



body beauty love life™

Five Mistakes Women Make That Keep Them from Feeling & Looking

Fabulous

After 50

Dear Fabulous Woman!

*Are you a Queenager 50+
who is struggling with self
image, body weight,
feeling sluggish, and
deciding whether or not it's
all downhill from here?*

*Are you ready to throw in
the towel on ever being
vibrant, healthy, fabulous
and sexy again?*

*We're about to change all
that...*

Let's get started!

Julia

MISTAKE #4

Cutting calories and no carbs = weight loss.

*Do you think eating fewer calories, **cutting out carbs** and doing more cardio will help you lose weight? Do you think this is a sustainable lifestyle?*

Did you feel deprived and restricted on such a plan? Were you prone to bingeing? Did food become a weapon against yourself?

Cutting calories - was it possible to sustain? Did you eventually go back to old eating patterns, gaining more than you lost?

*Were you doing **hours of cardio** every week thinking it would burn off the little amount of calories you were eating? Working up a sweat and not seeing results? Did you think of carbs as "bad?"*

What have you tried in the past to lose weight? How did you use calories, carbs and cardio?

A FINAL WORD

*After 50, your body changes, and needs a different approach, a new method of self care to transform into a healthy and **fit Queenager**.*

Transformation works from the inside out. Looking and feeling fabulous must live in your mindset right now, as you work to manifest it "out here."

It is the difference between knowing, doing, and being.

Knowing: we find out and then know what is required to get fit, healthy and live our best life. You begin to feel the difference in your life.

Doing: We start doing practices that will help get us there. You begin to see the difference.

Being: The real first step is in being! Be that identity of a strong, fit, amazing woman inside **right now**. You become the Shapeshifter!

Don't ever underestimate what your physical body - Chariot of the Soul - is capable of and how mindset is the most powerful tool of your transformation.

You can **Feel FABULOUS, Look FABULOUS, and Be FABULOUS** no matter your age or current condition! It goes much deeper than what your body looks like.

You can live in that reality right now.

All your choices will align with this new you.

The only obstacle is yourself.



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About JULIA LINN



Julia reclaimed her health starting at age 62 in 2019 with focused weight lifting, cardio & a macronutrient nutrition plan. It took two years for her to completely transform in body, mind & spirit.

In the summer of 2021 she entered two NPC Masters Bikini bodybuilding competitions and won first and third place.

Julia turned 65 in 2022 and continues to train almost daily to prepare for more bodybuilding competitions for women 60+. But those are just markers in time. What she really enjoys is the process and structure of resistance training, day in and day out. Her history of juvenile diabetes, kidney failure, double organ transplant, triple

cardiac bypass, and a thyroidectomy make her grateful to be alive and able to move her body with energy and strength.

Her passion is sharing her story, teaching the principles of transformation and self-reinvention while empowering Queenagers (50+) through online coaching.

She calls this **SHAPESHIFTING** which occurs on many levels besides the body.

Julia is certified by the INTERNATIONAL SPORTS SCIENCES ASSOCIATION (ISSA) as a Personal Trainer and Coach. Her career includes 40+ years as an educator at the university level. She has given keynote talks and led workshops at seminars across the globe.

She founded **body beauty love life™** to coach Queenagers online from anywhere in the world.

You are **never too old** and it's **never too late** to transform, shapeshift, and live your dreams!

WEBSITE

<https://bodybeautylovelife.com/>

INSTAGRAM

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