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FOR WOMEN 40+ — WITHOUT ANOTHER DIET PLAN

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## 5 SIMPLE WAYS TO FEEL LIGHTER, CALMER, AND MORE ENERGIZED — WITHOUT ANOTHER DIET PLAN

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*Simple, realistic lifestyle shifts for  
busy women who want their energy  
and body back*

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Monica Living

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# WELCOME, I'M MONICA

I'm so glad you requested the 5 Simple Ways For Woman 40+ to Feel Lighter, Calmer, and More Energized – Without Another Diet Plan.

See, before I became a health coach and before I created Monica Living, which works with health-conscious women in their 40s who feel stuck in their body and overwhelmed in their life, I spent so much time trying different things that either didn't work at all or only worked for a little while.

I was determined to find a solution because continuing on feeling tired, stressed, and stuck in my body was no longer an option for me. After much trial and error, I discovered simple lifestyle shifts that support your nervous system, simplify how you eat, and help your body feel safe and supported again.

I almost dismissed it as just another thing that wouldn't work BUT THEN I started to notice more energy, less stress, and my body finally starting to feel lighter and more cooperative happening and I was over the moon about it.

The good news is that you did a really smart thing and requested this guide! Now you have access to these 5 simple, powerful strategies in the 5 Simple Ways For Woman 40+ Feel Lighter, Calmer, and More Energized – Without Another Diet Plan guide.

**IMPORTANT:** These simple strategies only work if you actually do them. Want additional free resources to help you stop feeling stuck in your body and overwhelmed in your life and finally start feeling better again?

[CLICK HERE TO JOIN](#) my free Facebook group. (you will create this in the next section of the checklist, come back and hyperlink it) I can't wait to hear how the 5 Simple Ways to Feel Lighter, Calmer, and More Energized – Without Another Diet Plan Guide. helped you. - Monica.

# HOW TO BEST USE THIS GUIDE

If you're anything like me, then you want simple steps to follow and even simpler actions to take that will help you stop feeling stuck in your body and overwhelmed in your life.

Follow these steps below for best results.

**STEP # 1:** Read through the 5 Simple Ways to Feel Lighter, Calmer, and More Energized – Without Another Diet Plan in its entirety first.

**STEP # 2:** Join the free Facebook Group called: Weight Loss Without Restriction for Women 40+. [CLICK HERE TO JOIN.](#)

**STEP # 3:** Plan ahead. Put time into your daily schedule to follow through with the steps in this guide. If you have questions, you can ask them inside the Weight Loss Without Restriction for Women 40+.

**STEP # 4:** Focus on the wins. It's easy to get distracted, off track and disappointed when you don't see results immediately. Remember that feeling better in your body and life won't happen overnight and that by focusing on the small wins, you'll keep yourself motivated to continue.

**STEP # 5:** Ask for help. If you want to get results faster, the best way is to ask for help. I work with health-conscious women in their 40s who feel stuck in their body and overwhelmed in their life to help them create a lifestyle that supports their body so they can feel better, have more energy, and finally feel like themselves again via Monica Living.

If you'd like more information about it, you can email: [monica@monica-living.com](mailto:monica@monica-living.com) Ok, now that you have the steps to be successful, it's time to put them into action.

# STRATEGY 1 THE 10-MINUTE MORNING RESET

**What it Does:** This helps you start your day calm, centered, and in control instead of rushed, stressed, and reactive.

**Why it Works:** How you start your morning sets the tone for your nervous system and your choices all day. When your body feels calmer, it's easier to make better decisions around food, movement, and self-care.

**What to Do:** Spend 10 minutes every morning doing the following:

- Drink a full glass of water
- Take 5 slow, deep breaths
- Do 5 minutes of gentle stretching or quiet movement (or simply sit quietly if that's all you can do)

That's it. No perfection required.

**Pro Tip:** Do this before checking your phone. Even 5 minutes counts if you're short on time.

# STRATEGY 2 THE SIMPLE PLATE METHOD

**What it Does:** This takes the stress and overthinking out of eating and helps you build balanced, satisfying meals without dieting or counting calories.

**Why it Works:** Balanced meals keep your energy steady, reduce cravings, and help your body feel supported instead of stressed.

**What to Do:** At most meals, aim for:

- $\frac{1}{2}$  your plate with protein and fiber-rich foods
- $\frac{1}{4}$  with carbs or starch
- $\frac{1}{4}$  with healthy fats Focus on simple, real foods — not perfection.

**Pro Tip:** If you're eating out or grabbing something quick, just do your best. This is a guideline, not a rule.

# STRATEGY 3 THE DAILY MOVEMENT SNACK

**What it Does:** This helps you move your body without needing long workouts or a perfect schedule.

**Why it Works:** Short, consistent movement helps regulate stress, improve energy, and support your metabolism without overwhelming your nervous system.

**What to Do:** Do 10–20 minutes of movement each day:

- Walking Stretching
- Light strength training
- Yoga or Pilates

Anything counts.

**Pro Tip:** Tie movement to something you already do (after lunch, after dropping kids off, etc.).

# STRATEGY 4 THE ENERGY CHECK-IN

**What it Does:** This helps you reconnect with your body and stop pushing when you're exhausted.

**Why it Works:** When you listen to your body instead of ignoring it, you naturally make better choices around food, rest, and movement.

**What to Do:** Once or twice a day, ask yourself:

- How is my energy right now?
- What do I actually need — food, water, rest, or movement?

Then respond accordingly.

**Pro Tip:** Low energy doesn't always mean you need coffee — sometimes you need food, water, or rest.

# STRATEGY 5 THE WEEKLY RESET RITUAL

**What it Does:** This helps you feel organized, prepared, and less overwhelmed going into the week.

**Why it Works:** When you plan a little, your week runs smoother and you rely less on stress decisions and last-minute chaos.

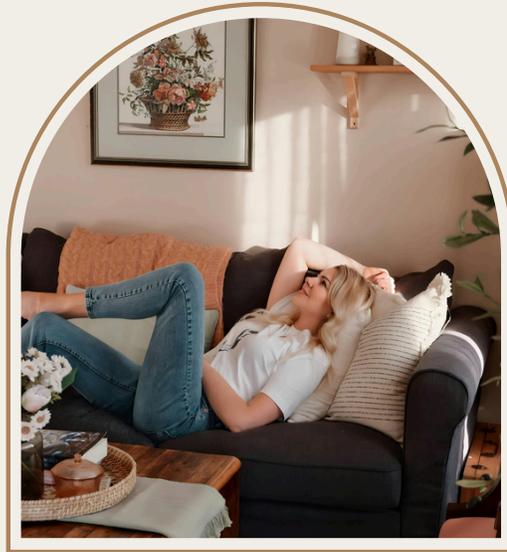
**What to Do:** Once a week, spend 30 minutes:

- Looking at your schedule
- Planning simple meals
- Prepping 1–2 basics (protein, veggies, etc.)

That's it.

**Pro Tip:** This is about making life easier — not perfect.

## Break Free From Feeling Stuck in Your Body and Overwhelmed in Your Life



You don't need another diet or quick fix that only works for a week. You need someone in your corner who understands what it's like to be a busy, health-conscious woman in her 40s who feels stuck in her body and overwhelmed in her life.

There's a reason you downloaded this guide.

- You're tired of feeling tired, stuck, and frustrated in your own body.
- You're ready to feel like yourself again.
- And deep down, you know you can't keep doing this alone.

If you're serious about breaking free from feeling stuck in your body and overwhelmed in your life and reclaiming your energy, confidence, and sense of ease— the best way is to ask for help.

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Let's do this together.

# Medical Disclaimer

