

Secondly, let's quickly talk about these 'women after 35', 'women over 35', or 'women 35+' labels.

To be clear, in the context of this guide (and my coaching generally), I use these terms to signal life stage more than 'age'. It's more of a category than a label.

Some women hear these words or phrases and they start thinking-
'Oh, so am I getting old and past my prime?' or 'Oh, I've crossed a line. I'm over 35 now'

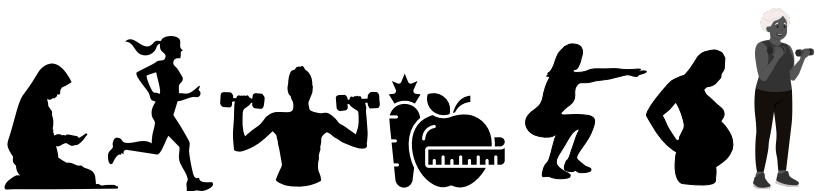
For some, it can trigger resistance, denial, or defensiveness.

For others, and I want to be very careful when I say this, it's the perfect 'excuse' to slow down and settle for less than optimal health and wellness - without even trying.

Regardless, it just so happens that as women get older, there are several physiological and lifestyle changes that we have to consider when coaching for weight loss and health generally.

No matter your age, whether you are in your 30s, 40, 50s, 60s, or older - my goal with this guide is to provide useful and practical information and - if you take the next steps, maybe even help you reach your **weight loss and health goals**.

And now, let's get into it.



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