



The Unpause Guide

5 Essential Shifts for Weight Loss & Strength in Midlife

You're not stuck—you're paused.

If nothing seems to stick, it's not a lack of effort—it's a lack of structure, clarity, and support.

1. Build Consistency

Focus on habits you can repeat weekly.

Example: Commit to 3 workouts per week instead of restarting every Monday.

2. Prioritize Nutrition

Eat to support your body, not restrict it.

Example: Add protein to every meal (eggs, chicken, yogurt) instead of skipping meals.

3. Strength Train

Strength training changes your body.

Example: Train 2–3x per week with simple movements like squats and presses.

4. Create Structure

Structure removes guesswork.

Example: Plan your workouts ahead of time so you don't rely on motivation.

5. Shift Your Mindset

Identity drives consistency.

Example: Say 'I train consistently' instead of 'I'm trying to work out.'

Why This Still Feels Hard

Even with the right information, applying it is difficult without a clear plan and support.

You Don't Have to Figure This Out Alone

I help you turn these shifts into a plan that fits your life and keeps you consistent.

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