats: 11 g

MORNING TUNA MELT (yes, you can eat tuna for breakfast!)

One of the most perfect proteins, tuna has been sustaining athletes for years. Remember to drain and rinse the tuna, and only choose tuna (or albacore) packed in water.



- ½ can tuna (packed in water) – 70 cal
- 1 TBSP Spectrum Mayonnaise (no trans fats, fewer sugars) – 100 cal
- 1 oz feta cheese – 75 cal.
- 2 Wasa Hearty Rye crackers, or 1 slice no-wheat bread like Irene’s or Wildfire Bakery (available at health food stores) - 90
- Topped with ½ thinly sliced avocado - 140

Mix tuna and mayo, spread over crackers, top with crumbled cheese and sliced avocado.

Calories: 475	Protein: 25 g	Carbs: 26 g	Healthy Fats: 13 g
----------------------	----------------------	--------------------	---------------------------

QUICKIE YOGURT CUP

Choose organic yogurt with ‘live bacterial cultures’ to aid digestion and build a strong immune system (in women it’s particularly beneficial in warding off yeast infections, and to offset the acidic and negative effects of NSAIDs and prescription medications).

Saugeen, Astro and *Fraser Meadows* are all good bets, and available at both Safeway and Thrifty’s.

If you’re sensitive to dairy, try Fraser Meadows Goat Yogurt. It’s gentler on the stomach and slightly tangy. Or try fermented Kefir for a healthy kick!



- ¾ cup organic unflavoured yogurt – 140
- ½ cup berries (rasp, blueberries, strawberries) – 80
- 1 TBSP flax oil - 125
- 2 TBSP ground flax seed - 55
- 1 scoop chocolate or vanilla protein powder – 90

Calories: 490	Protein: 19 g	Carbs: 23 g	Healthy Fats: 17 g
----------------------	----------------------	--------------------	---------------------------

NOT ALL PROTEIN POWDER is CREATED EQUAL

Ladies...please remember when it comes to choosing a protein powder that you want a high protein value in every scoop. What this means is...if you have a 25 gram scoop in your protein bag, you should be getting that same amount of protein in the scoop (a little less, if your protein is flavoured, because they have to make way for the flavourings that will take up space).

So....in EDGE (my protein of choice), a 28 gram scoop size yields 24 grams of protein, so it is 86% protein. (You divide it....24 divided into 28 = 86%). THIS is what we are looking for.

Many proteins have anywhere from 11-15 grams of protein in a 25 gram scoop, which yields only 60%-ish protein...so you MUST do the math, ladies.

What happens then, if it is low, women try to 'save up' and only use 1 scoop, but are getting much less protein than the suggested 20-25 grams in a serving. So they are short-changing their protein. OR, they have to double-up to get the required 25 grams, and end up going through the protein too fast (and many women slow it down, to save money. But it only shortchanges their health in the end).

A high level of whey ISOLATE (not concentrate, or not a 'blend') is what is needed, and it will SAVE you money because you will need less to yield a high protein level.

RIEN D'ARTIFICIEL
AUCUN ARÔME ARTIFICIEL, COLORANT OU EDULCORANT

Nutrition Facts	
Valeur nutritive	
Per serving (28g) / Par portion (28g)	
Amount / Teneur % Daily Value* / % valeur quotidienne*	
Calories / Calories	111
Fat / Lipides	0,5 g 0 %
Saturated / Saturés	0 g 0 %
+ Trans	0 g
Cholesterol / Cholestérol	8 mg 3 %
Sodium / Sodium	49 mg 2 %
Carbohydrates / Glucides	2.5 g 1 %
Sugars / Sucres	0g 0 %
Protein / Protéine	24 g 48 %
Calcium / Calcium	86 mg 9 %
Potassium / Potassium	225 mg 6 %

*Percent Daily Values are based on a 2,000 calories supply.
*Les valeurs quotidiennes sont basées sur un apport de 2,000 calories.



Quick n' Easy Protein Snacks

- under 200 calories, ready in 5 minutes!

Remember, it's best to eat at the same time intervals each day, whether that is every 3 or 4 hours, to keep our energy up, metabolism revved, and keep those blood sugars level.

Here are some quick, easy snacks around 200 calories for you to grab in a hurry. And remember to keep them low on the glycemic index, and no labelled foods or man-made products (no bread, crackers, muffins, bagels etc. If it's not made in nature, it's not meant for your body!). And NO rice cakes – they're high in sugars (natural sugars, yes, but still high impact) and will spike your insulin. And NO energy drinks. They're not about energy, they're about sugar.

Keep your snacks bite-sized. It is, after all, a snack, mean to keep you satiated and to keep your energy and metabolism on even ground. It's not meant to fill you up. It's not a meal. If you're full, you've eaten too much and your blood sugars will dip, signalling your body to start storing fat.

Try to include the 3 basic food groups in your snacks – protein (if even just a little), quality carbs and a bit of fat. That will ensure your metabolism is kept up, and you're sailing on calm waters.

Create a Snack Pack: Use a small bag or container with different pockets, and refer to this as your *snack pack*. Make sure it's filled before you head out the door. Then the habit is ingrained and you'll surely stay on track. Most of all, be like a **COD** fish – **C**reative, **O**rganized and **D**isciplined!



Make and Take

Remember, trying to source out healthy snacks while on the run is difficult and usually counterproductive to good health. The healthiest snacks are the ones we *make and take with us*. Bars (even seemingly healthy ones!), muffins, bagels, fruit juices (yes juices) and even some fruits will spike your insulin and blood sugars, drop your energy, slow your metabolism, turn on your fat-storing mechanisms, acidify your body, and increase your likelihood for cravings and future weight gain. So learn to prepare your own snacks in advance. It's all up to you!

Fridge Fixes

Make sure you always have some healthy snacks in your fridge or pantry for those times when you need something small and fast. It's an easy habit to get into, once you get the hang of it.

Packin' Snacks

Wrap it Up

- Take a tortilla wrap (if wheat or gluten is an issue, try brown rice wraps or Ezekiel sprouted wraps found at health food stores)
- Spread on 1 TBSP nut butter (almond, hazelnut, cashew).
- Add in thin apple slices or a banana.
- Sprinkle with cinnamon
- Roll up, cut into thirds, and enjoy!
- Total Calories – 400, so just eat $\frac{1}{3}$ or $\frac{1}{2}$ at a time.



Yogurt Cup

- $\frac{1}{2}$ cup unflavoured yogurt
- Handful of berries (strawberries, blueberries, blackberries – you can purchase frozen mixed berries at Safeway or Thrifty's.
- 2 TBSP granola or ground flax seed



Veggies n' Dip

You can purchase hummus at your local grocery store (try *Holy Hummus*).

- Bag of mixed veggies
- 3 scoops hummus

Dip and enjoy! Watch the serving sizes on this – more veggies, less dip!



Baker's Delight

One small baked potato topped with $\frac{1}{2}$ tsp dried onion flakes, mixed with 2 TBSP plain yogurt. Fast n' easy! Try it with a sweet potato too. Yum!



Banana-Almond Split

- $\frac{1}{2}$ banana sprinkled with cinnamon
- 1 tsp almond butter blended with 1 tsp plain non-fat yogurt

Dip banana in the yogurt blend, for a creamy, satisfying treat!



Ready-Made Fridge Snacks

The key to successful snacking is to have something available *before* you get too hungry. Learn to keep your fridge stocked with healthy foods at all times, so you can grab something fast and healthy.

Egg Salad Bowl

I always have a bowl of fresh egg salad in the fridge, to have a quick, protein-filled snack when I need it fast. Try making your egg salad with *Spectrum* mayonnaise from the Health Food store. There is no added sugar and no trans fats, and it tastes just like real mayonnaise. Use ¼ wrap of whole grain crackers for dipping.



Tuna Bowl

I always have a prepared bowl of tuna in the fridge for when the urge strikes. Spread on crackers or ¼ wrap for a quick, easy snack.



Boiled Eggs

I always have two or three boiled eggs on hand for a fast snack. You can sprinkle them with sea salt, or try a dash of cayenne pepper for added zest!



Protein Hit

1 scoop protein powder in ½ cup juice or almond milk to satisfy your craving, level out blood sugars, and rev your metabolism. Try chocolate or vanilla-flavoured powder. Yum!



Nut Butters – *almond, cashew, hazelnut, peanut butter (organic)*

There are about 120 calories in each TBSP, but spread on a rye, spelt or rice cracker or in a ¼ wrap and you've got a satisfying, healthy snack for under 200 calories. Throw in a small slice of banana, apple and a sprinkle of cinnamon or nutmeg.



Stir it Up

Put warmed-up left over stir fry from last night's dinner in a small wrap for a quick, easy snack.

More Smart Snacks:

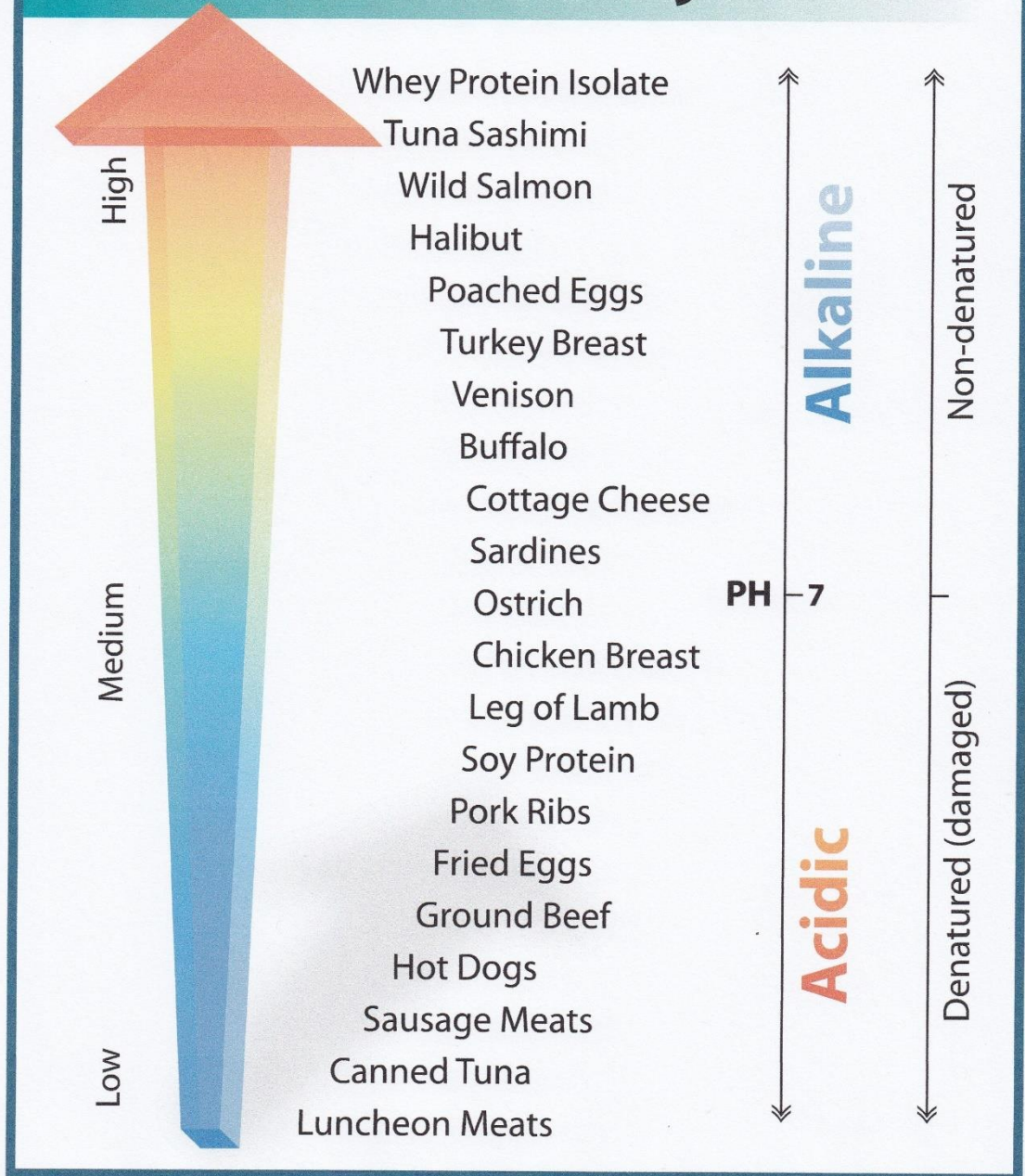
- ¼ avocado - spread on crackers with a sprinkle of feta or parmesan cheese
- Kalamata Olives – 10 will do for a nice, healthy snack.
- Fresh Nuts (not roasted) – 10-15 nuts is all you need.
- Nut Butters – 1 Tbsp will soothe that growly beast inside

Healthy Protein Bars – Most protein bars are poor choices, as they are high in sugars, carb dense and just too many calories. But there are healthy choices out there.

Try these alternatives, which you can find in any health food store. (Yes, they're more expensive, but you only need ½ the bar, as they're filling. Remember, what's an extra 50 cents when you're trying to stay off the fat-storing Rollercoaster, and stay healthy?).

- Larabar
- Elev 8 Me
- Garden of Life – Perfect Food, Fruits of life bars
- Veganique
- Vega sports bars
- Greens+
- Nutralen+
- Oskri
- Organic Food Bar

Protein Quality Chart



Protein Summary - Top 10 Tips

Summary



- 1) Protein reduces cravings, makes you feel fuller longer and balances sugars.
- 2) If protein has been low, aim for 60 grams/day, then as digestion eases, move up to **80-120** grams a day.
- 3) Make protein your **anchor** at every meal, and build your meal around it.
- 4) Two best times to eat protein is **first a.m.** and up to 1 hour after training.
- 5) Women can only absorb **20-25** grams at a time, men can absorb 35 grams (and it can't be stored in the body), so you need to eat it 3-5 times a day.
- 6) THE perfect PROTEIN is the almighty **EGG!** Love your eggs!
- 7) Nuts, seeds, grains and beans are better seen as CARBS, rather than protein. While they have protein in them, they are considered carbs first.
- 8) Whey protein *isolate* is the preferred type of dry protein, given its structure, simplicity, absorbability, alkalinity, and ability to detoxify the body.
- 9) Red meat is not the enemy, *commercial* red meat is. Choose traditional / local / organic meats at all costs!
- 10) When it comes to any meal, always ask yourself **three questions**: 1. Where's the protein? 2. How much is there? 3. Is it of high biological value (absorbable)?

Remember, PROTEIN should make up 25-30 % of your daily caloric intake!

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

 **Karen**