

# The Career Woman's Gameplan

Rebooting your  
Fitness



3 simple steps to kickstart your confidence  
and gain that sense of freedom

# The Career Woman's Gameplan To Rebooting Your Fitness

Hi, I'm Andréa,

I'm super passionate about sports performance . I help career women get unstuck, feel motivated and confident. I am passionate about increasing efficiency and getting results. As a busy woman who values her fitness and health, I get that you just don't have time to waste trying to figure out effective ways to exercise, how to get your hormones working for you and how to maximize your efforts so you'll excel in all aspects of your life.

In this gameplan, you're learn how to

- Regain confidence about fitness
- Rekindle feeling good about moving your body
- Re-energize your whole body
- Restructure your time to fit in activity



Happy training,

*Andréa*



## I know what you're thinking....

**You can't create more time**, no matter how much you try. There are demands on your time and people pulling you in all directions. There's a voice full of excuses and obstacles...

- \* Making yourself a priority sounds easy, but it's not!
- \* Finding the needed exercise clothes takes even more time
- \* Healthy dinner doesn't cook itself!

# Be The Boss of <sup>your</sup> Time

## Small actions, big results

- Keep your workout gear in a bag ready to throw into the car to go straight to the gym from work
- Can you do wall squats or a plank while on a webinar? Yes you can!
- Plan ahead to have walking meetings
- Delegate home tasks, assign them, make it clear to everyone that you're all on the same team.

## I know what you're thinking....

You know the feeling of pushing your body, feeling sweaty with heart pumping. But **you're not in that mode right now**, and there are so many hurdles -

- \* Where to start your workout regime?
- \* If it's not efficient and effective, is it even worth spending the time?
- \* Last time I tried to get back into it, I injured myself

# 15 Minutes of Fitness Freedom™

## Every minute counts towards your great health!

- Perform 1 exercise for your glutes such as 8 lunges or hip lifts every weekday. This is a huge WIN!
- Do 10 minutes of intense continuous movement such as dancing, jogging, going up stairs. Win!
- Do 10 seconds of a plank - any kind of plank. Win!

## I know what you're thinking....

Your energy is needed in so many places and it feels like your **energy storage capacity is low**. The fear of general exhaustion is always there.

- \* After a long day at work, is there any energy to spare?
- \* Will you have energy to workout and stay awake to get stuff done this evening?
- \* What foods to eat to support working out?

# Exercise To Energize™

## Yes you do have the energy! It's in there!

- Have a background program running in your mind to prime your body for movement. - "I'm working out tonight", "I'm going for a walk after dinner"
- Exercise burns off stress hormones that suck energy from your body
- Getting your heart rate up in the day, gets your body into deeper sleep.
- For workouts under 1 hour, you don't need special foods. Just 1 cup of water!

# What's Next?

I hope this guidebook has kick-started your confidence that you needed to get back into exercise and moving your body.

If you're currently a career woman who feels sluggish, unhappy and unmotivated and wants to feel motivated, confident and free, book a Discovery Session.

This Discovery Session with me will help you break through time to find more efficiencies in your day.

[Book Now](#)



I can't wait to help you feel confident through exercise,

*Dr. Andri a*