

Your Monthly Plan to Lose Weight, End PMS, and Achieve Physical and Emotional Wellness

A WALKING PLAN THAT WORKS!

This routine combines intervals with strength moves to help you drop pounds and tone up.

Woman'sDay

Week 1				
MON	5 min <small>moderate</small>	+ 5 min <small>brisk</small>	+ 5 min <small>moderate</small>	+ 15 jumping jacks
TUE	5 min <small>moderate</small>	+ 5 min <small>brisk</small>	+ 5 min <small>moderate</small>	+ 10 side lunges <small>per leg</small>
WED	6 min <small>moderate</small>	+ 6 min <small>brisk</small>	+ 6 min <small>moderate</small>	+ 15 squats
THU	REST			
FRI	7 min <small>moderate</small>	+ 7 min <small>brisk</small>	+ 7 min <small>moderate</small>	+ Balance on each leg <small>10 seconds per side</small>
SAT	REST			
SUN	7 min <small>moderate</small>	+ 7 min <small>brisk</small>	+ 7 min <small>moderate</small>	+ 10 forward lunges <small>per leg</small>

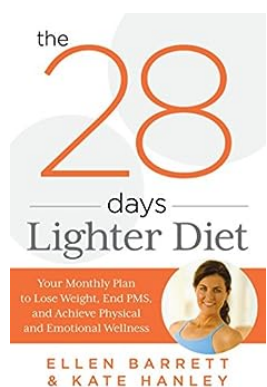
Week 2				
MON	7 min <small>moderate</small>	+ 7 min <small>brisk</small>	+ 7 min <small>moderate</small>	+ 15 modified push-ups
TUE	7 min <small>moderate</small>	+ 7 min <small>brisk</small>	+ 7 min <small>moderate</small>	+ Hold a crunch <small>for 10 sec</small>
WED	7 min <small>moderate</small>	+ 7 min <small>brisk</small>	+ 7 min <small>moderate</small>	+ 15 glute bridges <small>(on back, lift and lower hips)</small>
THU	REST			
FRI	8 min <small>moderate</small>	+ 8 min <small>brisk</small>	+ 8 min <small>moderate</small>	+ 15 bench dips <small>(bend elbows; lower body)</small>
SAT	REST			
SUN	8 min <small>moderate</small>	+ 8 min <small>brisk</small>	+ 8 min <small>moderate</small>	+ 10 wall push-ups <small>(lean in; hands on wall)</small>

Are you tired of the ups and downs of weight loss? Does PMS wreak havoc on your mood and well-being? Do you dream of achieving both physical and emotional wellness? Look no further! In this comprehensive monthly plan, we will

guide you through the steps to lose weight, end PMS, and achieve the balance you seek.

Month 1: Establishing a Healthy Foundation

In the first month, focus on creating a solid foundation for your health journey. Begin by setting realistic weight loss goals and creating a dietary plan that supports your body's needs. Incorporate physical activity into your daily routine to kickstart your metabolism and boost your energy levels.



28 Days Lighter Diet: Your Monthly Plan To Lose Weight, End Pms, And Achieve Physical And Emotional Wellness by Ellen Barrett (Kindle Edition)

★★★★☆ 4.1 out of 5
Language : English
File size : 7576 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 208 pages



Remember, balance is key. Include nutrient-rich foods such as fruits, vegetables, lean proteins, and whole grains in your meals. Avoid crash diets and unnecessary restrictions that can have a negative impact on your emotional well-being. Allow yourself occasional treats to curb cravings and maintain a positive mindset.

Month 2: Managing PMS Symptoms

PMS symptoms can disrupt your daily life, affecting your mood, energy levels, and overall well-being. With the second month, focus on strategies to alleviate

these symptoms through a combination of diet, exercise, and self-care.

Incorporate foods rich in essential vitamins and minerals, such as magnesium and vitamin B6, into your diet to help regulate hormonal imbalances. Engage in stress-reducing activities like meditation, yoga, and deep breathing exercises to manage emotional fluctuations. Physical activity such as walking, swimming, or dancing can also help alleviate PMS symptoms.

Month 3: Integrating Mind-Body Connection

During the third month, focus on integrating the mind-body connection to achieve holistic wellness. Explore practices such as mindfulness meditation, journaling, and therapy to address emotional needs and gain self-awareness. These practices will not only aid in weight loss but also promote emotional balance.

Engage in regular exercise that you enjoy as this will boost endorphins, improve mood, and support long-term weight loss. Remember, sustainable weight loss is a gradual process, and it is essential to have patience and compassion towards yourself.

Month 4: Refining Your Routine

By the fourth month, you should have established a healthy routine and noticed positive changes in your physical and emotional well-being. Now it's time to refine your plan to ensure that you continue progressing towards your goals.

Consult a registered dietitian or a nutritionist to evaluate your dietary choices and make necessary adjustments. Engage in resistance training exercises to build lean muscle, which aids in weight loss by boosting your metabolism. Consider involving a fitness professional to customize a workout routine that suits your needs and preferences.

Month 5 and Beyond: Maintaining Your Achievements

As you move into the fifth month and beyond, the focus will shift towards maintaining your achievements. Celebrate the progress you have made and continue to practice the habits you have developed.

Establish a support system by seeking guidance from trusted professionals, joining support groups, or sharing your journey with friends and family.

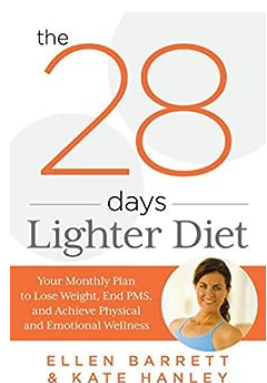
Remember that physical and emotional wellness is a lifelong commitment, and every step forward counts.

In

Your monthly plan to lose weight, end PMS, and achieve physical and emotional wellness is a journey that takes time, commitment, and self-compassion. By following the steps outlined in this comprehensive plan, you will be on your way to finding the balance and well-being you desire.

Embrace each month with determination, positivity, and an open mind.

Remember that you are capable of achieving your goals and creating the life you desire. Begin your transformative journey today and experience the joy of physical and emotional wellness!



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Most women who are dieting do not realize that PMS and weight gain are connected—and that to really lose weight, increase energy, and feel better they need to consider their monthly cycle. Now The 28 Days Lighter Diet teaches women how to embrace their monthly cycle and follow its guidance so that they know when to push themselves, when to treat themselves to some well-earned rest, and how to keep their hormones in balance. It explains what to do during every week of the month to shed excess weight, ease PMS, and do it by working with your body instead of beating it into submission. The female body changes from week to week, and traditional diet and workout programs never acknowledge this phenomenon. This easy-to-follow 28-day plan is an innovative combination of modern research and ancient traditions. It outlines a core program of dietary suggestions, fitness guidelines, specific exercises, and lifestyle recommendations for each of the phases of the menstrual cycle and how to take care of yourself throughout the month.



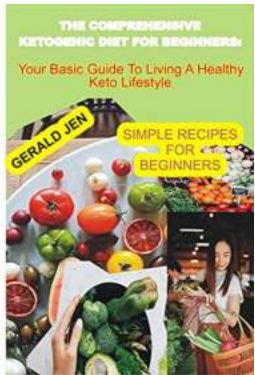
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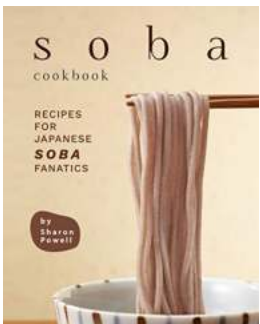
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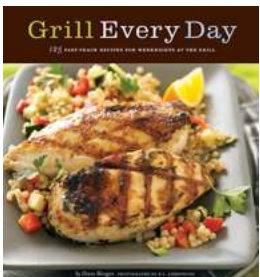
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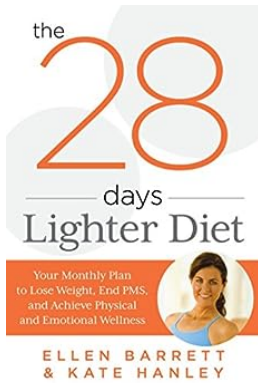
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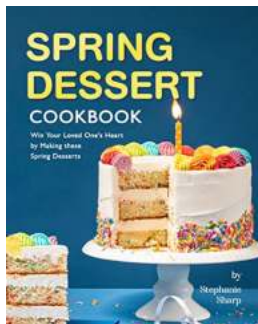
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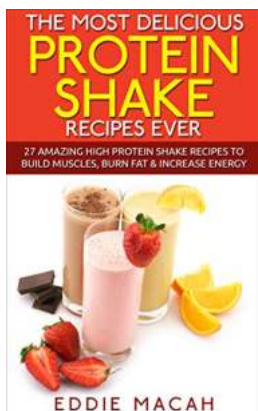
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