

THE HOLIDAY BODY PROJECT



WHY YOU NEED TO REDUCE PROTEIN INTAKE AFTER 30

High protein diets tend to lack in the fiber department. As you get older, having too much protein and less fiber can contribute to a number of negative health concerns like constipation and an increased risk of obesity, type 2 diabetes, cancer, and heart disease. The recommended protein intake you should be getting when you're over 30 should be 0.8g from 1g.



MAKE FITNESS A PART OF YOUR LIFESTYLE - BE MORE CONSISTENT TO SEE BETTER RESULTS

Don't expect to see results if you haven't been keeping a consistent exercise regimen! The success to exercise is all about consistency and thinking of it as part of your lifestyle as opposed to a burden or a punishment. If you find it difficult, start small by doing 5-10 minute exercises a day, then gradually increase your time as you get more and more used to it!

TWO RULES TO GETTING A BIKINI-READY BODY AT 50

When you want to get that amazing beach body - age doesn't matter! Even at 50, you can get a rockin' body that'll make you confident to sport a sexy bikini. Just make sure to follow these two rules to stay fit and firm!

1) WEIGHT TRAIN WITH HEAVY WEIGHTS IN LESS VOLUME

Contrary to the popular belief that weight training gives you a bulkier instead of leaner, bikini-ready body, there's a technique to avoiding the bulky path and more towards a leaner, sexier build. The secret is to weight train with heavy loads yet in lower volumes or fewer sets x reps. That way you get a rock solid body - yet you don't get big and bulky! We know that training the over 30 physique can be daunting, but www.YouOnlyStronger.com is dedicated to making the over 30 female look and feel awesome.

2) PREVENT SKIN ELASTICITY THROUGH AMPLE SPF

If you want to pair your bikini body with beautifully tanned skin, remember not to skip the sunblock! Aside from avoiding painful sunburn, protecting your skin with a sufficient amount of SPF reduces the chances of losing skin elasticity which often results in wrinkles. For a realistic tanned color, the right spray tan can work amazingly! Just always remember to wear the highest SPF possible when you're going to stay out under the sun.



3 NUTRIENTS YOUR BODY NEEDS MORE OF WHEN YOU HIT 30

When you hit the big "3" "0" it's time to start cleaning out your kitchen and focusing on 3 key nutrients you'll need to stay healthy and active in this busy age.

1. FORTIFY YOURSELF WITH IRON

- at this age, most women are juggling kids, jobs, social life, and their health and fitness; thus, you need iron to rev yourself up for all the action! Fill your diet with lean pork and beef, beans would be a good addition to your diet as well.

2. KEEP YOUR BONES STRONG WITH CALCIUM

- prevent cases of bone deteriorating illnesses like osteoporosis with calcium rich foods. Stick with low-fat dairy products like yogurt and calcium-fortified veggies like collard greens, kelp, soybeans, kale, broccoli, and spinach.

3. FILL UP ON FOLIC ACIDS IF YOU WANT MORE KIDS AFTER 30

a delicate age to get pregnant but still highly possible! To help your body and reduce the chances of neural tube defects similar to spina bifida, equip your body with enough folic acid. Take in vitamin-rich cereals, asparagus and other leafy green vegetables, and oranges.

