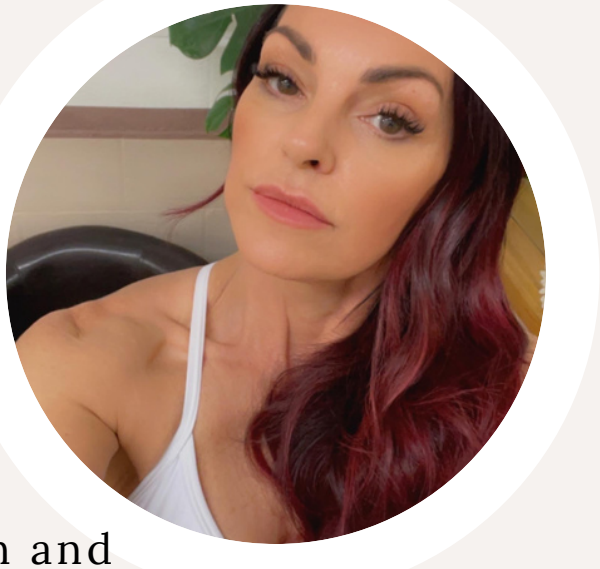
WHAT EVERY WOMAN NEEDS TO KNOW TO FEEL FIERCE AND FABULOUS

MY TOP TEN TIPS THAT YOU CAN IMPLEMENT TODAY TO FEEL FABULOUS AND FIND YOUR FIRE🔥

In this short guide I'm going to share my 10 top tips to help you look and feel fabulous

JILL LAWS PT
female fat loss coach

WELCOME



Hi There!

Hey, I'm Jill. I'm a female fat loss coach and have been working with women for over 25 years, My passion is to make women realize that life does not have to stop at 40, 50 or beyond. I want every woman to not only look amazing but to really feel amazing too. Its all too common to think that you can't lose weight as you age or get toned while going through menopause but I'm here to tell you that you absolutely can and I am proof that age is just a number. I specialize in helping women just like you to lose weight, tone up and build confidence with lifestyle coaching, and also how to keep it off for good.
(I also don't believe in diets or spend hours working out)

With the right coaching you can lose weight at ANY AGE and also change your body shape

Jill xox

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LET ME SHARE WITH YOU MY TOP 10 TIPS THAT YOU CAN PUT INTO ACTION TODAY

1. **Activity / steps**
2. **The great outdoors**
3. **Hydration**
4. **Social media**
5. **Protien/ nutrition**
6. **Self-care**
7. **Planning vs winging it**
8. **Podcasts**
9. **Better sleep**
10. **Drama**

01 *Activity/Steps*

Walking for weight loss and health is so underrated. It reduces stress levels which can sometimes be responsible for stubborn weight gain especially round the middle. So it's really important especially if fat loss is your goal to keep your step count high
(I usually set my clients at 10000 per day) So grab your dog, your friend or a stranger and get walking.

02 Vitamin D and the great outdoors

Studies show that being outside in nature is relaxing, which reduces our stress hormone cortisol. Fresh air can also reduce anxiety and raise oxygen levels in your brain, which will increase serotonin levels (your happy hormone). What a simple quick and easy way to improve your mood.

03 *Hydration*

Keeping hydrated is possibly more important than you think. Even as little as 2% fluid loss can effect memory and concentration. So keeping hydrated throughout the day will help with your digestive system, weight loss, temperature regulation, energy, skin health and kidney function. I could go on... So try getting a little extra per day and keep a bottle on the go.

04 *Screen time /Apps*

Screen time can play havoc with our self-esteem and also with our time. It's easy to just scroll away while our brains are comparing our lives to someone else's. We suck up all the negatives while wasting time where we could be doing something a lot more productive. Don't get sucked into someone else's highlight reel. Work on your own. Keep screen time to a minimum

05 *Protein/Nutrition*

Protein really is the holy grail of weight loss and so much more. Here are just a few benefits of adding more protein to your meals. It reduces hunger levels and cravings, boosts metabolism and helps with fat burning. It also lowers blood pressure and also helps to increase muscle mass. You're now in a phase of your life where you can't get away with eating crap 24/7 like you maybe did in your 20's, so be smart and nourish your body.

06 *Self-care*

As women I think we are so programmed to put ourselves last, that we tend to make sure everyone else's needs are met before our own. This often leaves us feeling worn out and slightly invisible. Try to add just one thing to your day just for you that will help you relax and reduce stress levels. A hot bath, a yoga class, even a walk to rest, restore and lower stress (cortisol) levels. This is really important if weight loss is your goal.

07 *Planning*

You've heard the phrase fail to plan, plan to fail? Well it's not too far from the truth, especially when we are super busy. If you can get into the habit of planning a few meals for the week or planning your workout in your diary, it makes life so much easier. Planning will help you start to form better habits. So instead of, "I don't have the time", you now will because you have planned it into your daily routine.

08 *Podcasts*

I love a podcast or a new play list and if this is something new to you then you have so much to choose from. Think of something you're really interested in or inspired by and get downloading. Or maybe just listen to some new uplifting music. Now apply this to something like a long walk or a workout or even something relaxing. I'm more inclined to go for a long walk when there's something I really want to listen to and the time just flies, plus I feel more energised, positive and motivated.

09 *The Drama lama*

OK this is a tricky one because we all have one or some of these people in our lives and its now time to pay close attention. Let's step away from people who bring drama into our lives. Also let's not forget social media. HELLO drama central! It is also self esteem destroying if you find yourself falling into the gloom of the comparison trap. So my advice? Limit your time around people that steel your peace and limit your time doom scrolling on social media. Hang out with the friends that lift you up.

10 *Better Sleep*

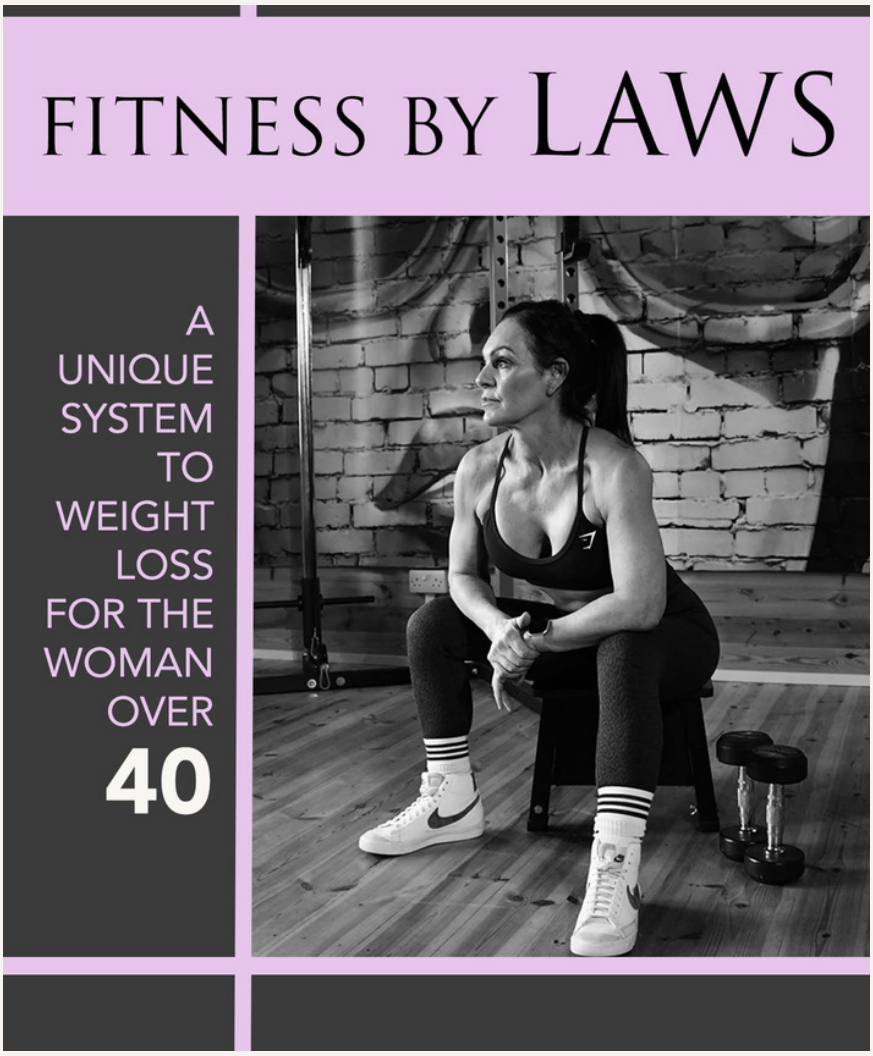
The recommended hours of sleep is between 7 to 8 hours per night although this obviously varies in most adults. Here are a few ways that may help you get better sleep. Pay attention to what you eat and drink before bed, try not to have spicy food and cut caffeine before bed time. Keep your bedroom cool,dark and restful. Cut out day time naps and keep phones and ipads out the bedroom. Exercise will also help so getting a good workout in or getting outside during the day will all help to aid a restful sleep.

WANNA LEARN MORE?

If you have any questions or would like to book a free discovery call please feel free to contact me on
jilllawspt@gmail.com
Or visit my website
www.jilllawspt.com

Remember age is just a number

P.S. BEFORE YOU GO?



I wrote a book
My Book is now available on amazon, Its a super short read and covers everything from Lifestyle to long term Weight loss.
so if you fancy a quick read just use the link below

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