

SECRETS OF HAPPY HEALTHY WOMEN



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WELCOME

Congratulations on taking a step toward a new and healthier you. This is the right time for you to implement the information here. You will learn written how some of the happy, healthy, fit, and vibrant women stay that way. Were they born that way? It has been written for people who are very busy, don't have a lot of time to read and want the nuts and bolts of achieving great health and an amazing body!!

Consider this a step, into getting into the minds of healthy, fit and vibrant women. What drives them, keeps them on track, and how they think. I hope that you will find the information in this report as exciting as I did in writing it.

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Why are women so obsessed with their bodies?

Everywhere you look you see images of beautiful women promoting something you want (car, mate, jewelry, flawless skin, sparkling diamonds, sexy lingerie, elegant dresses, etc). These beautiful women have radiant skin, pearly white teeth, gorgeous hair and perfectly proportioned figures. We begin to compare ourselves with these women and find that the only way we are going to be happy or get that particular item, if we look like the air brushed women in photos plastered in magazines, on bill boards and all forms of advertisement.

Men have become so obsessed with woman's figure that women will do almost anything to have the perfect body for their mate. Unfortunately, women will starve

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themselves and then binge eat, get liposuction and try outrageous diets for temporary results. Women think about their figure and food about as much as men think about sex.



How women view their bodies

Almost every woman or young girl I have talked to has something negative to say about her body. They have more negative thoughts than positive thoughts about their bodies and verbalize it. When a woman begins to verbalize her thoughts it

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changes the body's physiology that will mirror the negative words and thoughts, such as "I'm fat", "I hate my thighs", "look at my fat butt", "I am gross". The body will act upon the chemistry of your feelings. Some of these views have also been instilled in them by their parents, siblings, their friends, Hollywood and society.

If we look at it from a different perspective like "wow, I just gave birth to a baby that was living in me for 9 months", "I just ran a marathon", "my body fought off the virus that was I was exposed to at work", we appreciate how we are wonderfully and fearfully made. I remember white water rafting when I was pregnant with my first child, running a marathon when I was pregnant with my second child, and working out on the Stair Master and running when I was pregnant with my third child and I was still able to give birth to 3 healthy children. We have to learn to eat consciously and appreciate how amazing our body is and how it works.

The more women focus on how wonderful and amazing their body is, instead of how they appear to others, the more they will appreciate their own bodies. And the more a woman appreciates her body, the more likely she will eat consciously by responding to physical feelings of hunger and fullness rather than emotions or the presence of food.



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What do healthy, fit and vibrant women do?

1. They eat 3 meals a day

A healthy, fit and vibrant woman never lets herself get hungry. She eats a healthy breakfast that includes protein to minimize sugar cravings 2 hours later. She makes sure that she stays on course because she may overeat at the next meal. Eating protein in the morning helps keep her blood sugar stable and keeps the fat making hormones from over acting.



2. Exercise

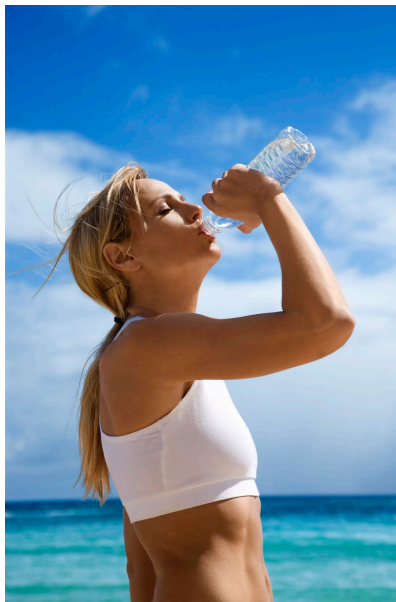
A healthy, fit and vibrant woman will exercise on a consistent basis. She will have a regular exercise regimen that includes strength training, stretching, and cardiovascular activity. Exercise is part of her lifestyle as much as water

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is needed for our bodies. She knows that by exercise she can keep her body lean, toned and stimulate her body to burn fat.

3. They are health conscious & in tune with their body

A healthy, fit and vibrant woman understands that her body is her vehicle for life and how truly amazing it is. She understands that by abusing her body it will begin to fail on her. She rarely eats out and when she does, she knows what restaurants provide healthy and nutritious options. She knows which foods on the menus are high calories and how to cut them in half by making some substitution with healthier choices. A healthy, fit and vibrant woman focuses on her health rather than her weight. She knows when her body is working optimally by getting routine diagnostic tests done and knows the numbers of her blood tests and hormones.



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4. Drink lots of water

A healthy, fit and vibrant woman chooses water as her healthy elixir. She carries a bottle of water everywhere she goes. She will drink plenty of water to stay hydrated and to avoid hunger for thirst. She will avoid or minimize coffee, alcohol, fruit juices and diet sodas because of the sugar content and artificial sweeteners that stimulate her taste buds for more sugar.

5. Gets enough sleep

A healthy, fit and vibrant woman knows that sleep is important to her health, weight and aging process. She understands the importance of “Beauty Sleep” and will keep a regular bedtime routine. She understands that if she is going to a party or deviate from her bedtime routine, she will make plans in advance to get a nap in the same day.



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6. Are consistent with their routines

A healthy, fit and vibrant woman is a great planner and plans her day. They schedule in their workouts, meals, work time, sleep, etc. They know when they are going to get their workout in, what they are going to eat, what their meals consist of. They plan for the unexpected by preparing for surprise meetings, delays at the office, store, school or the kid's ball games.

A healthy, fit and vibrant woman and unhealthy woman are always thinking of food. The only difference is the kind of food they are thinking about. A healthy, fit and vibrant woman is more conscious of what food will do **to** and **for** her body.

7. Invest in themselves & have the help of others

A healthy, fit and vibrant woman will invest time and money necessary to stay healthy and fit. Actress like *Jennifer Aniston, Madonna, Jennifer Gardner, Angelina Jolie, Reese Witherspoon, Supermodels* and *Victoria Secret* models all have trainers and health coaches to help them get fit and stay fit! They know that by seeking the guidance of others they will stay accountable, focused and will stay on the path to their desired goals. I have my coaches too!

8. View their bodies as vehicle for life

A healthy, fit and vibrant woman takes responsibility for her health and choices she makes on a daily basis. She realizes her daily decisions will have a compound effect. She realizes that over time the result will be a healthy and toned body or a diseased and pudgy body. She understands that her body is the vehicle for life and cannot be traded in for a new one and will nurture it and invest in it.

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If you would like to finally get a healthy and fit body, let Dr. Linda develop a personalized plan for you, give you the tools and teach you how to use them for life. Contact her at:

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