



# CRACK THE MENOPAUSE CODE

13 STEPS TO EAT RIGHT, GET FIT, AND FEEL GREAT

**NIKI KUBIAK**  
SPORTS NUTRITION AND WEIGHT LOSS

**MINDSET MATTERS: HOW A CHANGE IN YOUR THINKING WILL CHANGE YOUR LIFE**

## MAKE TIME FOR CHANGE.

Healthy habits do not just happen. Carve out time for meal planning, grocery shopping, food prep, and exercise. Write your plans into your calendar and hold these plans just like any other appointment.



## MEMORIZE MANTRAS.

Mantras are powerful, so use them any time you feel your mindset slipping.

### The Mantra of the Month:

**“My thoughts will determine my actions”.**

## CHOOSE FOODS THAT FUEL YOU.

**Food = Energy!** Whole grains, fruits, vegetables, lean proteins and low-fat dairy will make you feel more energized and alert than fried, processed, or sugary foods. Build in energizing foods most of the time. - **You can never have enough vegetables! Build them into breakfast, lunch, dinner and snacks.**

## EMBRACE IMPERFECTION.

There is no such thing as a perfect diet, so let this idea go. Miss a workout? It happens. You will achieve a high level of success with an imperfect plan. - **Memorize this mantra: “What I do MOST of the time will determine my health.”**

## FOCUS ON POSITIVE TALK.

Redirect negative thoughts the second they form with two positive affirmations. Be kind to yourself and give yourself grace as you form new habits.

## ENFORCE LIMITS.

Feed your family what you feel good about. Hungry kids will eat what is prepared, so if they pass on dinner, they are not hungry. If you and your partner are not on the same food page, work together to find a middle ground with a healthy entrée. Fill in your plate with easy fruits and vegetables.





## HIRE A COACH.

There is no better way to build a healthy mindset than to get a coach! Coaching makes you accountable to yourself, and a good coach will push you to the next level. Commit to this 13-month program and work with me, hire a personal trainer, or work with a run or triathlon coach to complete a race long enough the idea of it scares you.

## RESHAPE YOUR ENVIRONMENT.

Clean out, purge, and buy less! Do not overstock your pantry, fridge, liquor cabinet, or hidden candy stash. Buy what you need every 1-2 weeks. Every week eliminate one more processed food from your grocery list. - **Did you know people who shop at wholesale shopping clubs are likely to eat 50% more?!** Large containers and quantities relax our mindset.

## FOLLOW MY "3/2 RULE".

Eat 3 meals with 2 snacks. Include at least 3 food groups in each meal and 2 food groups with each snack. Eat within one hour of waking up to start your day ahead of your hunger. - **If you are not ready to eat in the morning, you are eating most of your calories at night. This pattern will not change until you begin to eat a healthy breakfast in the morning.**

## ROLE MODEL.

Set your mind and set an example. Your family will begin to mimic the changes you are making in time.

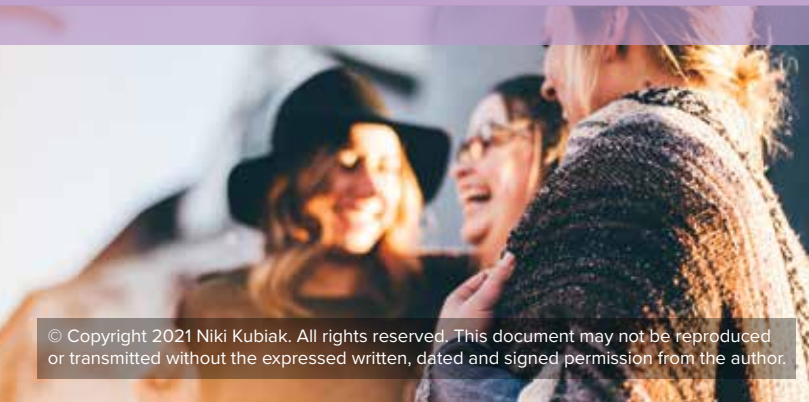


## IDENTIFY WITH YOUR HEALTHY SELF.

Refer to yourself as healthy and fit. Buy into the image of the type of exercise you enjoy. Invest in clothing, equipment and the right shoes so you can make the most of your exercise and enjoy it fully. Subscribe to a magazine focused on your chosen form of exercise to learn more, build your skills and grow your interests. Use Twitter and Facebook to follow and find others with your same interests.

## SET CLEAR BOUNDARIES.

Communicate to your family, or the people you live with, that you are making serious changes. Ask them to be respectful of your choices and to not pressure you to eat things that do not fit into your plan.



## FIND YOUR TRIBE.

Seek out other women who want what you want. Center your social time around activity, instead of over food, and pursue new skills or hobbies together.