

Five Mistakes Women Make That Keep Them from Feeling & Looking



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Dear Fabrilous 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

Igive up.

Do you think your time has passed and you will never be the **sexy, beautiful woman** you once were who felt and looked **fabulous**?

Are you convinced your body no longer works the way it should and you've thrown in the towel on ever trying to lose weight, feel better, and start exercising?

Do you think: Why bother?

Do you feel it never worked, or was never sustainable?

Do you hate parts of your body every time you look in the mirror?

In what ways have you given up?

New Mindset

Completely **reorganize your mindset** about what is possible with your body. Some things you can't control, so focus on what you can, like nutrition, exercise, and the thoughts you think.

Don't be your own prison warden - it's how you think about things that determine your experience. Your **thought energies manifest your reality** and sometimes the time lapse is so long you don't see the connection.

Accepting where you are and loving your body the way it is will change your atoms! You will **vibrate differently** which will attract what you need to succeed both inside and outside.

Honor the sacred **Chariot of the Soul** that you live in every day. Love your body no matter what state it is in.

Write your body a **love letter**, thanking it for all the things it has given you over the years. Forgive your body for being sick or grappling with disease. Show your body the utmost care and kindness.

Never give up.

My happiness depends on my weigt

Do you believe if you only had the **body of your dreams**, you would be happy?

If only you could wear gorgeous form fitting clothes, a **bikini** on the beach, and a belt at the waist.

And if only you could lose weight for that special wedding, vacation, family reunion, or weigh what you did in high school... you'd be happy.

Is the bathroom scale capable of stealing your **happiness** and making you feel hopeless and like a failure?

In what ways do you tie your happiness to your weight?

New Mindsel

Know your **happiness** comes from a mindset that is transformed by your thoughts. They are powerful enough to change your outer reality! You'll see it when you believe it!

The greatest **transformation** of a fitness journey is on the inside - how you feel about your entire being, how committed you are to honoring your health and striving for your best life on all levels: **Body, Mind and Spirit.**

And that event you want to "lose weight" for? What happens when it's over? Your plan stops there, and you slide back into old habits. It's not a strong enough "WHY" for getting fit. Think about the **deeper reasons** - how getting fit would change, bless, and transform your life on the inside and the outside.

You will **find your happiness** in feeling amazing and being able to live your life with purpose and energy as you were meant to! The world needs your bright light to shine!

Making weight loss your only focus.

Is your goal "**to lose weight**" and the sooner the better? You hate the way you look, and you hate the way you feel. You are disgusted with yourself for not being able to stick to a diet, be motivated to exercise, and how nothing in your closet fits.

You are constantly on the lookout for any **promise** of "losing weight" - the very phrase gets your immediate interest.

Meanwhile every mirror you walk past reminds you that losing weight is what you have to do. As fast as possible! Seeing your reflection brings words to your mind like "fat" and "ugly."

Those are some of the meanest words to lob at a woman. You'd never say it to someone else.

Where has your focus been?

New Mindse

Treat yourself like you would a **beloved one**. Honor your feelings, give yourself support, forgiveness and grace. Realize losing weight is a side effect of a fitness lifestyle that is only on the surface.

A worthy, deeper goal is to strive for **Optimal Health**. Prioritize goals, choices and time that fuel your desire to feel good, have amazing energy, and strength. With great health, you can go after your goals in life with **gusto**! Because you feel so damn good!

Losing fat and gaining muscle becomes a side effect of a structured program of resistance training and nutrition. It's not going to happen fast. Your body can't handle it. You will be putting new habits in place that will eventually become second nature. This all takes time. There is no quick fix.

Never start a fitness journey out of hate for the way you look. Start it with **self love**. You deserve to be healthy, strong, and live your life with **joy**.

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?

New Mindsel

To get fit, you need to fuel your body with **nutrient dense food**. Your goal is to build muscle while losing fat. You can't build pretty muscles doing cardio (though it's healthy for conditioning.) Muscles grow from resistance training - lifting weights.

Besides being sexy, muscles use food efficiently as fuel, so you can eat more. Healthy muscles give you strength, stamina, and a **deep sense of well being**.

With lifting weights, you naturally lose fat. Your body tightens up. But you need to eat! Prioritize protein, enjoy healthy carbs and fats. Don't cut out carbs! They fuel your muscles! Time meals so carb intake is heavier before and after training. Eat protein at every meal. Your metabolism will evenutally normalize and cravings will diminish.

You'll end up eating more than you ever had on some "diet" and be **stronger** and **leaner** than you ever thought possible!

I don't have what it takes to ge

Do you blame your inability to get fit on genes, laziness, no time, or you can't get motivated? Maybe you believe you don't deserve the life of your dreams, optimal health, and a **beautiful body.** Do you feel you're not worth the effort, and your time is up?

50/60/70 plus - these are the **Power Decades of Queenagerhood** - a time of kickass living with all the wisdom, patience, and love you have generated in life so far! Women at this age, when you are at your most powerful, SETTLE.

Society (and mothers) have taught you not to rock the boat, play nice, take care of others, always give more than you take. You take care of everyone else, and you are last on the list. To give completely is in your nature, it's part of **your magic**!

What obstacles get in the way of starting this fitness journey?

New Mindse

Use your magic on you! **Now is Your Time.** The better you feel the more you can give. Set priorities for getting/staying healthy, change your daily habits, draw your boundaries and get to it!

But take it slow, commit with your whole being and most of all **BELIEVE** that you can do it. Because you CAN!! Start with your thoughts - that invisible energy field of your being that interacts with the hard atoms of reality to create your life. Choose your thoughts wisely! Give yourself the best self love, self care, and positive self talk you can - every day! Start to manifest the life you dream of! You will completely **transform** on all levels (the body is just one small part - the inside is the biggest transformation of all.)

Walk your life path like the **Queen** you are with all the positive qualities you possess. It's not ego and it's not selfish, but if you don't give the world your bright light of who you are (because you don't feel well or don't have the energy), we all miss out.

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.





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!

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