

Life changing habits that are game changers.

Hey amazing midlifers!

Here are the things that I do to reset.

1. I stopped eating random meals and started eating with a plan. *Fuel for muscle building*. Skinny is not the goal.

.... think protein (1g protein per 1lb. goal body weight) research has shown that women entering menopause benefits from higher protein intake due to estrogen decline. Protein becomes a primary tool for preserving strength, maintaining metabolic flexibility, and protecting long-term health span.

.... everyone is talking about it...but it's so important!

2. Eating the same meals. Most of time everyone eats the same meals over a two-week period. Once you have measured out your macros, just rotate those meals. *It's boring but easy to maintain to stay consistent and less stressful.*

.... don't make it harder than it needs to be!

3. Stay with low glycemic foods for regulated blood sugar. I start with protein early and it keeps me steady and satiated longer. (during the week keep it simple with protein shakes, hard boiled eggs, cottage cheese or yogurt)

.... sugar cravings will be less and that is key for that lean body you are striving for!

4. I am focusing on weight training as the main exercise. I still walk daily but that is “extra” and I don't count that as my work out for the day. I always do a nice warm-up either on the Peloton bike or rower and then follow with a 15–20-minute lift session. I have added in 1 high intensity workout (HIIT) that lasts about 20-25 minutes. And 1 sprint training session (SIT) that lasts about 10-12 minutes and that is all you have do for that day. I have noticed the biggest physical changes with these additions in a short period of time! (I will put together examples in a separate guide)

...if you have only a short time to workout due to a crazy day...always lift! (at least that's what I do...weights over long cardio)

5. *Mental mindset.* I had been struggling with inconsistency. I woke up one morning and thought about athletes. They train no matter what...no excuses. I told myself I am training for LIFE! Every day I am feeding my mind with positive thoughts and content and that keeps me on track.

...Become the person you were created to be!

I also have a best foods for fat loss guide that is very helpful. Here is the link for that guide too!

<https://www.50resetwithlisa.com/foodslist>

Thanks for your interest in my 50 reset. You can do it too!

Lisa

